

THE DAILY RECORD

HEALTH CARE  
**HEROES**  
2019



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# Celebrating those who lead the way

Kaiser Permanente congratulates the 2019 winners of *The Daily Record's* Health Care Heroes award for their impact on the quality of health care around our state. We share your commitment to making the state of Maryland stronger, healthier, and happier.

Here's to you—and here's to those whose lives are better because of your mission to provide opportunities that help them thrive.





## Letter from the Publisher



With Maryland being home to several renowned medical and federal institutions, the state is a national leader in health care research and development. The Daily Record's Health Care Heroes Awards honor those organizations and individuals who have made an impact on the quality of health care in our state.

"Our Health Care Heroes are innovators, caregivers, listeners, administrators and healers. Often they are described as miracle workers," said Suzanne Fischer-Huettner, publisher of The Daily Record. "When it comes to meeting the needs of their patients, nothing else matters. The Daily Record is honored to recognize their incredible achievements."

More than 80 nominations were received from across the state and we are pleased to be recognizing 26 winners. This year we are honoring organizations and individuals in six categories. The Lifetime Achievement award honors individuals in health care whose body of work throughout their career makes them stand out from their peers.

The Advancements and Innovation in Health Care award recognizes organizations that have made significant strides within the health care community. The Community Outreach/Education Hero award honors individuals and organizations that have helped the community by providing support and education.

The Nurse of the Year and Physician of the Year awards honors those medical professionals who have performed in exemplary ways.

"The impact of the lifesaving work accomplished by this year's Health Care Heroes is tremendous. These organizations and individuals make an impact of the quality of health care in our state and beyond," said Fischer-Huettner. "The Daily Record is pleased to recognize these dedicated and highly respected professionals for the work they do every day to improve the lives of their patients and the greater community."

You will learn about each of these individuals and organizations through this publication. Discover how each one of them, helps make Maryland a leader in health care.

Suzanne Fischer-Huettner,



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# Lifetime Achievement

• *Robin Luxon,  
RN, BSN, MBA,  
FACHE*

• *Dr. William F.  
Regine, MD,  
FACR, FACRO*

## Robin Luxon

### Senior Vice President for Corporate Planning, Marketing and Business Development

University of Maryland  
Upper Chesapeake Health

At one point, registered nurse Robin Luxon considered switching her career track from health care management to physical therapy.

But she stuck with the former, and today, after 20 years in various leadership positions with the University of Maryland Upper Chesapeake Health, her list of accomplishments has grown impressively.

Lyle Sheldon, president and CEO of Upper Chesapeake Health, described Luxon's contributions to the health of Harford County as "numerous and impactful."

They include helping to launch a cardiac rehabilitation program, adding several outpatient services and leading the campaign to create the Scott and Patricia D. Kaufman Cancer Center, a \$61 million center that opened in 2013 in Bel Air.

Luxon "is highly respected in her profession," Sheldon added, "and has excelled in leading and improving the lives of Harford County residents."

Luxon considers the cancer center her most significant professional accomplishment.

"To develop a center that is built around love and compassion for our community, our neighbors, our loved ones and to be a part of that and have a role in leading that has been incredibly satisfying to me both professionally and personally," she said.

"I am a nurse by professional training, and so I bring my nursing perspective to everything I help to develop," she added. "In this way, I hope that I have in some

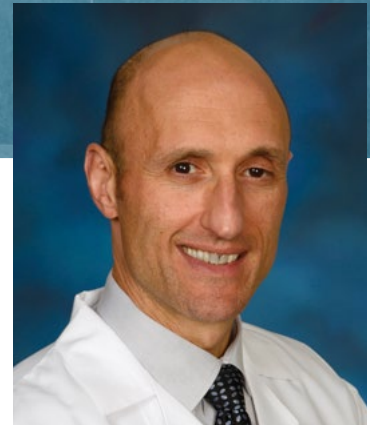


way impacted those entering or working in the nursing profession, showing them that there are many ways to apply your nursing expertise and care for individuals and the community overall."

Luxon is a fellow of the American College of Healthcare Executives, a board member of Harford Leadership Academy and a past board member of the Harford County Economic and Development Advisory Board, among other business and trade group associations.

# Dr. William Regine

**Isadore and Fannie Schneider  
Chair and Professor of  
Radiation Oncology**  
University of Maryland  
School of Medicine



Decades ago, during his second year of medical school at Syracuse University, William Regine got into a heated argument with another student in the middle of a pickup basketball game. The dispute eventually dissolved, the two began chatting about their studies, and Regine learned that the other student was chief resident of radiation oncology.

Regine, who at the time planned to work in orthopedic sports medicine, was immediately intrigued – so intrigued that he eventually switched his specialty.

“This was a pivotal moment for me,” he said, “And I’m so thankful that I made the switch.”

Thousands of cancer patients in Maryland are thankful as well.

Regine has headed the Radiation Oncology Department at the University of Maryland School of Medicine since 2002. During his tenure, the department has climbed to within the top five such departments in the country for research funding.

Three years ago the program opened the Maryland Proton Treatment Center, in Baltimore, to offer cancer patients a new, non-invasive treatment. Regine is the executive director.

The proton center, Regine said, “has become a critical tool for us and for many patients. It also had a huge economic impact on West Baltimore.”

During the past two years, he said, the center has treated more than 1,500

patients, and now treats about 80 a day.

“When I first started in the cancer field over 30 years ago, we cured about 40% of the patients, and now cure at least 60%,” he said.

“If we aren’t curing, we are improving the quality of life in 75% to 85% of the patients we treat.”

In 2016, Regine was named entrepreneur of the year by the University of Maryland for bringing the Proton Treatment Center to Maryland.

*Congratulations,*  
**ROBIN LUXON** and the  
**KAUFMAN CANCER CENTER TEAM.**  
*You truly are* **HEALTH CARE HEROES!**



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schedule a consultation today.



# Advancement and Innovation in Health Care

- Gilchrist
- Kaiser Permanente
- LifeBridge Health BioIncubator
- Lorien Health Services
- Kaufman Cancer Center

## Elder and hospice care



**G**ilchrist's innovative Elder Medical Care program works with a patient population that is largely underserved — those who are elderly, in poor health and often unable to travel to doctor's appointments and forced to use hospital emergency departments for their care. Those patients often have few opportunities to coordinate their care or follow up with doctors after treatment.

But now seriously ill patients in home or residential settings who are enrolled in Gilchrist's program receive coordinated primary medical care and guidance. The program provides consistent health care to help them avoid crises and stay in their homes. Patients also have access to Gilchrist's 24-hour on-call nursing support

telephone number.

Hospitals and health systems see savings because their patients don't need to rely on emergency room care, and the program also offers a transitional path to its hospice program while allowing the patients to keep their care team in place.

Gilchrist has built strategic partnerships with doctors, long-term care facilities, hospitals, continuing care retirement communities and community agencies so it can provide integrated care as enrolled patients move through every stage if they are seriously ill.

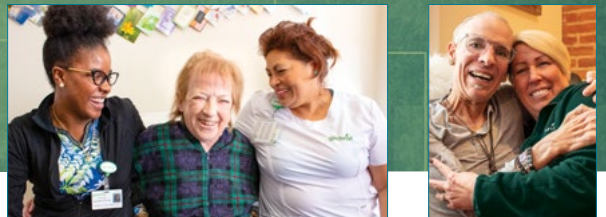
For example, when a Gilchrist patient is admitted to a partner hospital, a Gilchrist clinician at that hospital will provide a consultation to educate the patient about their care options. In skilled nursing facilities, Gilchrist geriatricians and other

experts provide medical care.

Gilchrist also has a Care Choices and Hospice program. Enrolled patients can pursue curative treatments while receiving hospice care, an option that is not available through Medicare.

Gilchrist's leadership has established long-standing strategic care partnerships that have been mutually beneficial in many ways, including reducing costs, emergency department visits and hospital readmissions.

The Gilchrist programs had a strong 2018. The Elder Medical Care program grew by 36% and now has more than 700 patients. The program in residential communities grew 6% and now manages more than 7,500 patients. And its Care Choices and Hospice program grew by 78% and now cares for more than 200 patients.



# Community health initiatives



**KAISER  
PERMANENTE**

**K**aiser Permanente has invested \$1.7 million in Future Baltimore, a community health partnership with Bon Secours Community Works aimed at addressing the social, economic and health needs of Baltimore residents living in the 21223 ZIP code.

The partnership is implementing nine programs, including job training for certified nursing assistants and geriatric nursing assistants; a social support and workforce program for returning residents; a small business incubator; the home delivery of healthy, locally grown food; mental health screenings; first responder training; and mental health and social service programs

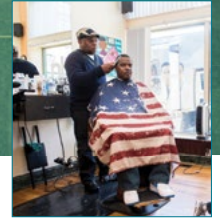
in elementary schools.

The centerpiece of the collaboration is the renovation of an abandoned library one block south of Bon Secours Baltimore Hospital at 31 S. Payson St. The property will be transformed into a community resource center for the program. About \$3.9 million has already been raised for the renovations.

The program is reporting other strong results, including 15 small businesses in the incubator; 50 people enrolled in the nursing program with an 84% job placement success rate; and more than 700 mental health screenings and referrals completed.

Kaiser Permanente has two other community health projects in Baltimore.

Good Health and Great Care, which started in 2016, offers no-cost clinical and social services in four beauty salons and



barber shops in West Baltimore. Health services include flu shots, blood pressure tests, HIV/AIDS testing and diabetes screenings. Other support services include financial assistance, health-care coverage, nutrition advice and fitness classes. The program served almost 2,000 people in the last quarter of 2018 and expects to serve 3,000 residents in 2019.

Kaiser Permanente is the lead sponsor for the second year in a row of the Inner City Capital Connections program, which provides training, education and mentorship at no charge to small and medium-sized businesses of all diverse backgrounds. The program worked with 78 small businesses in 2018 — 82% were minority-owned and 53% were women-owned. The program expects to work with more than 80 businesses in 2019.

# BioIncubator



**CARE BRAVELY**

**L**ifeBridge Health BioIncubator, the only hospital-based incubator in Maryland, brings together medical device and biomedical technology companies for interdisciplinary collaboration in the Shapiro Building at Sinai Hospital.

Companies affiliated with LifeBridge Health BioIncubator have already started building a strong record of success: They've earned \$3.5 million in revenue while achieving total funding of more than \$9 million. In addition, they've secured more than 15 patents and received more than 14 grants.

One of the BioIncubator's 12 tenants, CoapTech, received a 2018 Incubator Company of the Year award, earning the

top ranking in the Medical Device Company category for its technology that allows doctors to use minimally invasive procedures with ultrasound. A committee of regional industry leaders and investors recognized the development of the point-of-care ultrasound magnet aligned platform technology.

Two other tenants were finalists in two award categories: OcuFlow in Medical Device Company and Revolve Biotechnologies in Best Innovative Technology Company.

Another tenant, Alavita Health, formerly Multisensor Diagnostics, recently earned an award from the Novartis pharmaceutical company for its development of a personal medical device that allows patients' vital signs to be tracked in their homes. The award provides Alavita Health access to development data, validation and clinical expertise.



Neil Meltzer, LifeBridge Health chief executive officer, and Dr. Jonathan Ringo, Sinai Hospital president, are recognized as the leaders in launching the LifeBridge Health BioIncubator and building its management team. Its creation led to the formation of a new department at LifeBridge Health, Innovation and Research.

LifeBridge Health says its BioIncubator met and exceeded its 2018 goals, which were to accelerate medical innovation and collaboration between biotechnology start-ups and health care providers by working with hospital doctors and leveraging new technology in the hospital.

This year, LifeBridge Health is starting its BioIncubator Affiliate program to attract companies from across the country. It's also teaming up with CareFirst BlueCross BlueShield in their first Innovation Challenge.

# Advancements in nursing care



Care forward.

Lorien Health Services has developed a program that is significantly reducing the number of its nursing home patients who are readmitted to the hospital within 30 days of being discharged.

Lorien's TeleMedicine program, partially funded by a state grant, started as a pilot project in 2015 between Lorien Bel Air and Harford County's University of Maryland Upper Chesapeake Health Center. They created a technology hub in the 69-bed Lorien Bel Air, where a resident — accompanied by a certified nurse practitioner with the resident's medical history and in-house lab results — can be seen and talk to doctors at the



hospital or in its emergency department.

The program reduced 30-day hospital readmissions by about one-third, Lorien said, and TeleMedicine patients are seen more quickly. The doctors also have more information in their first meeting with patients, which improves patient outcomes.

In the long-term care industry, about one in six patients, on average, is readmitted to the hospital within 30 days of being discharged, Lorien said. The goal of the TeleMedicine partnership was reducing the 30-day readmissions by 25%, but they have exceeded their goal by achieving reductions of about 34% a year.

Lorien is also saving an estimated \$80,000 to \$100,000 a year by cutting

all hospital admissions and emergency room visits.

Building on its success, the TeleMedicine program has been expanded to Lorien's other facilities in Harford County and one facility in Baltimore County.

Lorien also has a promising TeleHealth program it is trying with some chronically ill patients in their homes. The program monitors vital data from the patients and alerts their care team if the patients are in danger. Among the results they've seen: a 69% reduction in emergency department visits; a 40% reduction in hospital admissions; and a 45% reduction in hospital readmissions, even though they were in moderate to high risk of re-entry when selected for the study.

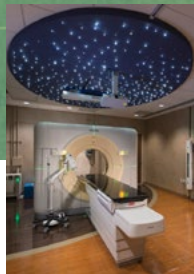
# Advancements in cancer treatment



The Patricia D. and M. Scot Kaufman Cancer Center (KCC), on the campus of the University of Maryland Upper Chesapeake Medical Center in Bel Air, has become a leader in providing advancements in cancer treatment since opening in October 2013.

KCC is a member of the University of Maryland Cancer Network, and that provides patient access to cutting-edge technology in radiation therapy that allows its team members to handle the most advanced and complex illnesses.

KCC's Comprehensive Pulmonary and Lung Cancer Awareness program, which starts with low-dose CT screening for longtime smokers, is recognized as a Screening Center of Excellence by the Lung Cancer Alliance.



If cancer is diagnosed, the multidisciplinary clinic team meets to determine a patient's individualized treatment plan. In addition, patients see all of the oncology specialists at one location in one office visit.

The Cancer LifeNet (CLN) team helps patients cope with their cancer from diagnosis through treatment and recovery. The team, which includes oncology nurse navigators and oncology-certified social workers, provides support and treatment options to residents of Harford and Cecil counties for no charge, regardless of their diagnosis or where they are being treated.

KCC's Cardio-Oncology program improves the coordination and quality of patient care and promotes quality of life and survivorship while providing the least amount of risk for cardiovascular health.

Many people were integral in the development of KCC, but three people are credited with expanding its innovative approaches:

- Robin Luxon, senior vice president for Corporate Planning Marketing, and Business Development, who has direct oversight of KCC.
- Dr. Philip J. Nivatpumin, medical director of KCC and supervisor of the delivery of cancer care at University of Maryland Upper Chesapeake Health.
- Dr. William F. Regine, chair and professor of radiation oncology at the University of Maryland School of Medicine.





# LORIEN

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M&T Bank congratulates the 2019 Health Care Heroes.



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# Community Outreach/ Education Hero (individual)

- *Panagis Galiatsatos, MD, MHS*
- *Asma Inge-Hanif*
- *Dr. William Leahy*
- *Dr. Marlene Mahipat*
- *Annette March-Grier*

## Dr. Panagis Galiatsatos

### Johns Hopkins School of Medicine

**D**r. Panagis Galiatsatos, born and raised in East Baltimore's Greektown, is committed to helping underserved Baltimore residents improve their health. He co-founded Medicine for the Greater Good with his colleagues at Johns Hopkins Bayview Medical Center and is the program's director of medicine.

As part of the program for the last eight years, hundreds of undergraduate and graduate student volunteers across Johns Hopkins have helped more than 5,000 city residents become better advocates for their own health.

Galiatsatos locates residents in need of help by creating community partnerships

and visiting neighborhoods to pinpoint the greatest needs. The program has provided flu vaccinations in churches, free tobacco treatment clinics in public housing and tackled head lice in schools where it was the primary cause of student absenteeism.

Galiatsatos, an instructor of medicine with Johns Hopkins Medicine, said his short-term goal is to partner with as many people as possible to target non-medical issues that impact health outcomes.

"My long-term goal is to have community engagement the standard of care for all hospitals," he said. "Taking our services outside of the hospital and knowing how to tackle non-medical factors that impact our patients' outcomes — that is the dream I have."

Galiatsatos, a 2010 graduate of the University of Maryland School of Medicine, said he has a formula that has been successful: He empowers



communities, works on a grassroots level, locates interventions, and tries to ensure sustainability. "These efforts are for a greater good, yes, because I believe it is the right thing to do and the smart thing to do if medicine is to be a public trust.

"Working with the community makes me realize time and time again that I am not a doctor helping the community but rather a community member helping where I can, while I happen to be a doctor."

# Asma Inge-Hanif



## Inge Benevolent Ministries dba Muslimat Al Nisaa Shelter

Asma Inge-Hanif has dedicated her life to helping others who are less fortunate through her Inge Benevolent Ministries, which is comprised of the Muslimat Al-Nisaa Shelter, Refugee and Domestic Violence Ministry and the Healthy Solutions Health Center, launched in 1987.

The nurse practitioner offers health services for underserved and uninsured women and children, with a special focus on Muslim women and children. Her programs include medical examinations, screening and education about cancer

and sexually transmitted diseases, family planning, vision and hearing testing and classes for at-risk youths.

Inge-Hanif also has provided care for female domestic-violence victims, refugees, trafficking victims and the homeless for 30 years. In 2007, she converted her home to a shelter for homeless Muslim women who are domestic violence victims.

Inge-Hanif also helps others in her community in many ways, including volunteering to provide physicals to inner-city students in Baltimore when the city canceled nurses' contracts. She has also provided free blood pressure screenings for senior citizens and established first-aid centers at community health events.

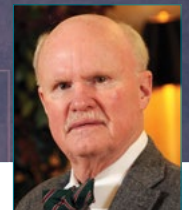
"I came from a very poor background," Inge-Hanif said in a 2018 interview. "It

doesn't matter where you come from — you can follow your dreams. I wouldn't have thought I could have done these things, but my parents didn't allow me to be discouraged."

Inge-Hanif, who doesn't take a salary for work in her organizations, was inspired to help others after watching her maternal grandmother die of cancer because she lacked suitable access to health care.

"In this life, if you remove random acts of kindness from society, all you have left is selfish, uncaring individuals, and who wants to live in that world?" she said. "I want to make a difference in the lives of others. It is rewarding to pay it forward and it makes you feel good to help others."

# Dr. William Leahy



## High School Home Health Educational Foundation and Ingleside

Dr. William Leahy, a neurologist, founded a tuition-free Certified Nursing Assistant program for high school students. They are trained at a senior living community, creating a positive intergenerational experience that has benefited the teenagers and senior citizens.

Now in its fifth year at Ingleside at King Farm in Rockville, the program has had 40 Gaithersburg High School students — who did not plan to go to college — attend classes and participate in hands-on training while they were being prepared to apply for the nursing assistant state certification or

take the geriatric nursing assistant exam. All of the students who took the qualifying exam passed it and are now employed. For the residents, they get to engage with the students and learn about their future plans.

Leahy has been the driving force behind the program. He created the High School Health Education Foundation to fully fund the program. Ingleside at King Farm is the sponsor and Leahy is on the facility board of directors. In addition, he is a co-author of the course curriculum, "Providing Homecare — A Textbook for Home Health Aides," whose royalties help underwrite the program.

The students attend classes in the 15-week program after high school three days a week and get clinical experience on the weekends in the facility's Comprehensive Care Center.

"Developing the skills to become a

certified nursing assistant is a great way for young people to break into the health care field," Leahy said. "Through this program, they receive the training they need to find gainful employment and exposure to the industry that may encourage them to explore the nursing field or other aspects of the growing health-care industry."

The program has been so successful that it has added a summer session and will soon expand to Ingleside at Rock Creek in Washington, D.C.

Leahy was president of Neurological Medicine, a neurology practice he co-founded, for 34 years. He studied at Princeton University, Northwestern University Medical School and Johns Hopkins Medical Institution, where he continues to be a part-time faculty member in the Department of Neurology.

# Dr. Marlene Mahipat



## Mediquest, LLC

**D**r. Marlene Mahipat understands how challenging it is for many in America to get an education and a good-paying job. Mahipat, a native of Trinidad, moved to the United States in 1990 and worked three jobs while going to school to earn her doctor of chiropractic degree in 2001.

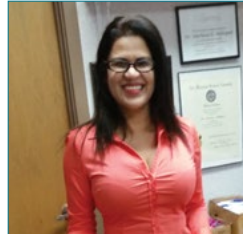
She moved to Maryland the next year, and in 2004 launched Mediquest LLC, a health and wellness facility in Randallstown that provides affordable chiropractic care and physical therapy services.

Mahipat started Helping Orphans Prosper Everywhere (H.O.P.E.), a nonprofit group, in 2006 to improve the lives of orphaned and displaced children nationally and internationally. HOPE also helps the underserved and homeless in Baltimore.

H.O.P.E. provides food, clothing, vitamins, toiletry packages and school supplies to disadvantaged and at-risk children and adults as well as those with disabilities. In addition, H.O.P.E. provides healthy meals to Baltimore's homeless, and during the holidays provides toys and meals for many families.

H.O.P.E. has helped more than 6,000 people in Baltimore and Baltimore County, 600 internationally, and 900 across the U.S., Mahipat said.

Mahipat also launched another nonprofit in 2006, People Letting Every Animal Survive Euthanasia (P.L.E.A.S.E.), to keep healthy animals from being put to sleep and help senior citizens with food and



medical bills for their pets.

Mahipat, in a 2015 interview, said while delivering Meals on Wheels, she noticed that some families gave some of their meals to their pets, and that led to the founding of P.L.E.A.S.E. "We have met so many people who would rather live in a cardboard box with their dog,"

Mahipat said.

Both nonprofits are funded by Mahipat's practice and have only volunteers, no paid employees.

In May, Mahipat was named a 2019 Trailblazer by the Center Club's Women in Business group for going above and beyond her job to ignite positive change in her community.

# Annette March-Grier



## Roberta's House

**A**nnette March-Grier, a registered nurse, founded Roberta's House in Baltimore to help children and families who are suffering after the death of someone close. Her goal is to help people learn to cope with grief and find hope again through free community grief support programs.

"As a health professional, I have witnessed the impact of unresolved grief on thousands of children and families in our community who have little or no support," March-Grier said. "Grief causes emotional pain and can change the course of one's life. The decision to face the darkness even if it leads to overwhelming pain showed me that the experience of loss itself does not have to be the defining moment of our lives."

Roberta's House, a community-based nonprofit, was established from a bereavement program created by the March Family's Funeral Service. Roberta's House is governed by a board of directors and provides access to a network of health providers, businesses and volunteers, and offers 13 free support groups and programs for all ages. Roberta's House is supported by grants, foundations, corporations and community donors.

One of March-Grier's key priorities is helping children who live in toxic environments and are struggling with substance abuse, poverty, sudden death and incarceration. She said childhood grief can carry over to adulthood without effective support and learning healthy coping skills. Among the outreach at

Roberta's House are school-based programs and a three-day camp to help children cope with grief.

Roberta's House, which supports thousands of families every year, also educates professionals and church leaders about supporting the bereaved. It has expanded its services into Prince George's County.

"It has become my mission to help individuals see that loss is a part of life that can be painful, but with community support, shared experiences, and knowledge of grief as a healing process, we can be transformed to grow into who we are created to be," March-Grier said.

# SAVE THE DATE!



## THE DAILY RECORD



**September 19, 2019**

**Gertrude's at The Baltimore Museum of Art**

The VIP list recognizes Maryland's leaders who are 40 years old or younger based on their professional accomplishments, community service and a commitment to inspiring change. They are selected by an outside panel of judges, including previous winners and business leaders.



**October 9, 2019**

TBD

The Daily Record readers nominated, voted for and support these outstanding organizations.



**November 5, 2019**

BWI Hilton

Most Admired CEO honors talented business CEOs and nonprofit leaders whose leadership and vision are admired by those around them. Three-time winners are inducted into the Circle of Influence.



**December 2, 2019**

Westin Annapolis

Leading Women celebrates women who are age 40 or younger for the tremendous accomplishments they have made so far in their careers. They are selected based on professional community involvement and a commitment to inspiring change.



**December 16, 2019**

The Center Club

The Icon Honors award recognizes Maryland business leaders over the age of 60 for their notable success and demonstration of strong leadership both within and outside of their chosen field.

## WOMEN'S Leadership Summit

**March 2020**

TBD

The Women's Leadership Summit will convene Top 100 Women, Leading Women and Maryland's network of women professionals to learn about important topics facing women in business today, give back to the community and create mentoring relationships.

## INFLUENTIAL MARYLANDERS

**March 26, 2020**

Grand Lodge of Maryland

Influential Marylanders honors individuals who have made a significant impact in their field and are influential leaders for their organization. Honorees are selected by The Daily Record's editors for significant contributions in their field. Three-time winners are inducted into the Circle of Influence.

MARYLAND'S

## TOP 100 WOMEN

**April 20, 2020**

Meyerhoff Symphony Hall

Maryland's Top 100 Women recognizes high-achieving Maryland women who are making an impact through their leadership, community service and mentoring. Three-time winners are inducted into the Circle of Excellence.

## Leadership in Law

**May 14, 2020**

BWI Hilton

Leadership in Law recognizes Maryland's legal professionals – lawyers and judges – whose dedication to their occupation and to their communities is outstanding. This event also honors up-and-coming lawyers through the Generation JD award and identifies exemplary careers through the Lifetime Achievement Award.



**June 2020**

TBD

Health Care Heroes will be honoring those organizations and individuals that have made an impact on the quality of health care within Maryland. Categories include: Advancements in Health Care, Community Outreach, Health Education Hero, Lifetime Achievement, Mid-Level Provider of the Year, Nurse of the Year, Physician of the Year, Volunteer of the Year and Workplace Wellness Program.

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# Community Outreach/ Education Hero (organization)

- American Cancer Society
- Baltimore Child Abuse Center
- Casey Cares Foundation
- Keswick
- Population Health, Howard County General Hospital
- Western Maryland Health System



When it comes down to it, the American Cancer Society works toward saving more lives from cancer. In Maryland and throughout the country, the organization does that by taking a multi-pronged approach, attacking the variety of ways that having this disease impacts peoples' lives.

The main focus though is on providing access to care.

Last year, the American Cancer Society provided direct services to more than 6,300 cancer patients and their families. These services educate patients so they can make better decisions for their care and help ensure they get the lifesaving care and treatment they need.

The organization's efforts start with free transportation to and from treatment through its Road to Recovery program.

Many patients are too sick to drive themselves or don't have a car or family and friends to take them and that lack of transportation can take its toll over the course of weeks or longer.

In 2018, the organization gave nearly 10,000 rides statewide to 450 cancer patients.

The American Cancer Society is also the only nonprofit that provides free lodging to adults battling cancer. This is another significant barrier to treatment for some patients who often have to be away from home during lengthy treatment regimens

and become overwhelmed with the costs of staying nearby a health care facility, particularly in a long-term situation.

The Baltimore Hope Lodge is one of 30 American Cancer Society lodges nationwide that provide a place to stay for patients and a caregiver traveling far from home for treatment. Last year, 366 patients and caregivers stayed at the Baltimore facility during 11,290 nights and at a cost of about \$1 million.

The organization also partnered with three other federally qualified health centers to carry out for the uninsured or underinsured some 3,710 free cancer screenings in 2018, including for breast and colorectal cancers.



## Baltimore Child Abuse Center

The Baltimore Child Abuse Center (BCAC) was founded more than 30 years ago in response to a growing and troublesome awareness.

Abused children were dealing not only with the traumas associated with their abuse, but they were being victimized again by the drawn-out and often repetitive investigative processes originally intended to support them.

The center carefully developed a big-picture crisis response plan for reports of child abuse that is timely and sensitive to the needs of children, helping them tell their



story just once, so they can move on to receive whatever support they need for the healing process.

The BCAC conducts forensic interviews and provides mental and other medical health care in one location.

That's why the facility is located with the Baltimore Police Department Child Abuse Unit and Family Crimes Unit, the House of Ruth and a grief counselor from the Office of the State's Attorney of Baltimore City.

But direct services aren't all BCAC is about.

The organization also works hard to educate and reaches out to the community to raise awareness about child abuse and build up the ability to respond.

These efforts add up to 15 different training options for professionals,

organizations that serve youth and community groups to assist in identifying and reporting suspected abuse.

These training sessions are created and delivered in-house, so the information can be tailored to the age, professional affiliation or needs of the audience.

During the past six years, BCAC has trained 31,593 people in internet safety, mandatory reporting and spotting abuse or neglect.

The training extends to a curriculum for summer camp providers and counselors that's been delivered to camps in nine states in 2018, including New York, Texas and Illinois.

BCAC also offers policy auditing and crisis consultation services for organizations to help them create a safer environment for children, and in which procedures for reporting abuse are firmly in place.

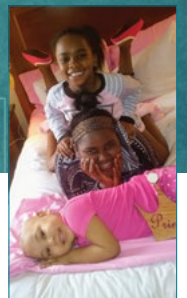


For families whose faith, relationships and pocketbooks have been stretched because of the critical illness of a child, the programs at the Casey Cares Foundation can be among the few breaks many have from hospital stays and doctors' visits.

For some, a visit to the foundation may be one of the last events they'll attend as a family.

And while the staff members at Casey Cares can't cure these children, they can create little moments and lasting memories.

The foundation was started in 2000 in Baltimore under the auspices of longtime philanthropist Casey Barnes and a handful of families.



After helping run her family's business, Barnes took up a longstanding passion for children's charity and decided to help children fighting cancer, sickle cell disease, cystic fibrosis and other life-threatening illnesses. She initially met with social workers at hospitals and parents of children to find out how she could lessen their stress and make a difference in their lives.

Today, Case Cares plans to serve 1,450 families in 2019, growing by 20 percent from the year prior.

Patients who visit the foundation in the mid-Atlantic region and in portions of the Midwest choose from a variety of programming, from a quiet movie night to a major sporting event. Bi-monthly

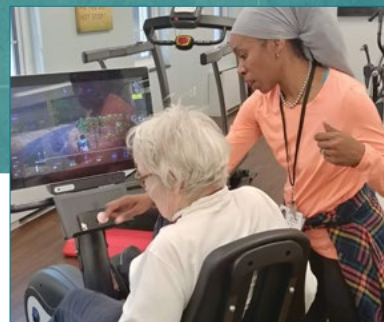
customized programs give families dozens of opportunities to create positive family memories.

These include family celebrations, birthdays and vacations. Grants to the nonprofit also provide pajama parties for children on extended hospital stays, and even help a family with grocery bills.

In 2018, Case Cares organized 3,668 family activities, 932 birthday surprises, 106 vacations and 286 Caring Connection parties. They also gave out 13,300 pairs of pajamas.

Many of Casey Cares patients receive active treatment for years, and the impact is felt by siblings, parents and beyond. That prompts staff members to focus on the entire family, not just the sick child.

  
**wise & well**



**F**ounded in 1883, Keswick established its long-standing business model as a campus-based long-term care facility.

For a nursing home provider in business for 135 years, altering its business model and expanding its operations may not have seemed like an obvious move.

But that didn't stop the organization in Baltimore from deciding to expand its reach into community services, which it found were already helping older people live longer in their homes. The culmination of those efforts led to the nonprofit, Keswick Community Health.

The types of programming that Keswick Community Health offers at its main campus and throughout the city cover brain health, chronic disease management and community engagement.

The overarching goal is to help people

develop purpose and meaning, stay connected and move more — the proven foundation of healthy aging.

During the course of this programming, members of Keswick began to notice the desire for a separate place to gather.

In September 2018, the nonprofit opened its Wise and Well Center for Healthy Living in Baltimore. Earlier attendees have become familiar faces, and classes have expanded. As the hub of Keswick Community Health, the membership-based center offers classes,

coaching and personalized services across multiple dimensions of wellness.

Alongside programming about falls prevention, there are other activities

like self-defense, gardening and cooking classes.

A recent example is local chef Nancy Longo of Pierpoint Restaurant and Catering who gave a master class at the center, or author Charita Cole Brown, who read from her book "Defying The Verdict: My Bipolar Life" May 2.

The topics also turn to health. Associate Professor of Medicine at Johns Hopkins University of Medicine, Dr. Rita Kalyani led a recent Lunch and Learn, and read from her book "Diabetes Head to Toe."

Adult children of older adults are now reaching out to the center to participate, and more people in Baltimore have a place to go to inspire them as they age.



**HOWARD COUNTY  
GENERAL HOSPITAL**  
JOHNS HOPKINS MEDICINE



**M**ost of the factors that affect people's health aren't tied to the clinical care they receive.

That's a realization that led Howard County General Hospital to set up the Population Health Team.

And it's why the group partners with some of the most vulnerable county residents to address the many factors happening outside the four walls of the hospital that can block their return to a healthy state, or maintaining a healthy lifestyle.

This type of work is new for hospitals and its seamless connection to community-based resources helps patients and their

families take more control over their own health and avoid preventable trips to the hospital.

The organization's Community Care Team is one example. Most of the work is done by community health nurses and social workers in clients homes. These clients have, on average, two to six chronic conditions, and often go without family or informal caregiver support.

The team delivers disease-specific health education and extensive social support. They coordinate home modifications, help clients find more affordable housing, inform them about new medications or devices, set up remote patient monitoring systems and facilitate discussions about advance care planning.

Another program, Journey to Better Health, serves adults who live or worship in Howard

County.

The program hosts on-site health screenings at places of worship, as well as non-denominational community spaces.

Those identified as being at risk can enroll in further training to help them better manage their conditions. And the clients themselves are tasked with deciding on their own care plans.

Journey to Better Health also matches trained volunteers with people to help boost their social interactions, and assist them with everyday chores, like getting groceries or collecting the mail.

This holistic approach attempts to address peoples' health needs by meeting them where they are in their communities and leverages their own abilities to make key social connections that help sustain a healthy lifestyle.





**WESTERN MARYLAND  
HEALTH SYSTEM**

*Caring for What Matters Most*



Addressing the greater health and well-being of a community that also faces poverty, chronic disease and access to care is no small challenge.

But it's one the Western Maryland Health System (WHMS) has worked diligently to improve on through its host of community outreach efforts. Behind many of them lies the objective of adding resources and opportunities that enhance self-sufficiency and health.

Those resources and outcomes are measured closely to assess impact. Last year, WMHS saw 8,097 people participate in activities promoting healthy lifestyles and documented 814 improvements in mind, body and health.

The work couldn't be done without the partnerships with the local community and faith-based organizations and people

from all walks of life and socioeconomic backgrounds – from educators and law enforcement to business and government leaders.

Attendees of Getting Ahead classes for youth and adults from impoverished or unstable backgrounds celebrate important victories like getting full-time employment, buying a car, or settling into independent living. Younger students work to obtain their driver's license, or imagine what college and a professional career would actually be like.

A child care certificate training program launched five low-income participants down a new career path, all of whom went on to find jobs.

A series of surveys from 2011, 2014 and 2016 show the system's Mobility Management and transportation partnership

helped reduce the percentage of adults in the community who report missing doctor's appointments due to problems finding transportation.

The health system spearheaded a community resource network by using the software platform called Aunt Bertha to help screen for, search and refer patients to services that address the issues getting in the way of better access to health care resources.

Other areas of community outreach include no-cost programming, like group fitness, chair yoga, grocery store tours, meditation, mind-body groups, support groups and wellness coaching. The organization also offers free classes in mental health first aid, fall and diabetes prevention and more.

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# Nurse of the Year

- *Karen Evans*
- *Kristina A. Gambrell, RN, BSN, IBCLC*
- *Dona Griffin, RN, BSN*
- *Lisa Rogers*
- *Catherine C. Ware, BSN, RN-BC, CCRN-K*

## Karen Evans

**Nurse Manager for Residential Care**  
Roland Park Place

Anybody familiar with the nursing field knows that opportunities for skilled nurses are plentiful and, as a consequence, nurses tend to move around a lot.

Not so much, however, at Roland Park Place, a continuing care community in Baltimore's Roland Park neighborhood. Nurse Manager Karen Evans thinks she knows why.

"We strive to give staff the challenges that will help them grow as professionals, as well as recognition and appreciation for their work to help Roland Park Place residents live their best lives," she said. "Our staff stays with Roland Park Place because of the culture that we've created."

Of the 25 people she supervises, four remain from her first round of hires in 1994, she said, and many others have been with the facility for more than 10 years.

Evans joined Roland Park Place as nurse manager in 1993, 11 years after earning a bachelor's degree in nursing from Towson University.

In her more than 25 years at Roland Park Place, she has implemented a raft of new policies and procedures. But her most significant accomplishment, she said, was creating the facilities Program for Assisted Living.

PAL offers residents extra help with activities such as making the bed and managing medication, which allows them to maintain their independence longer than they might otherwise be able to.

"Independence is crucial for older adults," Evans said. "Not only does it help them preserve control of their lives and



choices, but it also can foster a sense of accomplishment and purpose."

Evans, who has held management positions for all but the first year of her 36-year nursing career, said her leadership ability and communications skills help her stand out from the crowd. The latter, she said, is especially important in the field of nursing.

"Nurses are often placed in emotionally charged situations," she explained. "It is vital to communicate clearly and compassionately."

# Kristina A. Gambrell

**Neonatal Intensive Care  
Lactation Consultant**  
Sinai Hospital,  
a LifeBridge Health Hospital



To Kristina Gambrell, breast milk is “liquid gold” for critically ill babies, and she’s made it her mission to convince the mothers of those babies of its importance.

By a couple of measures her mission has been a success. Since being named the neonatal intensive care lactation consultant at Baltimore’s Sinai Hospital in 2013, the percentage of mothers of newborns in the NICU (Neonatal Intensive Care Unit) who breastfeed and/or pump their milk for their babies has soared from 64% to more than 90%.

In addition, the average time for those measures first pumping session has been

cut from more than 24 hours to 2.4 hours.

“I educate all NICU moms about the importance of providing breast milk for the babies, including how to initiate and maintain their milk supply for months,” she said.

Gambrell’s mission, however, doesn’t stop at convincing these new mother’s of the value of mother’s milk and teaching them how to initiate and maintain their milk supply for months.

She goes above and beyond to make sure that happens, whether by loaning them a \$15,000 breast pump, buying them their own personal pump if insurance won’t cover it, or having a chest freezer delivered to their home so they can stockpile their milk.

She also has secured two generous

donations that allowed the NICU to buy enough breast pumps for each baby’s bedside and for milk warmers.

“I foster a strong, enthusiastic, therapeutic relationship, making sure our families have all the tools they need to succeed,” she said.

Before taking her current position at Sinai Hospital in 2013, Gambrell was a lactation consultant at Franklin Square Hospital Center and at the Greater Baltimore Medical Center.

She graduated with a bachelor’s in nursing from the College of Notre Dame of Maryland in 1987.

# Dona Griffin

**Clinical Nurse Administrator**  
MedStar Montgomery  
Medical Center



Dona Griffin’s interest in the medical field was sparked by her father, who had an OB-GYN practice when she was growing up.

His work, she said, “taught me all about empathy and the patient experience,” and sparked a lifelong interest in women’s health.

Griffin has worked as a nurse since she earned her bachelor’s in nursing from Columbia Union College (now Washington Adventist University), in Takoma Park, in 1986. She has been clinical nurse administrator at MedStar Montgomery Medical Center in Olney since 2013.

“In my span of 30-plus years, I have educated young girls on sex education

to see them turn into pregnant moms, been there through pregnancy ups and downs which resulted in the birth of their children as they move into menopause and the rollercoaster ride as you figure your way through the aging process,” she said.

Griffin is proud of having mentored and trained many nurses, helping to mold them into people who “make a difference in the lives of the women they treat and come in contact with.”

But she said her proudest accomplishment is raising her two children and instilling in them a passion for health care. Her son works as a hospital clinician and her journalist daughter has written about health issues. Both, she said, “are working to heighten awareness about health and make our health care institutions a better place.



That makes me proud.”

Griffin’s supervisor at MedStar, Nathan Barbo, describes her as a compassionate, effective and innovative professional with a passion for health care.

“This department would not be nearly close to its current high-achieving status without her tireless work, dedication and constant drive for improvement,” he said.

# Lisa Rogers

**Director of Nursing  
Lorien Health Services  
Mays Chapel  
Lorien Health Services**



Besides raising her four children, Lisa Rogers considers her most significant accomplishment earning her registered nurse degree.

Which is not surprising, given her early educational history.

In 1998, at the age of 17, Rogers decided high school had nothing left to teach her. So she dropped out, went looking for work and wound up with a job as a nursing assistant.

The job was nothing but a paycheck at first, she said, but all that changed when a patient told her, “Thank you, you’re an angel.”

“At that moment, I was hooked,” Rogers

said. “I knew I would spend my life caring for people as a nurse, and I’ve never looked back.”

After earning a General Educational Development diploma, Rogers went on to earn her degree at Rhodes State College, in Lima, Ohio in 2003. After nursing stints in Ohio and Tennessee, she was named director of nursing at Lorien Mays Chapel, a 93-bed skilled nursing facility in Timonium, in 2016.

During her time at Lorien, Rogers has compiled an impressive list of accomplishments. They include setting up a cardiac program for men and women who come to the facility after heart surgery or suffering congestive heart failure and

instituting a research-based approach to treating Parkinson’s patients that, she says, has yielded “phenomenal results” in a fairly short time.

“Lisa is first and foremost a nurse with a passion for patient care,” wrote Wayne Brannock, COO of Lorien Health Services, in his letter nominating Rogers for nurse of the year. “But as our director of nursing, she is also a true leader committed to improving the quality of care system-wide.”

Rogers treasures the day she earned her degree. “I’ve earned two higher degrees since then, but that RN was my ticket into the profession that I love,” she said. “And, just like raising my children, I consider it not just an accomplishment but a blessing.”

# Catherine Ware

**Coordinator, Infection  
Prevention and Control  
Meritus Medical Center**

A critical care nurse in surgical services for 14 years and vascular care specialist for 15, Catherine Ware recently took over as coordinator of Infection Prevention and Control at Meritus Medical Center in Hagerstown.

Among her numerous accomplishments at Meritus, she has coordinated a monthly vascular screening program to detect arterial disease and led efforts to identify and treat sepsis, a potentially life-threatening condition caused by the body’s response to infection.

Thanks to her efforts, the percentage of Meritus patients who receive appropriate

care for severe sepsis now exceeds both the state and national averages.

Earlier this year, Ware won the medical center’s Daisy Nurse Award, given monthly to honor a nurse’s “extraordinary skill and compassionate care.”

“My most significant personal accomplishment is my family,” Ware said, “but from a professional perspective, it is remaining current in my practice with ongoing continuing education and sharing that knowledge with others.”

For years, Ware has coordinated a monthly community vascular screening program and she is a faith community nurse at her local church, providing spiritual support and health education.

Sarah Harne-Britner, director of professional practice for Meritus, noted in a letter nominating Ware for this award



that her colleague works tirelessly to improve health care both at Meritus and out in the community.

Ware’s “passion for providing exemplary care is evident across the continuum of care,” Harne-Britner wrote. “She works tirelessly to improve care of vascular patients ... and is an influential leader, expert clinician, educator and patient advocate.”

Ware said she would not be receiving the award “without the support of my organization, leaders and peers.

“It is also an award for all the nurses, past and present, who provided education, training and support over my career,” she added. “I would not be the nurse I am today if not for them.”



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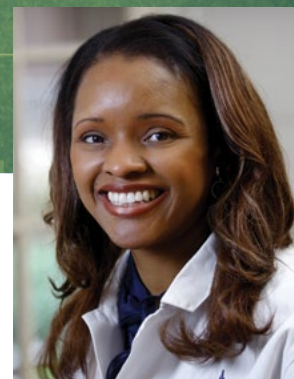


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# Physician of the Year

- *Crystal Watkins Johansson, M.D., Ph.D.*
- *Mark Katlic, M.D., M.M.M., FACS*
- *Kristen Nelson, M.D.*

## Crystal Watkins Johansson



**Director Memory Clinic  
in Neuropsychiatry**  
Sheppard Pratt Health System  
**Assistant Professor**  
Johns Hopkins University  
School of Medicine

Crystal Watkins Johansson has been a high achiever almost her entire life.

She never missed a day of class while attending public schools in Baltimore city and Baltimore County and was the first African-American student government president of Dulaney High School in Cockeysville.

She went on to become the first female Meyerhoff Scholar from the University of Maryland, Baltimore County to earn a

medical degree and doctorate and one of only three African-American women to earn a doctorate in molecular and cellular neuroscience from the Johns Hopkins University School of Medicine.

Her thesis work was featured on the cover of the Wall Street Journal and led to a patented discovery and proposed clinical trial for diabetic nerve disorders.

During her career in medicine, she has been honored by publications ranging from The Daily Record newspaper to Essence magazine and organizations including the Greater Baltimore Committee and the American Psychiatric Association.

Since 2011, Johansson has been an assistant professor at Johns Hopkins and director of the Memory Clinic in Neuropsychiatry at Sheppard Pratt Health System since 2014 and has worked as a clinician, researcher and educator.

"I love being a 'triple threat' as they call it because of my hands-on patient care,

brain imaging research on psychosis in dementia patients and mentoring and educating of future generations of psychiatrists and mental health providers," she said.

She also has positioned herself as an advocate for the city in which she was born, one who is especially interested in closing Baltimore's socio-economic divide.

"Education is one key to bridging health disparities," she said. "I strive to close the gap by making a positive impact as a role model and empowering the next generation to reach their educational goals."

To that end, she has co-founded a literacy program for young students, and worked to teach adolescents about preventing teen pregnancy.

# Mark Katlic

**Chairman, Department of Surgery,  
Director, Aging Surgeon Program**  
Sinai Hospital,  
a LifeBridge Health Hospital



From his days as a resident at Massachusetts General Hospital in the early 1980s to his current position as chairman of the Department of Surgery at Sinai Hospital and director of its Center for Geriatric Surgery, one theme has permeated Dr. Mark Katlic's work.

"I am passionate about dispelling ageism, prejudice based upon chronologic age, by bringing objectivity to the subjects of older patients and older physicians," he said.

His passion prompted Katlic to write seven books on the subject, with titles such as "Principles and Practice of Geriatric

Surgery" and "Cardiothoracic Surgery in the Elderly."

That passion also prompted him to lead the effort to establish the Center for Geriatric Surgery, which opened in 2012. The center, of which Katlic is director, has gained national and even international attention because, Katlic says, "no one else is really doing it."

Katlic's focus on older physicians led him to establish the Aging Surgeon Program at Sinai, a system for evaluating older surgeons to make sure they have the physical and cognitive faculties needed for their exacting work, in 2014.

"All human faculties deteriorate with age, and surgeons are not immune from that," he said. "So the question is, at what point should surgeons stop operating." The decision can be difficult, he said, and Sinai's two-day evaluation provides an objective marker on which to base it.

Katlic's passion for fair treatment of

older patients and surgeons aside, he said his greatest satisfaction as a physician is "caring for individual patients with cancer and other chest problems."

He added: "I could not have done any of this without the support of my wife of greater than 45 years, Diane, who has been with me since before medical school, and my daughter, Katherine. Both have given up innumerable family events to see me rush to the hospital."

# Kristen Nelson

**Director Pediatric Cardiac  
Critical Care and Ventricular  
Assist Device Therapy**  
Johns Hopkins



In one of the several glowing letters about Dr. Kristen Nelson from co-workers and parents of children who have been her patients, Lisa Hess describes Nelson as someone who "advocates for the patient and loves them like they are her own."

In another letter, Christina Ewing describes Nelson as "one of a kind — it only makes sense that her life is spent caring for heart babies, because her heart is so beautiful, and has room for so many."

In yet another, nurse Megan Gilmore

Hodnicki describes Nelson as "the most caring, competent, professional, confident, compassionate, empathetic, knowledgeable and altruistic physician I have worked with in my 20-plus-year nursing career."

Such praise is perhaps not surprising, given the fact that Nelson admits that at one point she thought she shouldn't choose a career in medicine "because I thought I would get too attached to my patients." But she changed her mind when her father, then a patient himself, advised her that more compassionate doctors were needed because "compassion and empathy are extremely important components to any relationship,

and vital for healing."

Nelson, who has been the director of Pediatric Cardiac Care at the Johns Hopkins School of Medicine since 2012, professes to feeling "truly blessed to be able to take care of the most amazing children who deal with some unimaginable things yet do so with such strength and bravery.

"All of my patients impact me," she continued. "There is no better job and it is so unbelievable to me that God has given me these opportunities to help children and their families. I owe it to each and every one of them to be the best doctor I can be every day."

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**K**aiser Permanente of the Mid-Atlantic States is a local not-for-profit health plan that provides high-quality health care services and insurance coverage for more than 750,000 members at more than 30 medical centers in Maryland, Virginia and Washington, D.C.

As the region's leading health system, Kaiser Permanente is committed to leveraging all of its assets to help make the communities it serves among the healthiest in the nation. The organization's numerous physicians and employees work seamlessly to create an integrated high-quality experience for members. Beyond this commitment to delivering exceptional care, Kaiser Permanente also recognizes that health is intrinsically linked to many environmental and social non-medical factors. Factors such as education and income level, one's access to health care and safe, affordable housing, can all affect individual health and can even reduce life expectancy. Kaiser Permanente's Community Health team works to identify solutions to many of these challenges and focuses investments and collaborations on initiatives that address the root causes of health, ensure access to care and improve

conditions to advance health and achieve equity.

Between 2012 and 2016, Kaiser Permanente invested more than \$446 million in communities throughout the region, partnering to advance health for everyone. In recent years, Kaiser Permanente has deepened its efforts in Baltimore and the organization has pursued strategies which aim to address issues that exist at the neighborhood level. This approach requires tight alignment with key community partners and a shared commitment to the work.

Among the numerous programs and services Kaiser Permanente offers, three innovative approaches to community health have placed Kaiser Permanente among this year's Healthcare Heroes list and are driving measurable, scalable impact for the region.

**Future Baltimore**, a flagship partnership for West Baltimore between Kaiser Permanente, Bon Secours Community Works, the Anchor Group, and many other organizations, is advancing health equity and economic opportunity in West Baltimore. This partnership is already addressing the social, economic and health needs of over 2,000 community members who live in three neighborhoods in the

21223 ZIP code via nine purposeful programs. The centerpiece of this collaboration is the renovation of an abandoned library which will ultimately be transformed into a state-of-the-art community resource center.

**Kaiser Permanente's Good Health, Great Hair program** brings clinical and social services such as body mass index calculations, blood pressure checks, screenings for liver and kidney disease, take-home colorectal cancer tests, nutrition and fitness classes, mental health convenings, and more, to the trusted environment of neighborhood barbershops and beauty salons. Through this authentic, strategic community outreach, the Community Health team, clinicians from Kaiser Permanente, and social service partners address stigmas and connect neighbors with health care and other support services. To date, the program has served over 3,000 individuals.

In addition to connecting residents with clinical services and social non-medical supports, Kaiser Permanente is also committed to helping local businesses thrive. As a proud sponsor of the **Inner City Capital Connections program**, the health plan is working to help small, diverse businesses build capacity for sustainable growth in revenue, profitability, and employment. In 2018, 79 small businesses participated in this tuition-free executive leadership training program.

For more information on Kaiser Permanente's commitment to community health, visit [kp.org](http://kp.org)





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**K**eswick, once known only as a campus-based long-term care facility, made the commitment to improve health outcomes for older adults by extending services to include those living in the community. Keswick Community Health, through its programs and services, enhances the health and well-being of older adults through community-based resources.

In fall 2018, The Wise & Well Center for Healthy Living opened as a dedicated space for older people to pursue their health and well-being goals. This membership-based Center offers classes, coaching and personalized services across multiple dimensions of wellness. Earlier this year, we launched Maryland Community for Life, a creative and unique program providing a package of services for homeowners and renters, in partnership with the MD Department of



Aging. This private-pay program delivers key services designed to navigate predictable home maintenance, transportation, and community access needs in a cost-effective and supportive manner.

When you are a Community for Life member, we serve as your partner in your health journey, supporting your efforts to remain safe and independent, manage chronic conditions, utilize local resources and maintain social and community networks by offering access to individualized, quality, vetted services that enable you to Live Well, Age Well and Be Well.

If you, or someone you know, is interested in focusing on your wellness journey and/or could benefit from Community for Life services, please contact us at 410-662-4363 or [CommunityHealth@ChooseKeswick.org](mailto:CommunityHealth@ChooseKeswick.org).

**A**t LifeBridge Health, we Care Bravely. We have launched our Care Bravely movement to demonstrate our commitment to Care Bravely for our patients, our team members and our communities.

As one of the largest and most comprehensive providers of health-related services in Maryland, we touch the lives of hundreds of thousands of people every year. But medical care is more than medical.

Care Bravely means that we care like there's no tomorrow, and then do it again the next day. Care that means doing the right thing, even when it's the hard thing.

At LifeBridge Health, we see care not as just a service, but a promise to every patient we sit down with.

With nearly 12,000 team members working across

four hospitals and an integrated healthcare delivery system, we provide health-related services across the entire continuum of care, including urgent care, physical therapy and assisted living.

There is a LifeBridge Health facility or partner to meet whatever your health need is with high-quality, compassionate care.

Since our founding, we've been bravely serving those in need without bias and we recognize that we treat people during some of the most difficult and vulnerable moments of their lives. This principle guides our efforts to retain the best clinical providers, drive innovation and support our local communities in the complex and changing world of healthcare.

[www.lifebridghealth.org](http://www.lifebridghealth.org)



**CARE BRAVELY**

# ***We're so proud of our Health Care Heroes***



**Advancements and Innovation in Health Care**  
***LifeBridge Health BioIncubator***

**Community Outreach/Education Hero (Organization)**  
***Baltimore Child Abuse Center***

**Nurse of the Year**  
***Kristina A. Gambrell, RN, BSN, IBCLC***  
***Sinai Hospital***

**Physician of the Year**  
***Mark R. Katlic, M.D., MMM, FACS***  
***Sinai Hospital***

***You inspire us with your innovation, excellence  
and unwavering commitment to the community.***

 KESWICK COMMUNITY HEALTH

**LIVE WELL. AGE WELL. BE WELL**



### **Wise & Well Center for Healthy Living**

- Active/Fitness
- Visual & Culinary Arts
- Gardening

### **Community for Life**

- Home Assessment
- Home Maintenance and Transportation Support
- Groceries and Medication Access



**Honoree**

**Learn More:**

**Call 410.662.4363 or visit us at [ChooseKeswick.org](http://ChooseKeswick.org)**