

FMH Ranked Among **TOP 5%** of Hospitals Nationwide



FMH Critical Care
Team Receives
High Honors

Celebrating a Culture of Excellence

Well Aware

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About the Cover

Quality performance data from Healthgrades®, the nation's leading independent evaluator of hospitals and health systems, gives consumers like Lynn Harris the information they need to make prudent healthcare decisions. Lynn credits the high level of care she received in the FMH Emergency Department and ICU for saving her life during an episode of septic shock. Read more about Lynn's story and the hospital's Healthgrades recognition for outstanding clinical outcomes on pages 4-5.



A MESSAGE FROM THE PRESIDENT

Today's demanding healthcare environment requires that our patient care practices be based on the most current and relevant information. That's why at Frederick Regional Health System, we are constantly assessing, measuring and improving everything we do. We've learned that innovative, evidence-based practices are directly related to positive patient outcomes and satisfaction.

Our recent recognition from Healthgrades®, one of the nation's most trusted sources of healthcare provider information, validates that our efforts are working. Healthgrades named Frederick Memorial Hospital among the top 5 percent of hospitals nationwide for clinical performance, and one of America's Top 100 hospitals for Coronary Intervention. In addition, five additional programs and services achieved 5 out of 5 stars—Healthgrades' highest rating. In this issue of *Well Aware*, we are showcasing the outstanding achievements of our Critical Care program. (We look forward to telling you more about the recognitions earned by our Cardiac, Pulmonary, Gastrointestinal, Stroke, and Labor and Delivery departments in future editions.)

Also in this issue you'll find a construction update, a look at what we're doing to make finding your way around our facilities a little easier, and some information on the recently opened Mount Airy Health & Wellness Pavilion. You can also read about the Surgical Specialists group, our expanding Rehabilitation program, and a few of our upcoming events and workshops.

There's much more in this issue of *Well Aware* magazine—so read on, and enjoy.

Yours in good health,

Tom Kleinhanzl, President and CEO
Frederick Regional Health System



Did You Know?

Frederick Memorial Hospital recently received an award for its achievements in the nationwide Quest® initiative. Of the 352 participating hospitals, FMH was one of only 38 recognized for top performance in four of six domains, which included evidence-based care, safety, mortality, cost and efficiency, patient and family engagement, and appropriate hospital use. Pictured L-R at the Quest Awards Ceremony earlier this year are Premier Executive Monica Barrington, FMH Patient Safety Officer & Director of Performance Improvement Sharon Powell, and Premier representatives Merrie Wallace and Mike Alkire.



MT. AIRY HEALTH & WELLNESS PAVILION OPENS



In an era of decreasing resources, many providers have learned a valuable lesson: collaboration is good for healthcare. At Frederick Regional Health System, our efforts to work more collaboratively are paying off in lower costs, better clinical outcomes, and higher patient satisfaction.

One good example of how we are working with other providers to bring a wider range of services to more people is our joint venture with Carroll Hospital. Earlier this year, Frederick Regional Health System (and our Monocacy Health Partners) joined with Carroll Hospital (and its affiliated Carroll Health Group), to open the doors to the Mt. Airy Health & Wellness Pavilion, a 65,000 square foot medical mall on Ridgeville Road in the Peacock Center.

Monocacy Health Partners primary care physicians and specialists in general surgery, oncology, orthopaedics, pediatrics, obstetrics and gynecology, urology, and endocrinology (thyroid and diabetes) share space with Carroll Health Group in the spacious new facility. Additional amenities include a full-service imaging center, rehabilitation services, urgent care, a medical lab, and dedicated educational space for events that promote health and wellness.

“The Mt. Airy Health Services partnership and the new Mt. Airy Health and Wellness Pavilion were created to better meet the needs of this community. By coming together, Frederick Regional Health System and Carroll Hospital are able to better ensure that this vibrant, growing community has all the resources it needs for families to live happy, healthy, and fit lifestyles.”

*– Tom Kleinhanzl, President & CEO
Frederick Regional Health System*

If a south county location is convenient for you, check to see if your physician or specialist has an office at the Mt. Airy Health & Wellness Pavilion. You can also find convenient, walk-in care for non-emergent condition at the Immediate Care Center in that facility.

FMH RECOGNIZED FOR EXCELLENCE

When it comes to your family’s healthcare, it’s important to know whom to trust. You want to be a well-informed consumer so you can find the right doctor, the right hospital, and the right care—for every member of your family. To find the information needed to understand, compare and evaluate hospital performance, many healthcare consumers look to Healthgrades®, the nation’s leading independent evaluator of hospitals and physicians. We are pleased to share with you that Frederick Memorial Hospital has received the following awards from Healthgrades:

Clinical Excellence

Based on our performance across 32 of the most common diagnoses and procedures as compared to local and national benchmarks, Frederick Memorial Hospital has been named a Healthgrades 2016 Distinguished Hospital for Clinical Excellence™. This distinction places FMH in the top five percent of the country’s more than 4,500 hospitals for clinical performance.



Cardiac

FMH was also recognized as one of America’s 100 Best Hospitals for Coronary Intervention™

- One of Healthgrades America’s 100 Best Hospitals for Coronary Intervention™ for 2 Years in a Row (2015-16)
- Recipient of the Healthgrades Coronary Intervention Excellence Award™ for 3 Years in a Row (2014-16)
- Named Among the Top 5% in the Nation for Coronary Interventional Procedures for 2 Years in a Row (2015-16)
- Named Among the Top 10% in the Nation for Coronary Interventional Procedures for 3 Years in a Row (2014-16)



Critical Care

- Recipient of the Healthgrades 2016 Critical Care Excellence Award™
- Named Among the Top 10% in the Nation for Critical Care in 2016



Healthgrades uses a star rating system to recognize and evaluate clinical results. Approximately 15% of programs surveyed receive a 5-star rating (outcomes statistically BETTER than expected), 70% receive 3-stars (outcomes AS expected) and 15% receive 1-star ratings (outcomes WORSE than expected.) We are pleased to share that six FMH programs received five star ratings from Healthgrades in multiple categories, several for many years in a row.

Cardiac ★★★★★ Coronary Intervention (2014-16)
 Treatment of Heart Attack (2015-16)
 Treatment of Heart Failure (2009-16)

Critical Care ★★★★★ Treatment of Sepsis (2016)

ED & ICU ★★★★★ Treatment of Respiratory Failure (2016)

Neurosciences ★★★★★ Stroke Care

Pulmonary ★★★★★ Treatment of COPD (2016)
 Treatment of Pneumonia (2008-16)

Gastrointestinal ★★★★★ Treatment of GI Bleed (2014-16)

Labor & Delivery ★★★★★ C-Section Delivery (2015)

HEALTHGRADES® AT A GLANCE

- Independently analyzes more than 4,500 short-term acute care hospitals in the country.
- Hospitals may not opt in or opt out.
- Reviews three years of Medicare patient data (2012-2014).
- Creates statistical models that compare actual vs. predicted performance for specific patient outcomes.
- Factors in adjustments for differences in patient illness/risk factors of given patient populations.

To read more about Frederick Memorial Hospital’s recognition as a 2016 Distinguished Hospital for Clinical Excellence, and the additional programs and services recognized by Healthgrades, visit fmh.org/quality.

CRITICAL CARE IN NATION'S TOP 10%



Members of the FMH Critical Care team, Emergency Department, and Hospitalists are pictured here with Frederick Regional Health System President & CEO Tom Kleinhanzl.

FMH Critical Care Recognized for Excellence

As the only adult intensive care unit in Frederick County, Frederick Memorial Hospital's ICU cares for our community's sickest and most vulnerable patients. In recognition of their excellent clinical outcomes, the program was recently presented with Healthgrades America's 2016 Critical Care Excellence Award. This distinction places the FMH ICU among the Top 10% in the nation.

ICU Manager Jennifer Kramer, MSN, RN credits the hospital's responsive leadership, the unit's highly credentialed nursing staff (nearly half have earned advanced certifications in critical care), and the progressive policies and procedures in place at FMH for this achievement. In addition, says Kramer, FMH has a dedicated clinical nurse specialist and a pharmacist in each area of the Intensive Care Unit. And unlike some hospitals who use telemedicine to monitor critically ill patients, the FMH ICU has a physician who specializes in critical care on the floor around the clock, every day of the year.

Kramer also attributes the program's outstanding clinical outcomes to the Emergency Department staff. "The ED is where critical care begins," she said. "They do a great job transferring critically ill patients to us, so that we can begin the appropriate care immediately. This outstanding recognition from Healthgrades belongs to them, too."

Living Proof

On April 28, 2015, Lynn Harris arrived at the FMH Emergency Department dangerously ill. Tests at the FMH ED revealed that she was in septic shock, the result of a massive immune response to a bacterial infection that had gotten into her blood. And in a strange and dangerous twist of fate, she had also developed two blood clots in her lungs as a result of a Deep Vein Thrombosis (DVT) in her right leg. Her exhausted body was fighting to control the infection and maintain blood flow, but her major organs were shutting down—including her kidneys, adrenal glands, and liver. Within several hours of arriving at FMH, Lynn's heart stopped. She was quickly moved to the ICU, where she coded six more times.

With expert critical care—first at the ED, then in the ICU—Lynn recovered. She spent a week in intensive care and three weeks in an FMH step-down unit before recovering sufficiently to be released to a rehab facility. For the next year, she faithfully saw the many specialists in charge of her follow-up care and has now been given a clean bill of health. "I'm convinced that had it not been for the doctors and nurses in the ED and ICU, I would have died that day," says Lynn. "The fact that I'm here at all is a testimony to the skill of the entire FMH critical care team."

To read more about the programs and services recognized by Healthgrades, visit fmh.org/quality. The complete Healthgrades 2016 Report to the Nation with detailed cohort-specific outcomes data, hospital-specific quality achievements, and detailed study methodology, can be found at healthgrades.com/quality/healthgrades-2016-report-to-the-nation.

FRHS AFFILIATION WITH MD ANDERSON CANCER NETWORK

Frederick Regional Health System is the only healthcare system in the state of Maryland, and just the 14th in the nation, to be selected to join MD Anderson Cancer Network®, a program of MD Anderson Cancer Center. This collaboration is allowing us to bring new hope to local patients with cancer and their families by providing them with access to disease-specific guidelines for cancer treatment, prevention, early detection and follow-up care developed by the experts at MD Anderson.

Being certified physicians of the network means our medical oncologists, radiation oncologists, and surgeons met all of the rigorous standards set forth by MD Anderson. Their education and training, as well as the quality of how they evaluate, stage and treat their patients, were carefully examined and found to meet the standards of one of the nation's leading cancer care hospitals.

“Cancer is a complex disease, and it behaves differently in every patient. Diagnosing it accurately and treating it as effectively as possible means keeping up with the newest evidence-based guidelines. As certified physicians of MD Anderson Cancer Network, we receive access to the network’s resources, including the ability to have peer-to-peer consultations to discuss challenging cases, participate in network-wide, disease-specific tumor boards, and attend educational conferences and symposia.”

– Dr. Patrick Mansky, Medical Director
Medical Oncology



Changing Cancer Care in Our Community Presentation Available

Members of Frederick Regional Health System's Oncology staff and others are available to bring an informative presentation entitled *Changing Cancer Care in Our Community* to your local business organization, civic group, or service club. The talk is part of an ongoing campaign to educate the community about the James M. Stockman Cancer Institute, our affiliation with MD Anderson Cancer Network, and what that relationship means to cancer patients, their families, and the surrounding community. If you would like to talk about bringing this presentation to your group, email endcancer@fmh.org.

Interested in learning more about Frederick Regional Health System's affiliation with MD Anderson Cancer Network? Visit fmh.org/certified, call 301-418-6465, or talk to your doctor.

**MD Anderson
Cancer Network®**
Certified Member

Certified Physicians

Dr. Mark S. Soberman
MEDICAL DIRECTOR,
ONCOLOGY SERVICE LINE

Dr. Susan Bahl
BREAST SURGERY

Dr. Elhamy D. Eskander
MEDICAL ONCOLOGY

Dr. Gregory Gagnon
RADIATION ONCOLOGY

Dr. Mark Goldstein
MEDICAL ONCOLOGY

Dr. Andrew Harbin
UROLOGICAL SURGERY

Dr. Anne Marie Hugh
BREAST SURGERY

Dr. Patrick Mansky
MEDICAL ONCOLOGY

Dr. Brian O'Connor
MEDICAL ONCOLOGY

Dr. Maurice Smith
THORACIC SURGERY

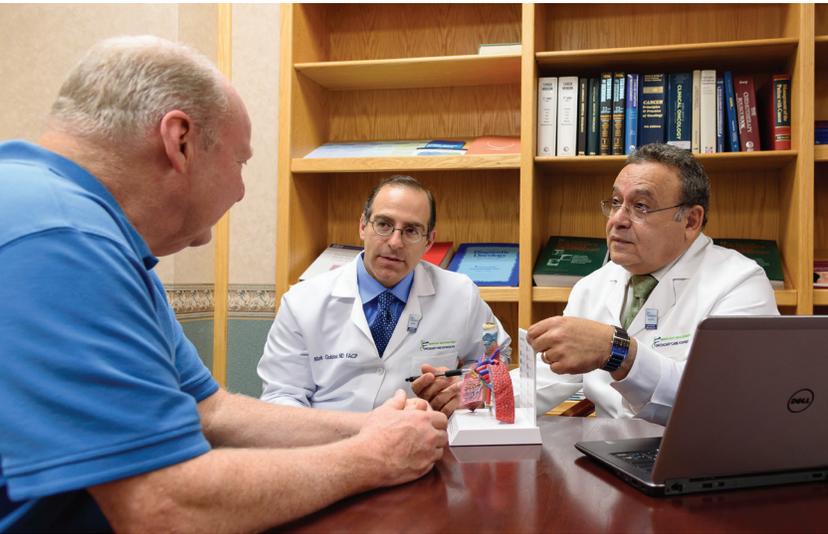
Dr. Kambiz Tajkarimi
UROLOGICAL SURGERY

Dr. Meredith Wernick
RADIATION ONCOLOGY

Dr. John Zapas
SURGICAL ONCOLOGY

Several more of Frederick Regional Health System's cancer specialists are currently undergoing the certification process.

THE POWER OF A SECOND OPINION



Hearing the words “you have cancer” changes everything.

Feelings of stress, anxiety and helplessness are very common. Many people find it helpful to counter these “out-of-control” feelings by finding out as much information as possible about their diagnosis, and exploring all of their treatment options. In many cases, getting a second opinion is the beginning of that process.

Frederick Regional Cancer Therapy Center’s Second Opinion Clinic is available to patients who have been diagnosed with cancer and have seen a cancer specialist. Our multidisciplinary teams, led by cancer specialists certified by MD Anderson Cancer Network, look at each case with fresh eyes, and evaluate each diagnosis and treatment plan in light of MD Anderson’s pathways and guidelines. Once our physician completes their evaluation, the case will be discussed with a member of MD Anderson cancer experts in a peer-to-peer consultation. The patient will then receive a final assessment and treatment recommendation.

“People used to be reluctant to request second opinions,” says Dr. Mark S. Soberman, an MD Anderson Cancer Network certified physician and Medical Director of Frederick Regional Health System’s Oncology Service Line. “But today they seem to be much more comfortable, as well they should be. After all, this is their healthcare and ultimately their life. Getting a second opinion is everyone’s right as a patient.”

Doctors want patients and their families to feel comfortable with their treatment, says Dr. Soberman. A second opinion can offer patients a better understanding of their diagnosis, additional treatment options, or the reassurance that the original plan of care is the best choice.

When Recommendations Diverge

Patients who have seen a local cancer specialist will be encouraged to remain under their care when all recommendations agree. If the second opinion offered is different from the patient’s original diagnosis or treatment plan, we will explain why. As always, it will be up to the patient and their primary care provider as to where they receive their treatment.

“Many patients in our community currently travel to Baltimore or D.C. for such services,” says Dr. Soberman, “We hope to increase access to the expertise they seek while allowing them to remain close to home.”

For more information about the Second Opinion Clinic, or to schedule an appointment, call Frederick Regional Health System’s MD Anderson Hotline at 301-418-6465, or visit fmh.org/secondopinionclinic.



Your Care Just Got More Affordable

Cancer is costly. Drugs, provider visits, lab tests, procedures, imaging studies, radiation treatments, and nutrition supplements are all expensive, and even the best health insurance doesn’t always pay for everything.

Earlier this year, Frederick Regional Health System took a step toward reducing the cost of cancer treatment by waiving so-called “facilities fees” for care provided in outpatient settings. As of July 1, 2016, the bill for patients being care for at the Regional Cancer Therapy Center, or at a Monocacy Health Partners-affiliated practice, does not include a facilities fee.

“For patients with insurance, it’s the difference between paying one co-pay versus paying two,” said Director of Oncology Operations Carol Mastalerz. “And for self-pay patients, waiving facilities fees results in an even more significant savings.”

ALWAYS ON CALL

Twenty-four hours a day, seven days a week, 365 days a year, patients are admitted through the FMH Emergency Department with acute conditions and injuries that may need surgery. That's why a surgeon from the Monocacy Health Partners' Surgical Specialists group is available around the clock, every day of the year at Frederick Memorial Hospital—to provide high quality, timely and efficient care to patients with urgent surgical conditions.

When immediate surgery is necessary, the surgeon on call will do the procedure promptly at FMH using the most current, least invasive techniques. Patients are ensured continuous, well-coordinated care, because surgeons in the practice follow them closely from the ED through the operating room, while they are in the hospital, and then at the Surgical Specialists' offices for follow-up care.

In some cases, says the group's Medical Director Dr. John Zapas, the surgeon may be able to temporarily manage the patient's condition non-operatively. When evidence-based research supports it, the surgeon may allow the patient and their family the option to defer or postpone the procedure to a time that makes more sense for them.

"Elective surgery is typically less complex than one done under emergency conditions," adds Dr. Jesus Esquivel, a surgeon with the practice. "'Being able to schedule the timing of the procedure makes it easier for patients to arrange the support and help they're likely to need from friends and family. It can even mean less pain, and less time off from work or school."

According to Dr. Joseph Zitarelli, a surgeon with the group who has more than 30 years of experience, having an elite group of highly skilled surgeons at the ready is more important today than ever before. "Over time, the acuity of the average patient has gotten much higher," says Dr. Zitarelli. "Patients are more likely to have chronic conditions that can cause surgical complications. And people are just living longer. It's no longer unusual to operate on patients who are in their 80s or even 90s, but those patients require especially close attention and careful management. It helps to have a team of surgeons working together with one another as well as with the entire healthcare team to limit adverse events."

"Delivering the best medical and surgical care is always a 'team sport,' said Dr. Zapas. "The surgeons in our group make it a priority to communicate effectively with one another as well as everyone on the patient's care team to help ensure an incident-free experience and the best outcome possible for the patient."



Medical Director Dr. John Zapas (left) with Surgical Specialists' physician Dr. Jesus Esquivel. Not pictured: Dr. Joseph Zitarelli and Dr. Tanisha Osbourne.

To learn more about the physicians of the Surgical Specialists group, visit monocacyhealthpartners.org/surgical and read the Provider bios.



ORTHOPAEDIC SPECIALISTS WELCOMES DR. MOHAMAD HALAWI

Frederick Memorial Healthcare System and Monocacy Health Partners are pleased to welcome Dr. Mohamad J. Halawi to Orthopaedic Specialists. A graduate of Duke University School of Medicine, Dr. Halawi completed his orthopaedic surgery residency at Duke University Hospital followed by a Hip and Knee Reconstructive Surgery fellowship at the Cleveland Clinic. He then completed another fellowship in young adult hip surgery at the University College London Hospitals and the Royal Orthopaedic Hospital in the United Kingdom where he was the recipient of the prestigious Hip Society Maurice E. Müller Fellowship. Dr. Halawi's professional interests include:

- Primary and Revision Hip and Knee Replacement
- Direct Anterior Approach Hip Replacement
- Unicompartmental Knee Replacement
- Hip Resurfacing
- Young Adult Hip Disorders
- Hip and Knee Sports Medicine



To make an appointment with Dr. Halawi, call Orthopaedic Specialists at 301-663-9573.

FMH Joint Works Program Introduces *Ask the Expert Series*

In a fast-paced world, most of us have little tolerance for pain that limits our active lifestyles. And why should we? New research and advancements in the field have changed the outlook for individuals of any age who suffer from arthritis. To provide up to date information, hands-on demonstrations and guidance on diagnosing and treating painful conditions that limit mobility, the FMH Joint Works program is hosting a free "Ask the Expert" series in 2017—starting with a seminar on the painful, arthritic knee.

The Joint Works at FMH is a special program within Frederick Memorial Hospital specifically designed for joint replacement, recovery and rehabilitation. The program blends the talents of a team of experienced and expert clinical professionals—orthopaedic physicians, nurses and rehabilitation therapists—who treat joint replacement patients every day, delivering the highest quality care. The program uses a patient-friendly, state-of-the-art clinical model, developed specifically for joint replacement patients and their families.

The Journey to a Healthy New Knee

PRESENTED BY

Dr. James M. Steinberg, D.O.
Joint Works Surgeon



THURSDAY, FEBRUARY 9

6-8 P.M. (Inclement weather date: Thursday February 16)

FMH Crestwood 2nd Floor Conference Room
7211 Bank Court, Frederick, MD 21704

The workshop is free, but seating is limited to 75. Reserve your space today by calling 240-566-3236 and leaving your name and contact number.

In the event of bad weather, check fmh.org or listen to local radio stations for cancellations.

Interpreters are available upon advance request by calling 240-566-4370 at least one week prior to the scheduled event.

BUILDING TO MEET GROWING HEALTHCARE NEEDS

Meeting the growing healthcare needs of our community is a steadily evolving mission, and it's a mission that requires consistent modernization and operational efficiencies within the healthcare delivery environment. As new service lines have been introduced and existing programs expanded, the FMH campus on Seventh Street has been improved, allowing us to better serve the Frederick community.

Our current phase of construction is less about expansion and more about enhancing our functionality, streamlining operations, and upgrading the patient and visitor experience. Guided by a three-phase Master Facilities Plan launched in 2012, construction on the FMH campus reflects our healthcare system's commitment to providing convenient, cost-effective, patient and family centered care in a comfortable and healing environment.

Enhancing Quality and Functionality

Over the past several years, we have made many changes to our hospital, allowing for more efficient placement of services. Several years ago, the helipad was relocated to the hospital's roof, making access to the Emergency Department faster and more direct. More recently, construction connecting Imaging Services to the ED was completed, providing a more private pathway for transporting emergency patients needing MRIs, X-Rays and other diagnostic tests. Construction of a covered walkway has made it easier and safer for staff to reach the hospital from the employee parking deck. Our most recently completed phase of construction and exterior upgrades relocated the ambulance bays in an effort to separate emergency vehicle traffic from patient and visitor traffic, further improving on-campus safety.



“Our Master Facilities Plan is based on a combination of innovative design and strategic construction that encourages and supports high quality healthcare delivery. The changes we are making increase our efficiency and lower our costs—and that means our caregivers can respond more quickly to our patients’ needs, and have more time to spend with them.”

*– Tom Kleinhanzl, President & CEO
Frederick Regional Health System*

When visiting Frederick Memorial Hospital, please take advantage of our Free Valet parking service whenever possible. When you're ready to leave the hospital, you can call 240-566-RIDE (7433) to have your car waiting for you outside.



Upgrading Care Environments for a Superior Patient Experience

Early in Phase I of the Master Facilities Plan, the construction and renovation of two nursing units on our second and fourth floors resulted in the addition of 30 patient rooms. Most of our rooms are private, with natural lighting and additional features to provide as much patient comfort, control and privacy as possible. The addition of 400 covered parking spaces, and improvements to Emma Smith Way (the road that leads to the parking deck) have made visiting our Seventh Street campus more accessible. Our new Main Entrance (Green Entrance #1) features an information desk staffed by FMH Auxiliary volunteers who are ready to welcome patients and visitors to our hospital.

Helping You Find Your Way

When we relocated our Main Entrance, we knew that updated internal wayfinding signage would be necessary to help patients and visitors navigate the hospital. To make your next visit to Frederick Memorial Hospital as easy as possible, we have joined forces with a nationally-recognized wayfinding firm to create a more strategic and user-friendly internal and external signage plan.

Improved L.E.D. signage on a taller exterior façade of the hospital's patient tower will make our main campus more visible on all sides. One of our main access roads, Emma Smith Way, will be more clearly marked, and monument signs along Seventh Street will direct patients and visitors to the most appropriate entrance and parking option for their needs. Inside our entrances, you will find directories featuring the familiar "You Are Here" maps. These maps include alphabetical listings of all the destinations within the hospital, which floor they are on, and which elevator to use to get there.



We know that construction isn't always easy on our patients, visitors, staff, and volunteers. We want to thank you for bearing with us as these exciting changes become a reality on our Seventh Street campus. For the latest construction updates, visit fmh.org/construction.

FMH REHABILITATION—IT'S GOOD THERAPY!

After an illness, injury or surgery, it's vitally important to select a rehabilitation program that is well connected to the rest of your healthcare team. When everyone helping you get back on your feet again is in contact with one another—as well as your primary care physician and specialists—you get the best care possible.

FMH Rehabilitation Services is a program of Frederick Regional Health System, a relationship that helps assure comprehensive, coordinated care. Its staff are a multidisciplinary group of accomplished professionals who are leaders in the industry. Leveraging evidence-based protocols and state-of-the-art equipment, the team plans and implements customized treatment plans based on each individual's needs. A patient's treatment plan may include one or more of the following services and specialties:

AQUATICS: Uses the fluid dynamics of water to help patients with limited weight-bearing ability to gain confidence and mobility.

CERTIFIED HAND THERAPY: Treats conditions of the hand, wrist, forearm, elbow, arm and shoulder resulting from trauma, disease or congenital deformities.

GERIATRIC: Focuses on the needs of older adults, including balance and coordination, arthritis, swallowing disorders, and fall prevention.

OCCUPATIONAL: Assists patients in re-learning new ways of dressing, bathing, eating and other activities of everyday life following an illness or injury.

ORTHOPAEDIC: Treats injuries and conditions of the musculoskeletal system (tendons, muscles, bones, joints, and ligaments) through strengthening, stretching, and balance work.

PEDIATRIC: Supports and encourages infants and children to reach developmental milestones typically attained at various stages in the child's life.

PHYSICAL THERAPY: Reduces pain and restores strength, balance, control, and range of motion through strengthening and rehabilitative programs.

SPORTS PHYSICAL THERAPY: Emphasizes rehabilitation and performance enhancement, as well as injury prevention, in athletes of all ages and ability levels.

SPEECH-LANGUAGE PATHOLOGY: Addresses issues with expression, comprehension, hearing, articulation, and swallowing caused by illness or injury.

WOMEN'S HEALTH SERVICES: Evaluates and treats women's health conditions including pelvic weakness and pain, incontinence, and pregnancy and postpartum discomfort.



Twenty-month-old Chandler Gurzick was born with hypertonicity, a condition characterized by rigid muscles, difficulty with mobility and flexing, and muscle tension when resting. Three times a week, pediatric-certified physical, occupational and speech therapists work with Chandler at our Liberty location.

FMH Rehab Services has five convenient locations, each specializing in a particular range of services. For more information, visit fmh.org/rehabilitation or call 240-566-3132.

GETTING CLOSER EVERY DAY

Shortly after 11 A.M. on the morning of April 2, Brian Rapp was pulling a small, fiberglass boat behind his pick-up truck on the way to his vacation home in Lake Anna, Virginia. Rapp had purchased the used, 898 Nitro Bass Boat at a good price, and was happily anticipating another season of bass fishing on the large freshwater lake.

But that carefree summer of fishing was not to be. Less than a mile from his house, a pick-up truck and Brian's SUV collided head-on. The impact broke the tibia, fibia and femur of Brian's left leg, and he suffered a compound fracture of his right femur. His left patella was shattered, along with 17 ribs.

The 49-year-old remodeling contractor was airlifted to UVA Medical Center in nearby Charlottesville, where he underwent three extensive surgeries. Fourteen days later, Brian transferred to a long term care facility specializing in orthopaedic rehabilitation near his Frederick home. Several months later, he went home with the support of FMH home-based Rehabilitative Services.

This past summer, Brian continued his therapy at FMH Rehabilitation Services' Aspen Ridge location on Thomas Johnson Drive. His treatment plan primarily focuses on reconditioning and strengthening the tendons, muscles, bones, joints and ligaments that were damaged in the accident, extending his range of motion, and improving his balance. His physical therapy team is able to adjust Brian's routine as his ability to bear weight increases through the use of state-of-the-art equipment like the AlterG® treadmill and Zero Gravity pool.

He gives a great deal of credit for his continued progress to the multidisciplinary team he has been seeing for the past six months.

"I'm motivated to come all the way back from this," says Brian. "I was always really active before, and I'm determined to get back to work and life as I knew it as soon as possible. And my therapists get that. They have taken their lead from me, and put together a plan for my treatment that I can feel working every day."



Using technology developed by NASA, the AlterG® treadmill strengthens and improves Brian's muscle coordination, enhances balance and gait, and promotes a full range of motion.



The aquatic portion of Brian's physical therapy uses the buoyancy, hydrostatic pressure, viscosity and fluid dynamics of water to him gain strength, mobility and confidence while gradually increasing his weight-bearing ability.



BUSINESSES MAKING A DIFFERENCE

Frederick Memorial Hospital's Corporate Honor Roll was founded to provide financial support for the hospital's strategic capital goals, and to help FMH stay on the leading edge of medical technology and services. Contributions from a diverse group of businesses, service organizations, foundations, and civic clubs are used exclusively for hospital expansion plans, capital equipment needs, and the development of new services and programs to better serve the changing healthcare needs of our community.

"By focusing on keeping us healthy and well, as well as by providing the wide variety of services that families may need throughout their lives, FMH contributes significantly to the quality of life we enjoy here in Frederick. Greg and I are confident that FMH has provided everything our family may need to meet any healthcare challenge, and are pleased to contribute to the Corporate Honor Roll to help make continued growth possible."

**— Timika Thrasher, Co-Owner
Thrasher's Cleaning**



We would like to thank the following members of our Corporate Honor Roll:

PLATINUM \$100,000+

- Ausherman Family Foundation
- BB&T Fund
- Delaplaine Foundation, Inc.
- FMH Auxiliary
- Frederick Mutual Insurance Company
- Roy Jorgensen Associates, Inc.
- Leidos Biomed
- Maryland Society for Disabled Children & Adults Foundation, Inc.
- Nora Roberts Foundation
- Service Glass Industries, Inc.
- George L. Shields Foundation, Inc.
- G. Frank Thomas Foundation, Inc.
- US Acute Care Solutions

R. W. Warner, Inc.

- Weis Markets, Inc.
- GOLD \$50,000**
- Abrams Development/Kinsley Construction
- Bank of America
- Bettie Jane Cancer Foundation
- Cindell Construction Company, Inc.
- Coca-Cola Bottling Co. Consolidated
- William E. Cross Foundation, Inc.
- Hughes Network Systems
- Legal & General America
- Sandy Spring Bank
- SILVER \$25,000**
- Ceresville Mansion
- Charles Delmar Foundation

Critical Care Associates

- Emmitsburg Glass Company
- First United Bank & Trust
- Keeney & Basford, P.A. Funeral Home
- M&T Bank
- Natelli Communities
- Rice Tire
- Sanbower Builders, Inc.
- Scott Electric, Inc.
- Tox Path Specialists, LLC
- Trinity Health Group
- U. S. Silica
- BRONZE \$10,000**
- ArachnidWorks, Inc.
- Avison Young
- BB&T Insurance Services
- Colonial Jewelers

EDCO

- Graphcom, Inc.
- Manpower
- Miles & Stockbridge Foundation, Inc.
- Morgan Stanley Frederick Branch
- Old Farm Liquors
- Specialized Engineering
- Thomas, Bennett & Hunter, Inc.
- Waynesboro Construction
- Wheelabrator Technologies
- Woodsboro Bank
- MEMBER \$5,000**
- ALTEK Information Technology
- Anderson & Quinn, LLC
- Audio-Video Group, LLC

Crothall Healthcare

- DCB—Your Community Bank
- Ferguson Enterprises
- Frederick County Bank
- Gilbane Building Company
- Home Instead Senior Care
- Hplex Solutions
- Kalkreuth Roofing & Sheet Metal, Inc.
- Lee Building Maintenance
- McDonald's Old Camp & Rt. 40W
- Offit Kurman Attorneys at Law
- Pride Philanthropy
- Quandel Construction Group, Inc.
- Revere Bank
- Thrasher's Cleaning Service

Wellness Institute of MD

- Younger Nissan
- FRATERNAL / CIVIC CLUBS**
- Career Firefighters Assoc. of Frederick County Local #3666
- Fraternal Order of Eagles - 1067
- Fraternal Order of Eagles - 1136
- Rotary Club of Frederick
- The Frederick Woman's Civic Club, Inc.

For more information about how you can make a difference in our community through a gift to FMH, call the Office of Development at 240-566-3478, or visit fmh.org/donate.



LEADING THE FIGHT AGAINST BREAST CANCER

In 2001, Patty and Jeff Hurwitz founded the Hurwitz Breast Cancer Fund to help Frederick Memorial Hospital provide our community with the latest technology for the early detection and treatment of breast cancer. Since the Fund's inception, more than \$1.4 million has been raised for this effort. Generous contributions from individuals, clubs, schools, businesses, organizations and municipalities, along with the annual proceeds from three signature fundraising events—Pink Ribbon 5K, Pink Ribbon Gala, and Pink Ribbon Fit Fest—raise approximately \$150,000 a year for the Fund.



Pink Ribbon 5K

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



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 Frederick store benefitted the Fund.



Pink Ribbon Fit Fest

Fitness enthusiasts enjoyed an afternoon of Zumba, Bang Power Dance, Barre and more led by some of the area's most dynamic instructors to raise money for the cause.



Municipality Support

Dozens of creative promotions and events helped turn the town of Thurmont pink during the month of October, raising awareness and more than \$13,000 for the Hurwitz Breast Cancer Fund. The town of Middletown also held "Think Pink" promotions to raise money for the Fund.



School Support

Local schools and sports teams stepped up to raise money for and awareness of the cause.



Business & Organization Support

Middletown Valley Bank was one of many local businesses and organizations that raised money for the Fund during the month of October.

To see more photos from these fundraising events, or to learn more about the Hurwitz Breast Cancer Fund, visit pinkribbonfrederick.org.

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How well we manage our health and wellness depends a lot on having the right information. That's why FMH offers lectures, classes, and workshops on topics of interest that are free and open to the public. For more information, visit fmh.org/calendar.

Bariatric Surgery Seminars

Fourth Monday of the Month, 6-7 P.M.

When exercise and diet alone fail to yield the desired results, bariatric surgery may be an option. FMH offers seminars to explain the procedures available. Monthly seminars are held at the FMH Main Campus, 400 West Seventh Street, Frederick in Classrooms 1 and 2. The seminar is presented by Dr. Stephen McKenna, Medical Director of Bariatric Surgery at FMH. For more information or to register, call 240-566-3785 or visit fmh.org/bariatric.

Go Red for Women

February 2017

February is National Women's Heart Health Month. According to the American Heart Association, heart disease is the number one killer of women, causing one in three deaths each year. That's approximately one woman every minute! We're working hard to raise awareness of this astounding statistic, and to teach women how to reduce their risk. Stay tuned for details. (Hint: It will definitely involve chocolate!) For more information, contact Trish Reggio at 240-215-1447 or email preggio@fmh.org.

All educational events are free and open to the public. Interpreters are available upon request at least one week prior to the scheduled events by calling 240-566-4370. For more information, visit fmh.org/calendar.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-240-566-4370.

သတိပြုရန် - အ ယ်၍ သင်သည် ပြန်မာစ ဂ်းပြောပါ ၊ ဘာသာစ ဂ်း အူအညီ၊ အခမဲ့သိဒ္ဓါတွ် စီစဉ်ဆောင်ရွ်းပေးပါမည်။ ဖုန်းနံပါတ် 1-240-566-4370.