

spring 2011

AAMC

LIVING HEALTHIER TOGETHER

Patient Advisor

CHRISTA GRIM

How She Helps Shape
Our Campus, p.8

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AAMC

LIVING HEALTHIER TOGETHER

AAMC VISION

Living Healthier Together

AAMC MISSION

To enhance the health of the people we serve

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Growing
together

A Message From Anne Arundel Health System Leadership

The cranes are gone, the roads are paved, the paint has dried, and the rooms are ready. We are excited, proud and humbled to open the doors of our new expansion to our community in April.

Anne Arundel Medical Center has been growing, along with our community, since 1902. During those many generations, you and your families have trusted us to care for you and heal you. You depend on us to bring you the latest technology and the most effective cures, along with the best medical professionals to coordinate your care.

As our Vision 2010 comes to a close with the opening of our expansion, we look forward to maintaining that trust. We hope you will play a larger role as our advisors and partner with us in your health care, as we implement Vision 2020, Living Healthier Together.

Martin L. Doordan
Chief Executive Officer

Victoria W. Bayless
President and Chief Operating Officer

YOU'VE GOTTA SEE THE NEW AAMC!

? What's Inside the New Hospital?

In mid-April, Anne Arundel Medical Center will open a new, 7-story patient care hospital.

Opening April 16

- pediatric ER and inpatient unit
- new ER entrance and waiting area



? Why Did We Expand the Hospital?

The projected population growth in our region means more people need health care and wellness services. We will be prepared to care for additional people moving to the area, as well as families we have taken care of for a few years or for generations.

? What is in the Expansion?

The expansion is connected to the original hospital in such a way as to be seamless. Our new addition looks like it is part of the original structure! Here's a peek at what's inside:

- Phase **1** of an **expanded emergency room** for adults, which includes two new waiting areas. *(Read more on p. 7)*
- A new, dedicated **pediatric emergency room**, with an inpatient unit. *(Read more on p. 6)*
- **more** private rooms. (Plus two floors will be available for future growth.)
- **8** new operating rooms

A Green Space

We took great care to assure that our expansion was built using environmentally smart practices, respecting the surrounding landscape, which includes Cowhide Branch stream, a tributary of Weems Creek.

Learn what makes us a LEED leader on p. 10.



Where to *Park?* GETTING AROUND THE NEW CAMPUS

AAMC now has more than 4,500 **FREE** garage parking spaces. There is plenty of room in our garages for all of our patients and visitors. This guide will help you get to the garage closest to your appointment.


West Campus

GARAGE	BUILDING
E	Health Sciences Pavilion
D	Sajak Pavilion

East Campus

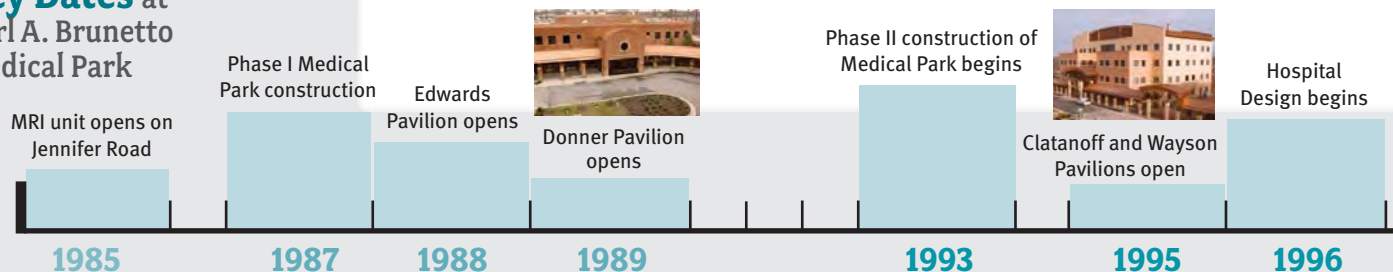
GARAGE	BUILDING
A C	Hospital Pavilion
C	Clatanoff Pavilion
B	Donner Pavilion
B	Wayson Pavilion
C	Edwards Surgical Pavilion
A	Emergency

Download maps
for each building at
www.aahs.org/GetHere

 Want to bike here? Visit www.aahs.org/GetHere for bike parking options.



Key Dates at Carl A. Brunetto Medical Park



Bike for health, and the environment! By biking to work instead of driving, you can get some exercise and reduce pollution.



A New Name For an Important Road



<< Angelina and Anthony Izzo, center, with health system CEO Martin L. Doordan and President Victoria W. Bayless.

If you've ever been to a mall, you know that the loop road around it leads to all sorts of options. At AAMC, we also have a loop leading to the new Emergency entrance. Now it has a name, thanks to a generous donation by the Izzo family. When you enter the East Campus, the first immediate turn leads you onto "Izzo Way." New signs denote the ER entry.

"When I talk to staff they always thank me for my gift, but I turn around and thank them," said Anthony Izzo. The gift was inspired by one of the nurses who helped an Izzo family member survive a heart attack. "She wasn't a nurse so much as a guardian angel."



The new Izzo Way



- Sajak Pavilion opens, February
- All hospital services to Medical Park, December

Groundbreaking for West Campus



Health Sciences Pavilion opens



Health Sciences Institute renamed Doordan Institute



Hospital expansion, new ER and Pediatrics

1999

2001

2009

2010

2011

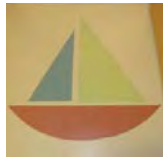


'Scary' Not Allowed!

Our New Pediatric Emergency Room: Just for Young Patients

Hospitals can be a scary place for a young patient. We don't want it to be that way!

Our new pediatric emergency room was carefully designed with our young patients in mind. Bright, beautiful and fun, this dedicated unit will help our young patients feel right at home in a comforting, child-focused and reassuring environment. They'll love the nautical theme and re-creation of downtown Annapolis.



Pediatric Unit Highlights

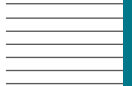
- an emergency room just for children (under age 17)
- an inpatient unit just for children
- child-friendly nautical theme
- a playroom with games and toys
- a child life therapist
- a dedicated team of doctors, nurses and other health care providers who have a special interest and training in caring for infants, children and teens





**You've gotta see our new
Emergency Room!**

- new entrance
- comfortable, spacious new waiting areas
- new patient monitoring system
- triage area to get you treatment, faster



Our goal: to provide you with great care in new, expanded treatment areas. Come to our community event on Saturday, April 9, 11am-2pm.

URGENT CARE, EMERGENCY TEAMS PROTECT TEEN ATHLETE

Last spring, a 15-year-old high school lacrosse goalie on Kent Island prepared to take a shot on goal, which bounced off the ground and hit him in the groin. “It was a hard shot, and he went down,” said his mother. “The protective gear wasn’t strong enough to protect him from that hit.”

The team trainer, concerned about the impact of the blow, told the mother to take her son to the Johns Hopkins Physicians urgent care at AAMC Health Services – Kent Island for evaluation. As the mother of two active, athletic teenagers, she was very familiar with the urgent care practice.

The physician who examined the youth was concerned he might have testicular torsion, a condition that causes a loss of blood flow to the testicle. If left untreated, this painful condition could result in loss of the testicle. The physician called the AAMC Emergency Department, and a team was waiting for the athlete when he arrived.

Following a series of tests, non-surgical treatment, and directions for follow up care, the boy was discharged. “Every step of the way everyone was wonderful,” said the boy’s mother. “Everyone had my route mapped out for me. I didn’t have to deal with any hassles. Our experience was as wonderful as can be, given the situation.”



Our Patient & Family Think Tank

There used to be a time when 8 o'clock in the evening at a hospital arrived with an announcement that "visiting hours are now over." With few exceptions, friends and loved ones were encouraged – strongly – to go home and let the patient rest.

In the last decade, as research has shown that the well-being of patients is enhanced when they are surrounded by loved ones, a more flexible trend is emerging. That trend – patient and family-centered care – includes what the patients and their families have to say about everything from visiting hours to signage to loved ones being present during procedures.

Nurse **Katie Boston**, senior director of nursing who oversees AAMC's busy operating rooms, is one of the leaders in the hospital's expanded effort to include patients and family in decision-making. "We have numerous stories about our staff going 'above and beyond' for patients and their families," she said. "But we have come to learn that there are so many needs of families and patients that are unmet."

These needs can range from reviewing their medication list to having patients directly involved in their care plans.

Read how two patient advisors are helping AAMC reshape patient care and our campus. >>



^^ Christa Grim is helping review visiting hours.



See our green roof!
We replaced 16,700 square feet of traditional asphalt roof with plantings. This makes the building easier to cool.



◀ A Mother's Voice

Providing Comfort, Compassion

Christa Grim is on a committee reviewing the hospital's visiting hours on each unit. "I'm happy to be part of the process that would make things easier for the patients and their families," she said.

As a two-time breast cancer patient and the mother of an AAMC "NICU baby," Christa knows about the comfort care patients and families need.

In 2002, when her daughter Isabel was born with a heart condition and spent five days in the neonatal intensive care unit, she was grateful for the loving support of family and friends. "But there were families with no one to help," she recalled. "I wanted to help them."

She created Isabel's Gift, an organization that provides comfort bags to NICU families. When she was treated twice for breast cancer, Christa's AAMC connections deepened. One nurse thought Christa would be a perfect patient advisor. Christa gladly accepted an invitation to join the Patient Advisory Team.

 Learn more about Isabel's Gift at www.isabelsgift.org.



^^ Isabel's Gift provides canvas comfort bags to NICU families, filled with tissues, bottled water, a notebook and pen, lip balm, hand cream, gum, and a NICU parent advice guide.

≡ A Different Perspective

An Inclusive Approach to Signage

Richard Ay of Severna Park is no stranger to Anne Arundel Medical Center. Over the past three decades he has had 11 surgeries to correct his spinal column. Today, he spends the majority of his time in a wheelchair, giving him a different vantage point as he navigates the grounds.

With many patients in the same position as Richard, AAMC recognized the value he could bring to the Wayfinding Workgroup. He has worked with others to provide feedback on the signage throughout the hospital, which helps direct patients where they need to go.

Richard explained the importance of having signs at eye level. "We visited the existing locations and I pointed out what signs I could and couldn't see and



^^ Patient Advocate Kathy Whittaker with Richard Ay, who is helping review signage.

determined the signs that were most easily identifiable," he said.

Richard also told the team that patients need clarity beyond emergency situations. In his case, he comes to the hospital regularly for tests, appointments and rehab. "We look at the signage from a new visitor's standpoint and from a patient's."

Have an Idea? Become an Advisor!

Have you been a patient or visitor at Anne Arundel Medical Center? You may have recommendations on how we can improve our facilities, signs, visiting hours and more.

How can you help us improve? It's easy. Become an AAMC advisor by calling us at 443-481-1688 or email to advisor@aaahs.org.



our greener space



A LEED LEADER Resource Efficient and Environmentally Responsible

Since 1902, when AAMC was founded as an emergency hospital in downtown Annapolis, we have been a leader in health care. We have brought the latest and best treatments, options, and conveniences to our patients.

Our history of innovation was instrumental in our commitment to include environmentally safe and smart practices in our expansion project. As a result, AAMC is the first hospital in Maryland to be LEED certified (see Green Awards, next page).

It's not easy for a hospital to be "green." By doing what we do, we generate significant waste. Key to our achieving LEED certification is successfully improving energy savings, water efficiency, and

indoor environmental quality, as well as reducing carbon dioxide emissions and recycling materials. "It's a better environment for our patients," said Carolyn Core, senior vice president of corporate services.

Architect C.R. Goodman Associates and construction manager Whiting-Turner Contracting Company kept green features in mind during design and construction. These firms must achieve rigorous follow up in assuring all the specified materials are documented appropriately throughout construction.

Two green rooftops are installed on the roofs of the second-floor. Green roofs are believed to reduce energy demands for cooling by 50 percent compared to a typical flat roof, in buildings less than three

How We've Grown Our New, Greener Space

Renewable, reusable, recyclable, remarkable

Many of the materials and resources used to create our building came from re-used or renewable resources. Of the 1,280 tons of waste generated during the building's construction, 1,185 tons were diverted to recycling centers. That's a recycling rate of 92.6%.

Slowing the flow

From low-flow fixtures and dual-flush plumbing systems, our outdoor irrigation uses recycled water and plants that thrive with little water. These innovative features save 33% in water usage.

A "mean machine" for chemical-free clean

Our chemical-free water treatment system reduces our environmental footprint by eliminating potential health problems while reducing microbial particles. Chemical free is the ultimate green choice — another credit to innovation for AAMC.



...se sound of mind and body as well as their firm.



Go green by buying local! Purchasing from local farmers keeps money in the local economy and saves on gas and pollution.



stories in height. Some studies show storm water runoff can be reduced by up to 95 percent following one inch of rain, lowering the impact of a building on storm drainage and the surrounding watershed.

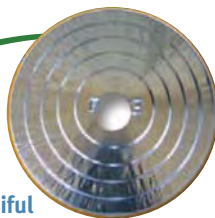
Visit our LEED sustainability exhibit, sponsored by The Brick Companies, in the first floor waiting room of the hospital expansion.

Green Awards

- On target to be the first Maryland hospital to be LEED certified by the U.S. Green Building Council
- Maryland Trailblazer Award for commitment to pollution prevention and demonstration of environmental leadership
- Recognized by USGBC for "Leeding the Way for Healthcare"

The energy to LEED

Our new building is designed to reduce consumption of fossil fuels and greenhouse gas emissions by encouraging mass transit and bicycle use. We have a convenient bus stop, a bike path that absorbs rainfall, secure bike racks and preferred parking for hybrid-fueled vehicles.



Scrap is beautiful

A solid 87% of the steel in our beams and columns is pure scrap, recycled and delivered by a world-class steel company just a short drive from our eco-friendly parking lot.

Medical Staff and Employees Set Records for Campaign Giving

Members of the medical staff and AAMC employees are setting new records for giving with unprecedented support of the *Care Like no Other Capital Campaign*. More than 350 have contributed to this effort. AAMC medical staff members pledged \$6,010,000 and employees another \$1,463,000.

"We have chosen to build our practices and our careers at AAMC because of the quality of our facilities, the vision of our leadership, and the people who make up this community," said Doug Mitchell, M.D., president of the Medical Staff, hospitalist and co-chair of the Medical Staff Campaign.

The medical staff and employees have contributed 18% of the total funds raised in this historic campaign. This is double the national statistics.

"I was honored to be a leader of the employee portion of the campaign because this is my family's hospital – this is where we choose to come for care," said Anita Smith, R.N., manager of the Wound Center.

These treasured donors will be honored on a Medical Staff Donor Wall and an Employee Donor Wall on the first floor of the hospital expansion.



^^ Tayma McHenry (L) and Anita Smith (R), co-chairs of the employee campaign, with Dr. Doug Mitchell, co-chair of the medical staff campaign. Not pictured are medical staff campaign co-chairs Aimee Yu, M.D. and Thomas Ducker, M.D.



Donor Profile



^^ CDR Vittek and nursing scholarship winner Barbara Nalley

CDR Albert Vittek, USN Ret.

Annapolis, Md.

WHO: Decorated WWII Veteran, retired United States Navy Commander and retired Investment Advisor Albert Vittek - \$500,000 gift to the *Care Like no Other Campaign*, \$1,000,000 Lead Trust to benefit AAMC Nursing.

WHY HE GAVE: Commander Vittek has a high regard for AAMC, with a genuine respect for the nursing profession. His daughter Mary Spicer was a nurse here for more than 30 years. Commander Vittek endowed a fund to support the ongoing education and advancement of our nurses. "It thrills me to know that those hardworking nurses benefit each year from the Vittek Fund."

IMPACT: Commander Vittek has been a generous donor to AAMC since his first contribution in 1987. Since then, he has donated more than \$1.5 million to support a variety of building initiatives, as well as the Vittek Fund to support Nursing Education.

Thanks to Bosom Buddies

The fifth annual Bosom Buddies Ball at the Chesapeake Bay Beach Club in January raised more than \$180,000 for the Breast Center at AAMC Health Services – Kent Island and other services. This popular event was led by co-chairs Deidre Wilson and Donna Moran. Special thanks to lead sponsors Chesapeake Bay Beach Club, CNB, PNC, and Queenstown Bank.



^^ Pictured are event committee members (bottom l to r): Bosom Buddies founder Susan Ponchock, event honoree Terry Friedl, Donna Moran and Deidre Wilson; and (top l to r) Cathy Adelman, Pat Mager, Biana Arentz, Karen White, Kristy Miranda, Bryanna Schafer, Jean Barry, Dawn Sherwood, Deb Zussman, Ellen Bell, Roni Haggart and Anne Joyner. Committee members not pictured are Diane Jones and Susan Kreamer.



Make an Impact: To make your contribution, call 443-481-4747 or visit www.aahs.org/foundation.





You, too, can give back to the earth by using reusable grocery bags instead of plastic ones or by simply recycling your plastic bags.



Planned Giving

A Gift That Gives Back *(Age has its privileges!)*

The AAMC Heritage Society encourages you to consult with your advisor about providing for your financial future and the future of health care in our community by establishing a Charitable Gift Annuity with the AAMC Foundation. That's what Pattie RuteMiller did in gratitude for the care provided to her and her family over the years.

For information, please contact Bob Harrison at (443)481-4745 or email giftplanning@aahs.org. Information is also available on our website: www.aahs.org/cga



"My gift annuity with the AAMC Foundation is a way to say thank you for the care my family and I have received for decades. I also appreciate the security of dependable income for life."

~ M. Patricia RuteMiller

RATES FOR ONE BENEFICIARY

YOUR BENEFITS INCLUDE:	AGE	CURRENT RATES
Fixed annual lifetime income	65	5.5%
Partially tax-free income	70	5.8%
Charitable income tax deduction	75	6.4%
The older you are, higher the payout	80	7.2%
Satisfaction in leaving a legacy	85	8.1%
Membership in the Heritage Society	90+	9.5%

Comcast : Take the Comcast Challenge
www.aahs.org/foundation

Comcast has made a generous \$1 million commitment to support expanded health services at AAMC. It challenges the community to join the Comcast Challenge to meet the growing health and wellness needs of our region.



What's Up?

Birth and Baby

AAMC offers you more options for classes to prepare before, during and after having a baby. You'll learn why we are the safe, smart place!

BIRTH CLASSES

Baby, Maybe?

For those who want to be prepared before they get pregnant. Health, nutrition and finance are covered. *Free.*

Birth Class (4-week series)

Various times, each session is two hours. *Fee.*

Cesarean Birth Class

Two-hour class especially for families who are planning/scheduled to deliver by Cesarean Section. *Fee.*

Hypnobirthing Birth Class

Five-week introduction to hypnotic techniques. *Fee.*

Marvelous Multiples

Especially for families expecting twins, triplets and more. *Fee.*

One Wonderful Day

Classes are taught every Saturday, 9am-5pm. *Fee.*

Refresher Birth Class

Experienced moms and birth partners review labor and birth basics with an emphasis on what might be different this time. *Fee.*

Teen Birth Class

Designed for young women expecting their first baby. *Fee.*

BREASTFEEDING

Breastfeeding Basics

To help you give your baby the breast start. *Fee.*

Breastfeeding and the Working Mother

For expectant/breast-feeding mothers who plan to return to work and continue breastfeeding. *Fee.*

FAMILY EDUCATION

Bootcamp for Dad

This hands on class focuses on the needs and concerns of new dads, building their confidence and giving them the tools for success as they enter fatherhood. *Fee.*

Newborn Care

Expectant parents learn to bathe and diaper, swaddle and comfort, choose and prepare infant formula, how to tell when the baby is sick and when to call the doctor. *Fee.*

Grandparents Update

Styles change, trends come and go, and caring for baby really is different these days. *Fee.*

Car Seat 101

Teaches expectant families how to select a car seat, properly install it and secure the child. Encouraged to bring your car seat to class. *Fee.*

TOURS

Clatanoff Tour

One-hour tour for pregnant women and

We've made it easier than ever to research and find classes at AAMC. Our online calendar of events is searchable, includes a shopping cart (just like online retailers), and allows you to register any time of day or night. Online now at www.AAMCevents.org.

Here is a key:

FEE: Some classes include a fee to pay for instructors, teaching guides and other expenses. Fees are noted when you register or make an individual appointment.

FREE: AAMC offers many free programs to benefit our community. These educational programs are part of our ongoing mission to improve your health status.

LOCATION: Most classes are held at AAMC. When registering, the location will be noted online and you should receive a confirmation email explaining the place to go.

REGISTER: Unless otherwise noted, you can register for classes online or call the number listed. Our free askAAMC service can also answer questions.

partner to preview the birthing facility. Plan to take the Clatanoff Tour early in pregnancy. Held every Thursday evening at 6:30pm and 8pm. We also offer one Saturday a month at 1:30 and 3pm. *Free (tours do require registration).*

Prospective Parent Tour

For those couples beginning to think about starting a family. See our birthing facilities and learn why AAMC is the safe smart place to have your baby. May 17. *Free.*

Healthy Living

From finding solutions to relieve pain to combating cancer.

ACHES AND PAINS

DocTalk: Advances in hip and knee replacement

If you are in pain but aren't sure what to do, this evening seminar is for you. It's also a great way to meet many physicians at once, so you can find the one that's right for you. June 7, 6:30-8:30pm. *Free.*



Hip and Knee Pain? How to get relief

Learn what's causing the cracking and grinding in your joints as well as ways to treat the pain. The small group class is a great way to get your questions answered. April 27 and other dates, 10am. *Free.*

The Top 10 Things to Do for Arthritis

Includes discussion on diet, exercise, injections, medications and surgery. April 13 or June 8, 11am. *Free.*



CANCER



Cancer Survivors' Day

A celebration of life for AAMC's cancer survivors. You are considered a survivor on the day of diagnosis. Sunday, June 5, 1- 4pm, Health Science Pavilion. *Free.*

DIABETES

Diabetes Self Management Education Classes

Call 443-481-5380 to learn more. *Fee (covered by some insurance plans).*

Check for dates, times and to register online for these other diabetes-related programs:

- Adult Diabetes Support Group
- Insulin Pump Club
- Foot Screenings

FITNESS

Yoga

Beginner to advanced classes offered various days and times. *Fee.*

Tai' Chi

Beginning, continuing, and refinement classes. *Fee.*

Strong Women Classes

Day and evening programs focused on helping women get the exercise they need. *Fee.*

Balance Class

Includes techniques for safe standing and mobility. *Fee.*

HEALTHY AGING

Food for Thought

Held the second Tuesday monthly, 5pm. Includes free dinner and health seminar. Please register for each program. *Free.*

Upcoming topics:

- Healthy Feet, April 12
- Emergency Room Update, May 10
- The AAMC Journey: Past-Present-Future, June 14
- Home Hints for Living Independently, July 12

Annapolis Mallwalkers

Free blood pressure screening on the third Thursday of each month at the food court. 7:30-10am. No registration needed. *Free.*

HEART AND VASCULAR

Dare to CARE

This successful, ongoing screening and educational program has helped more than 30,000 community members learn more about their risks for vascular disease and saved lives. If you are age 60 or over, or have other risk, we invite you to upcoming events. Lectures: April

12 or June 7. Screenings: April 14 and June 9. Screenings are also available by appointment at our Annapolis, Bowie and Kent Island locations. Call 410-573-9483 to register or learn more at www.daretocare.us. *Free.*

MIND/BODY

Curious about Healing Touch?

Learn the history and the benefits of Healing Touch. May 25, 6:30pm or June 25, 10:30am. *Fee.*

Tobacco Cessation: Become smoke-free

Seven-week program helps participants break the habit. Weekly, 6-7:30pm. Sessions begin May 5 and June 22. *Free (fee for non-Anne Arundel County residents).*

WEIGHT MANAGEMENT

Nutrition Consultation

Make an appointment with a registered dietitian who can help if you need individual coaching on nutrition. Call 443-481-5364 to learn more. *Fee.*



Creating a Safe Home for Food Allergic Families

FREE educational seminar

Tuesday, May 3 6:30-8pm

Doordan Institute 7th floor Health Sciences Pavillion, 2000 Medical Pkwy Annapolis, MD

- Review of food allergies, protocols, and procedures to protect food allergic children
- Risk areas within the environment, schools
- Psychological aspects of living with allergies



AAMC

LIVING HEALTHIER TOGETHER

2001 Medical Parkway | Annapolis, MD 21401 | www.askAAMC.org
AAMC is part of the not-for-profit regional medical network, Anne Arundel Health System.

spring 2011

Created by AAMC to provide you and your family with information to live healthier. For more copies or to recommend story ideas, contact Marketing and Community Health, 443-481-4700 or email at aamcpr@aahs.org.

If you prefer to not receive future mailings about your health, please visit www.aahs.org/mailings. If we have your information incorrect, you may call 443-481-4700 to make a change.

Recycle Me!

We care about your health and the environment. We encourage you to share this mailer with others and recycle when finished.



A Day to Learn & Explore

You've gotta come out for Growing Together on Saturday, April 9.

Bring the whole family out for a fun day of learning, eco-friendly activities and exploration of the new, greener AAMC.

- *preview our new Pediatric ER, built just for kids (opening April 16).
- *participate in interactive activities and learn about ways to make greener choices from our local ecology partners.
- *see our new, expanded ER for adults and learn how AAMC is growing to meet the needs of our community.

You've gotta see the new AAMC.



Expanded ER



ER for Kids



More Operating & Private Rooms



Eco-Friendly Space

Growing
together

**Saturday, April 9, anytime
between 11am-2pm**

Preview our expansion and join us for a FREE learning day, full of fun, kid-friendly activities.

For more information, visit:

www.askAAMC.org