



News

WELLness Pop-Up Shop Raises Money for Community Outreach Program



(Left to right) Dawn Goodburn, marketing strategist, Lisa Consiglio Ryan, Whole Health Designs, Abigail Nelson, manager of Wellness, and Jan Wood, president of the Foundation and chief development officer.

On July 5, **Lisa Consiglio Ryan** of Whole Health Designs presented the Foundation with a generous gift of \$1,000 for our Community Health and Wellness Outreach program. Lisa raised funds through her wellness pop-up shop in June. The local author of *Go Clean Sexy You* will host a Smart Woman event on **Thursday, September 8 at 6:30pm** in the **Doordan Institute, seventh floor, Belcher Pavilion**, to discuss a holistic approach to nutrition and healthy living. To register for her session “5 Steps to Your Healthiest Year,” visit Together.AAHS.org.

Submit Your Recipes for the 2016 Auxiliary Cookbook

Do you have a favorite family recipe? The Auxiliary would love to include recipes from volunteers, staff and local restaurants in their annual cookbook. A yearly tradition, all sales from the cookbook will go toward AAMC's Auxiliary. Submit recipes to **Diana Mitchell**, volunteer manager, at dmitchell2@AAHS.org by **Wednesday, August 10**. The cookbook will go on sale in September, just in time for fall tailgates and holiday dinner parties!

AAMC Book Club

The AAMC Book Club meets **Friday, August 5, from noon to 1pm** in the **Doordan Institute, seventh floor, Belcher Pavilion**. This month's book is *The Hot Hash Club* by Nancy Thayer. Bring your lunch and come prepared to discuss the book and choose another book for September. Can't make it to the Belcher Pavilion? There is a conference call-in option. Email the Social WellBeing Committee at socialwbtf@AAHS.org for the call-in information.

Breath of Fresh Care Campaign

Under Maryland's new healthcare reimbursement model, implemented in 2014, hospitals have started offering free and low-cost community-based programs to get patients the care and support they need. This means: bedside prescription delivery and pre-scheduled follow-up appointments before discharge from the hospital; programs to guide patients to the correct doctors; medications; and wellness services, from preventive health screenings to fitness classes. And, it's working! This has reduced hospital complications, readmission rates and preventable hospital stays. Now, *A Breath of Fresh Care* public awareness campaign will draw more attention and resources to Marylanders wanting to improve their health. A new website, BreathofFreshCare.org, features information on how to connect with your hospital and learn what it can offer you. We're proud to be part of how healthcare is changing in Maryland!

AAMC Named “Most Wired” for Seventh Time



AAMC Information Systems team.

Thanks to the strong collaboration across AAMC departments and Information Systems, we were recently named one of the nation's “Most Wired” healthcare organizations for a seventh time. This honor recognizes us for our use of technology and advancement in its implementation. Sponsored by *Hospitals & Health Networks*, the annual survey is an industry-standard benchmark study designed to measure the level of information technology adoption in U.S. hospitals and health systems. AAMC is one of the 364 healthcare organizations nationwide presented with this award.

Department of Medicine Restructure and Leadership Announcement



George Samaras, MD

Guided by our strategic plan, Vision 2020, we have been following a course of high-quality, affordable and accessible healthcare. **George Samaras, MD**, has been helping to lead us on that path. After nine years as chair of the Department of Medicine, Dr. Samaras will be moving to associate chair of medicine in January 2017. We are deeply grateful for his dedication and commitment as the first full-time chair of the Department of Medicine. We will begin a nationwide search for a new chair of Medicine. Thank you, Dr. Samaras, for more than 30 years of leadership and service.

WellBeing

H & H Farm Is Sweet as Honey

Linda Quattrociocchi and her husband, **Mike**, began farming bees in 2003 on their 50-acre H & H Farm in Brandywine. Her raw honey won second place at the 2016 Maryland State Honey Show and is available at our farmers market. As with many of our local farms, H & H had a rainy spring that affected their crops, but they will soon be selling tomatoes, eggplant, peppers and potatoes at their stand. Linda and Mike plant organic seeds and practice pesticide- and neonicotinoid-free farming. Visit the farmers market on **Fridays** in the **Southport Café Lobby from 10:30am to 1:30pm**.

Events



Superhero Night at the Baysox

Superheroes, baseball and AAMC, oh my! Join us at the **Bowie Baysox Stadium** on **Saturday, July 16** for Superhero Night. Dress up like a superhero and meet some of your favorite superheroes on the concourse during the game. The first 500 kids will get a free AAMC superhero cape. After the game, the Baysox will light up the skies with a fireworks extravaganza. To buy tickets, visit Together.AAHS.org.



Social Media and Video Games: A Brain Perspective

Join us on **Thursday, July 14 from 7 to 8pm** in the **Doordan Institute, seventh floor, Belcher Pavilion**, to learn more about how social media and video games affect our children and teens. **Vincent Culotta, MD**, president of NeuroBehavioral Associates and co-author of *School Success for Kids with Emotional and Behavioral Disorders*, will explore the impact of social media and video games among children and teens from a neuroscience perspective. You will leave with recommendations and resources on how to create a healthy strategy for social media and video game use at home. To register, visit Together.AAHS.org.

together | online

Access *Together Online*, AAMC's employee intranet, from any AAMC computer at Together.AAHS.org.

› **Take Our Poll:** Whether it's locally or abroad, doctors are helping patients prepare for a healthy and safe vacation. What is a way to make your vacation experience better this summer?

Last Week's Poll: Summer is the perfect time to enjoy weekend getaways with family and friends. What is your favorite Maryland getaway?

