

A Newsletter from the Upper Chesapeake Health Foundation

UCH Cornerstone



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Lyle E. Sheldon, FACHE
President/CEO
Upper Chesapeake Health



Richard P. Streett, Jr., V.M.D.
Chairman
Upper Chesapeake Health
Foundation

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Message from the President & Chairman

Dear Friend,

Upper Chesapeake Health's commitment to ensure access to quality healthcare services for all residents in our community continues in these challenging economic times. The awards our hospitals have recently received reflect the strong commitment of our healthcare team to our *culture of excellence* which is directed at providing unparalleled customer service... every patient, every encounter, every day.

In this issue of *Cornerstone* we feature stories and information on our Cancer LifeNet program. Care provided by this service is available to you, your family and neighbors free of charge thanks to the generous gifts we receive throughout the year. Services provided by our Community Health Improvement Program, clinical programs such as our Diabetes and Endocrine Center (more on this program in a later issue) and construction of patient care facilities such as Harford County's first residential hospice house are made possible through the generous gifts the Foundation receives.

We wish to take this opportunity to recognize and thank you for believing in our vision. You are our partners in our ongoing work to ensure you, your family, friends and neighbors have access to quality healthcare regardless of financial circumstance. We are grateful for the role you have played in shaping healthcare for our community and look forward to your continued generosity.

Sincerely,

Lyle E. Sheldon, FACHE
President/CEO
Upper Chesapeake Health

Richard P. Streett, Jr., V.M.D.
Chairman
Upper Chesapeake Health Foundation



In Prayerful Remembrance
of

REVEREND
Charles K. Riepe

Born: December 16, 1933
Ordained a Priest: April 3, 1960
Entered Eternal Life: February 7, 2009

O God, listen favorably to our prayers offered on behalf of your servant and priest, and grant that Charles, who committed himself zealously to the service of your name, may rejoice forever in the company of your saints.
We ask this through Christ Our Lord. Amen.

In Memoriam REVEREND CHARLES K. RIEPE

Archer Society Member
December 16, 1933 – February 7, 2009

Father Charles K. Riepe, 2nd Vice Chair of Upper Chesapeake Health Foundation, passed away at his home in Joppa, Maryland on February 7, 2009. A priest for the Catholic Archdiocese of Baltimore, Father Riepe was widely recognized as an educator, religious scholar, community leader and philanthropist.

Father Riepe joined the Upper Chesapeake Health Foundation Board in 1995, became the Foundation's Vice Chair in 2001, and assumed the position of 2nd Vice Chair in June 2007. Father Riepe was one of the leaders of Upper Chesapeake Health's first Capital Campaign which helped support construction of Upper Chesapeake Medical Center in Bel Air. The east wing of Upper Chesapeake Medical Center is named in recognition of his philanthropic commitment. Father Riepe was also a founding member of The John Archer Society.

Besides serving as a member of the Upper Chesapeake Health Foundation Board, Father Riepe served on the board of the John Carroll School, Harford Day School and Partners in Excellence which raises money for inner city schools. Father Riepe also served as chaplain for the Maryland State Police and for the Baltimore County police and fire departments, was a Catholic Chaplain for Johns Hopkins University from 1990-2002, and a consultant for the Reading Network for the Blind.

Father Riepe has been honored posthumously by the Boards of Upper Chesapeake Health with Emeritus Foundation Board membership.

Board Member Spotlight DREW A. COOK

Fundraising for a Healthier Community



"I moved to Harford County 22 years ago when I married my husband Steve, a life-long Harford County resident. Over the years, I have witnessed the county evolve into one of the fastest growing communities in Maryland," says Drew Cook, Upper Chesapeake Health Foundation Board member.

"I became involved in fundraising because I wanted to ensure that nonprofit organizations in Harford County have the ability to provide the level and quality of services our growing community needs," she says.

Mrs. Cook's family owns Northeastern Supply, a regional distributor of plumbing, heating, air conditioning, water systems, lighting, electrical, and hardware products. She has been an active fundraiser in the community for many years, most notably with the Heart Association Gala Committee.

She was appointed to the Foundation Board of Directors in 2002. "Healthcare is a truly needed resource for our community. I wanted to help Upper Chesapeake Health continue to provide top quality medical care in Harford County and joining the UCH Foundation Board was the best way for me to contribute to that goal."

In 2002 and 2004, Mrs. Cook served as Host Committee Co-Chair for *Starnight* and was the Event Co-Chair for *Starnight* in 2006 and 2008. "I really enjoy working on events like *Starnight* which allow participants to donate to a worthy cause while enjoying a night out at a grand ball," she says. She is also a member of the Foundation's Golf and Annual Giving Committees. Along with Event Co-Chair Orsia Young she is already getting a jump start on planning *Starnight 2010*.

Mrs. Cook says she feels a direct benefit from all of her work to raise funds for Upper Chesapeake Health. "Members of my family have been patients at Upper Chesapeake Health and on those occasions, I was able to witness the exceptional services and care that is provided to all patients. Knowing that our community has access to award-winning medical care at both Upper Chesapeake Medical Center and Harford Memorial Hospital makes me proud that I am so actively involved with the UCH Foundation Board."

Please see page 12 for profiles of our new board members.

Cancer LifeNet

Upper Chesapeake Cancer LifeNet Program Makes Sure No One Faces Cancer Alone

All Cancer LifeNet navigator and supportive care services are provided free through the Upper Chesapeake Cancer LifeNet Program for all individuals in Harford and Cecil counties with a cancer diagnosis regardless of where they receive treatment.

Our services include:

- Nurse Navigators
- Volunteer Navigators
- Individual and group counseling
- Symptoms management
- Community resource referrals
- Complementary medicine
- Classes and support groups
- Health promotion for cancer survivors
- Seminars and workshops
- Resource and lending libraries
- Community and workplace presentations



Eric and Lisa Sauer

"I'M A LUCKY MAN"

A thoughtful risk taker by nature, 37-year-old Erik Sauer embraces change and soul searching. He is an avid outdoorsman who loves rock climbing, skiing, camping and mountain climbing. In 2005, when he felt that he wasn't following his passion, he left a lucrative career in the financial services industry and started his own marketing company.

By the end of 2007, his new business was thriving, and his wife Lisa was expecting their second child. When not working or spending time with his family, the Bel Air resident loved to fly fish along the Susquehanna River—often with his young son Ian in tow, nestled in his backpack.

But all of that changed dramatically in the spring of 2008. For several months, Erik had been plagued by crippling fatigue and, increasingly, blinding headaches that no amount of ibuprofen would remedy.

He knew that something was very, very wrong.

On May 20, 2008—like all individuals diagnosed with cancer, he will never forget the day—he received the grim answer: He was suffering from Acute Myelogenous Leukemia (AML). Suddenly, the Sauers found themselves crossing a boundary that they had never before really contemplated—the tissue-thin membrane between sickness and health, between then and now. In a moment's time, their life—only hours ago filled with the clearest and purest assumptions—would never be the same.

"I had left the world of big pay checks to start my own business, and I was starting to have success," Erik reflects. "The last thing on my mind was my mortality. Even as I started to feel sick, it never crossed my mind that I had a disease that could take me away from my family and friends forever. Specifically, my worries were around my kids not having a father and how that could affect their entire lives."

One week after Erik was diagnosed, Lisa gave birth to Joey. "I got this chubby, red-headed boy. It's hard to talk about the two events together," he says. "The diagnosis was so painful and hard, and then Joey was such a blessing."

Several days later, Erik entered Johns Hopkins Hospital—where he spent four rocky months, receiving chemotherapy and, ultimately, a bone marrow transplant.

Not surprisingly, four-and-a-half year old Ian was derailed. "He is this really quirky, sweet, cute kid with a really fun personality," Erik pauses. "But it was going away. He was really stressed, impatient, and pretty defiant. And it was really very sad. So we turned to the Cancer LifeNet program to help him."

Because Ian was too young to attend the CLIMB Program, Oncology Social Worker Patsy Astarita offered to see him on a one-on-one basis. Patsy said, 'Whatever you need, I am available,' Lisa Sauer recalls. "I just told Ian that we were going to talk to someone who is really nice, and you can talk about Daddy if you want to."

"You cannot discount what a four or five year old can comprehend," Erik emphasizes. "They are very attached to you and they are in tune—they hear everything. And they get it. We gave him as much information as we thought he could handle in an appropriate way. And Patsy helped us do that. Even just the fact that we had someone who could help him understand the fact that he was frustrated was so important."

In 2008 our skilled professional nurse navigators had over 2,400 visits with individuals.

As our program continues to grow, more people are able to take advantage of the services provided by Cancer LifeNet. In 2007, individual counseling and support group sessions were provided to nearly 800 individuals. This number jumped 198% in 2008 to over 1,500.

Thanks to community support of the Foundation, the Cancer LifeNet program grows every year.

To learn more, call Cancer LifeNet at 1-866-393-4355 or visit www.uchcancer.org.

To make a gift, call 443-643-3460 or visit www.uchcancer.org.

"Patsy did lots of play therapy with Ian and made him feel really comfortable," Lisa adds. "And Ian really took to it. I just mentioned it the other day to Erik that I think it might be good to take him back. Because he still talks about Daddy being sick a lot. He worries about Erik going back into the hospital. He had a lot of different feelings going on, and he still does. He processes it like he is a little counselor, himself."

Lisa also benefits from accompanying Erik to the meetings of the Blood Cancer Support Group. "It is good for both of us," she says. "I think it is successful with Erik, because he is the type of person that needs to talk about what happened and share his experience. He gets a lot out of doing that."

She pauses: "The people at Cancer LifeNet really are a special breed."

The good news is that these days Erik is in a very good place.

Or, as he said it so well in an email he sent to friends on April 20, "5 months removed from my transplant. My son Joey is 11 months old today. I am a lucky man."

Luckily for the citizens of Harford and Cecil Counties, real life stories like Erik Sauer's play out every day. Since 2006, Upper Chesapeake Health, in partnership with The Chesapeake Cancer Alliance, has offered the Cancer LifeNet Program. Our goal is to help individuals cope with the multiple repercussions of cancer—physical, financial, psychological and emotional. Our nurse navigators, like Leslie Clark, RN, are experienced, advanced registered nurses with special expertise in oncology. Since they understand the disease process, physician networks and complex health insurance arena, they can talk to individuals about the pros and cons of specific treatments and assist them in making educated, informed decisions. Our nurse navigators work with individuals throughout their various treatments and collaborate with the physicians involved in their care.

Likewise, our social workers, like Patsy Astarita, provide counseling to help individuals and their loved ones cope with the emotional and psychological fallout from cancer. "The vision was that we would have experienced oncology nurses and social workers in combination with volunteers who have expert knowledge and training, along with a variety of supportive group services and support groups." Patsy explains.

In short, cancer patients in our community need never feel alone.

Confronting Collateral Damage

For many individuals, it is only after they have finished their active treatment that they begin to really cope with the psychological and emotional ramifications of the illness. "That is the time when a lot of individuals come into counseling or join a support group," Patsy observes.

"When you are in the heat of the crisis, you are really into basic survival mode," she continues. "Going to all of your appointments. Okay, I made another round of chemo. Okay, now I have got six weeks of radiation. I'm going to get through that. Okay. And then all of a sudden it is like wow, what hit me! It really is all about how do I begin to communicate. There is often a sense of disconnectedness and isolation. How can I help my family and friends understand how this has really impacted me and changed me forever? How do I move beyond this?"

"To a certain extent, you could compare it to a post-traumatic stress syndrome type of situation," she suggests. "There are a lot of similarities and analogies to that. We talk about the war on cancer. Individuals are fighting the war against this cancer, and their body is the battlefield. There is a lot of collateral damage that goes on."

To help individuals heal emotionally and psychologically, the Cancer LifeNet Program offers not only individual and group counseling, but also several support groups. All support groups in the Cancer LifeNet program are free and offer a nurturing and safe environment for cancer



From left to right: Patsy Astarita, Sue Evans, Leslie Clark, and Michelle Byers.

survivors. (See page 7). Participants can share their feelings about their cancer experience, as well as receive accurate, reliable, and relevant health information from reputable sources.

"You Just Have to Feel Blessed..."

Sometimes the program has helped individuals in ways that the Cancer LifeNet team might never have realized. Not long ago, one of our Cancer LifeNet's social workers attended an event where she ran into a former patient, whom she had seen for one counseling session several months ago, immediately after the woman had been diagnosed with brain cancer. "The woman approached her at this event and said, 'I came to you three months ago, when I was first diagnosed, and I was devastated. And there was one thing that you said to me, and it clicked. And I have been fine ever since.' And that just blew this social worker away. The interesting thing is that she had no idea what she said to the woman that made such a significant impact on her overall well-being!"

"But the point is," Patsy emphasizes, "that she was able to meet that person's needs in one single counseling session. She made a difference in her life."

"You just have to feel blessed that you get the opportunity to make a difference for somebody during this really difficult time," she said.

COVER ARTICLE

UCH Wins the Gold

Upper Chesapeake Health has been awarded the prestigious Maryland 2008 Gold Award by the State of Maryland's Performance Excellence Awards Program. For the past 25 years, Maryland's U.S. Senators have joined with the University of Maryland to honor organizations that effectively implement successful performance strategies and achieve excellent results. Upper Chesapeake is the only acute care hospital in Maryland to receive this award.

The purpose of the awards program is both recognition and learning. Organizations are judged using the rigorous Baldrige National Quality Program Criteria for Performance Excellence which focuses on seven key areas. To achieve the Gold distinction, an organization must demonstrate systematic leader practices; strong customer focus, human resource systems that lead to employee growth and development; a clear process for setting strategic direction; and information systems that create a customer focus and permit fact-based decision making. In addition, the program helps businesses to continue to learn and improve through self assessment, external analysis, benchmarking, and sharing of best practices with other high performing organizations.



The UCH Quality Award Team



Upper Chesapeake Health Cancer LifeNet

Facing Cancer Together

Upper Chesapeake Health Cancer (UCH) LifeNet Program held a dedication ceremony for a wall mural painted by Tom Spicer (3rd. from left), in memory of his wife, Susan, who lost her battle with cancer in 2006.

A local artist, Tom is the father of Leslie Clark (2nd from left) who is a nurse navigator with the Cancer LifeNet Program. As Tom was painting the mural, many of the Cancer LifeNet Program patients would ask him to add butterflies, rabbits, and deer to the painting. They really took ownership of the mural by contributing their ideas. Also attending the ceremony are (from left) Fred Thursfield, Executive Director of the Upper Chesapeake Health Foundation, Patsy Astarita, MSW, LCSW-C, Supportive Care Services Coordinator for Cancer LifeNet, and Robin Luxon, UCH Vice President, Clinical Services.



SUPPORT GROUPS & SERVICES

Cancer Support Group



SUPPORT GROUP MEETINGS

This group is open to individuals diagnosed with cancer and their loved ones. Whether you are newly diagnosed, in treatment, remission, or having a recurrence, you are invited to attend this monthly meeting to share common experiences and receive education, information, and support. Meetings held in Physicians Pavilion II and at Harford Memorial Hospital.

C.A.R.E.S. Exercise Program



The Cancer Activity and Rehabilitative Exercise for Survivors (CARES) Program is designed for individuals who are either being treated for cancer or in remission. Following a functional assessment by a trained professional, participants are given an individualized 8-week exercise program offered exclusively at the UCH Sports Medicine and Rehab Center. Please call 443-409-0051 for more information or to make an appointment. Fee charged.

Breast Cancer Support Group



SUPPORT GROUP MEETINGS

Join us for an intelligent, comprehensive discussion about living with breast cancer and how this affects daily living. This is a professionally facilitated group that meets monthly to share resources and discuss medical information, experiences, and coping strategies for dealing with breast cancer.

LOOK GOOD...FEEL BETTER®



MEETINGS

Join us for this free, hands-on group workshop dedicated to helping female cancer patients cope with and combat the appearance-related side effects of chemotherapy and radiation treatment.



Prostate Cancer Support Group



SUPPORT GROUP MEETINGS

Men do not need to face prostate cancer alone. Join us for an intelligent discussion about living with prostate cancer and the impact it has on your life. This free educational support forum for men and their spouses is a professionally facilitated group that meets monthly to share resources and discuss medical information, experiences, and coping strategies.

CLIMB™

Children's Lives Include Moments of Bravery



SUPPORT GROUP MEETINGS

A fun, interactive educational and supportive program for children who have a family member with cancer.

Six-week sessions are offered on-going throughout the year—meeting times vary.

Family & Friends Support Group



SUPPORT GROUP MEETINGS

I.D.E.A.S.

Individuals Dedicated Encouraging and Supportive!

A support group that focuses on those caring for loved ones diagnosed with cancer. This group will provide information, support, and education to help ease the role of the caregiver.

Komen Breast Cancer Wellness Program



Integrated therapies such as acupuncture, Reiki, massage, and healing touch, as well as exercise programs, support groups, nutritional services, and genetic counseling are available for those who have been diagnosed with breast cancer. This program is supported by a grant from the Maryland Affiliate of Susan G. Komen for the Cure. Please call for more details and to receive services

Blood Cancer Support Group



SUPPORT GROUP MEETINGS

Sponsored by The Leukemia & Lymphoma Society and Upper Chesapeake Cancer LifeNet, this free support group is open to all adults and family members affected by leukemia, lymphoma, myeloma, and myelodysplastic syndrome.

For more information about the Upper Chesapeake Cancer LifeNet program and support groups, call our Helpline at 1-866-393-4355

All support groups are free and are held in Physicians Pavilion II on the Upper Chesapeake Medical Center campus unless otherwise noted.

Komen Breast Cancer Wellness Program

For Mind, Body and Spirit

“Caring For Me” Program

- Individual consultation with a board certified holistic care physician
 - Customized treatment plan covering diet, exercise, counseling, energy healing, environmental and personal care products, appropriate use of supplements and stress reduction
- Bi-monthly support group for mind-body wellness and self care
 - Self-care Kit
 - Guided Imagery CD
 - Essential Oils
 - Personal Journal
 - Educational materials

Exercise Programs

- Weekly Yoga and Tai Chi classes
- C.A.R.E.S. (Cancer Activity and Rehabilitative Exercise for Survivors)
 - Individual 8-week exercise program facilitated by a trained physical therapist

Programs for Mind, Body and Spirit During Active Treatment and Recovery

- Individual Massage Therapy
- Acupuncture
- Reiki Treatments

Support Groups

- Healing Touch
 - Bi-monthly group
 - A biofield therapy used to restore harmony and balance
- Support Group for Women Coping with Metastatic Breast Cancer

Nutritional Services

- Consultation
- Monthly classes taught by a registered dietitian

Genetic Counseling

- Available on-site at no cost for individuals with breast cancer or at high-risk for developing breast cancer who live in Harford or Cecil counties

For more information on this program offered by Upper Chesapeake Health Cancer LifeNet, call 1-866-393-4355.



www.uchcancer.org

Supported by a Grant from the Maryland Affiliate of Susan G. Komen for the Cure®

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Cancer

A speech by Donna Varady

Cancer, as we know, changes everything. It not only changes how you see yourself, but how others see and treat you. It gives immediacy and urgency to life. It scares you to death and makes you stronger than you would have ever imagined.

No, I have not had cancer myself, but for almost two decades I have worked with and loved many, many women who do... and I've learned much.

Mostly, I've learned about courage. That triumphant spirit and strength we all call upon to face the challenges in our lives. Courage has been described as bravery, will and fortitude. It is the ability to confront fear and pain, uncertainty and intimidation.

Few things are more intimidating than cancer.

Courage is really needed when you find yourself in a room with a stranger who is going to take away a prized possession...your hair... somehow you keep a stiff upper lip.

It is taking experimental treatments in hopes of finding a cure— Not only for yourself, but for your sisters who share in this battle.

Courage is helping another who is newly diagnosed, offering them encouragement and hope. "Look at me! I only have one treatment left!" Or "I've been in remission 5 years!" Cheerleaders, all.

Courage has so many faces, young and old. Regular women, from all walks of life who are moms, daughters, sisters, wives, and friends. These women put their own fears aside; join support groups to help each other when times get rough, raise funds for a cure, pitch in to cook and clean for each other and make each other laugh, sometimes through the tears. All are survivors; all are the fiercest warriors.

Their arms are outstretched to offer never-ending encouragement and love. All the while they are helping each other heal. Oh! And they are also strong for us; those who love them.

They help us cope with our fears while hiding their own. They know we need courage too and they give us as much as they can.

We all know what the face of courage looks like... it's Dawn, Wendy, Paula, Rikki, Julie, Yolanda, Madi, Nancy, and a list of so very many others who live each day to the fullest.

They have identities that cancer cannot touch. They have spirit that cancer cannot destroy. They inspire us with their strength, and we aspire to have the kind of courage and hope that they live each and every day.

They are forever my heroes.

Speech given on October 17, 2008 at the Because 5th Annual Courage Night celebration. Donna Varaday is owner of LaChic Salon in Bel Air, MD and organizes the annual Cut-A-Thon to benefit Cancer LifeNet services. Over the past 18 years, Ms. Varady has been involved in the Look Good Feel Better program to help individuals with cancer cope with the physical effects of their treatment.

Fall 2009 Calendar of Events

SAVE THE DATES

Shindig

Friday, October 2

Bel Air Armory • 7 p.m.

Band, barbeque, beer, wine and soft drinks

CCA Festival of Trees Preview Party

Friday, November 27

Bel Air Armory • 7 p.m.

CCA Festival of Trees - Open to the Public

Saturday & Sunday, November 28 & 29

Bel Air Armory

CCA Holiday Gift Wrap

December 10-24

Harford Mall

2008-2009 EVENT RECAP

Christmas Holiday Tour of Homes - 2008

The Holiday House Tour: Christmas in Bulle Rock was held on Saturday, December 20, 2008. Eleven beautiful homes were on display that day. In addition, guests of the sold out tour were treated to the vocal stylings of the Harford Choral Society's strolling choralers. Close to \$8,000 was raised.

Dream Kitchens Tour - Spring 2009

Chesapeake Cancer Alliance held their second annual Dream Kitchens Tour on Saturday, April 4, 2009 from noon to 5 p.m. The self-guided tours of spectacular kitchens were inspiring. The cooking demonstrations by local celebrity chefs were a delight.

Upper Chesapeake Health 3rd Annual Cancer Survivor Day

Over 300 cancer survivors and their friends and families gathered at the Richlin Ballroom on Monday, June 8 to celebrate their lives. Featured guests included speaker, Clifford Kuhn, M.D., also known as The Laugh Doctor and Otter Productions - a comedy improvisational group.



Marie Allison (standing) and some friends from the Mountain Christian Church's Cancer Support Group



The Laugh Doctor



Otter Productions

To honor a survivor with a gift to the Foundation, visit www.uchs.org or call 443-643-3460.



HealthLink Primary Care Clinic

Helping Those in Need

The HealthLink Primary Care Clinic had 2,401 patient visits in 2008—more than a 100% increase from 2007's total of 1,155 patient visits.

2008 marked over 800 referrals made from the Clinic to specialty physicians in the community.

There are currently 800 active patients; a number that is continually growing.

The Upper Chesapeake HealthLink Primary Care Clinic offers primary care medical treatment to those without health insurance, insuring that all Harford County residents have the opportunity to lead healthy productive lives. With tough economic times, and limited financial resources, more people are realizing that maintaining their health and addressing chronic health needs before they become critical really is the best medicine.

In addition to primary care services, the HealthLink Clinic also links patients to life-saving specialty care services within the community.

Last year, a 22 year-old woman, Mary*, came into the clinic with a breast mass. She was evaluated by one of the HealthLink Clinic Certified Nurse Practitioners (CNP) who ordered a breast ultrasound. The results from the ultrasound were inconclusive but concerning, and the HealthLink Clinic helped Mary schedule an appointment with Dr. Scott Steinmetz's practice for further evaluation.

While receiving continued care at the HealthLink Clinic, the CNP determined that Mary was a Type I (insulin dependent) diabetic. When questioned how well she controlled her diabetes, Mary stated that she was taking her insulin only when she could afford the \$100 payment, and was checking her blood sugar only a couple of times a month. To properly control her condition and prevent possible permanent damage to her body, Mary should have been taking two different types of insulin and checking her blood sugar four to five times a day. To help improve her health and get her started on a path to wellness, the HealthLink Clinic was able to provide her with sample bottles of insulin and assist in linking her to patient assistance programs for her long term access to affordable medication.

Mary was scheduled for a breast biopsy, and while she waited for her surgery date, HealthLink Clinic nurses worked with her to get her diabetes under control. This was vital. If her diabetes was not managed she would not heal properly after surgery. Further, her biopsy might be deemed ineligible if her diabetes remained out-of-control. Through careful monitoring of her diabetes and medication management, Mary was able to undergo her biopsy and it was determined her breast mass was an infection in one of her glands. This treatable infection was a result of her previously unmanaged diabetes.

Community Outreach in 2008

- HealthLink had a total of 21,000 encounters with the community in 2008.
- 4,000 of these encounters were provided to the underserved of Harford County.
- Over 3,000 flu vaccines given to community residents.
- 355 people attended Dining with Docs lectures.
- 180 people participated in the free cancer screenings held (prostate, colorectal, skin, and head and neck).
- 6,650 children participated in one of our health education programs (KATU, Body Art, Glow Germ, Teddy Bear Clinic, and Toxic Soup).
- 120 parents had their car seats checked and were educated by our certified Car Seat Safety Technician.

Thanks to \$150,000 annual support from the Foundation, HealthLink reaches many of Harford County's underserved community. To make a gift today, visit www.uchs.org or call 443-643-3460.

** Not the patient's real name*

Mary now makes regularly scheduled visits to the HealthLink Clinic to keep on top of her healthcare issues, and is enrolled in a pharmaceutical program to receive reduced cost medications. The HealthLink Clinic staff is presently working with her to enroll in the income eligible Pharmacy Adult Care (PAC) program through the State of Maryland for her future medication needs.

Your gifts help people like Mary access vital healthcare so that they can manage their healthcare needs before they become critical. In turn, they lead healthy productive lives in our community. Patients are seen at the HealthLink Clinic on a sliding fee scale determined by income level.

The HealthLink Community Improvement program also provides valuable services out in the community such as health education programs for children, car seat safety checks, "Dining with Docs" lectures and more. Just one more step in helping make Harford County the healthiest community in Maryland. For more information, please call 1-800-515-0044.





The Archer Society carries on the legacy of Harford Countian John Archer, M.D. (1741-1810), who received the first medical diploma issued in America in 1769. The distinguished Dr. Archer, a Major in the Continental Army and elected statesman to the Seventh, Eighth and Ninth Congresses, established his practice of medicine right here in Harford County. Along with his son, Dr. Thomas Archer, he founded the Medical and Chirurgical Faculty of Maryland in 1799.

This tradition of healing that began so long ago in our community by Dr. Archer and his son still lives on today. Making a bequest to the Archer Society creates a personal legacy that will enrich the heritage of healthcare to all who come through the doors of Upper Chesapeake Medical Center and Harford Memorial Hospital.

We are grateful to all who have already committed to the Archer Society and hope you, too, will be a part of this great tradition of caring by becoming a member. Please contact the Foundation at 443-643-3460 or visit www.uchs.org to learn more.

MEMBERS

Molly & John Cain
 Ingeborg & Joseph D. Deigert*
 George J. Finney*
 Diane & Volney Ford
 Shirley & Ralph Klein
 Anna & James Lambdin
 Virginia & Anthony Meoli
 Maude E. Moody*
 Reverend Charles K. Riepe*
 Melissa & Roger Schneider
 Donna & Lyle Sheldon
 Marion & Louis Storm
 Esther & Dick Streett
 Beatrice L. & R. Walter* Ward
 Orsia & J. A. Young

* Deceased

LEGACY GIFTS

In 2008, Upper Chesapeake Health Foundation received enduring gifts for Hospice from the estates of two donors. We are grateful to these donors and their families for their generosity.

The Estate of Marie Kronman
 to benefit Harford Hospice

The Estate of Nancy Porter
 to benefit Harford Residential
 Hospice



Lyle Sheldon, FACHE, CEO/President UCH stands with newly inducted Archer Society Members Dick & Esther Streett and Diane & Volney Ford.

Leave a Legacy for Community Health

We'd like to invite you to join the esteemed Archer Society by leaving a legacy to Upper Chesapeake Health. Your generosity will help ensure access to quality and compassionate care for all members of our community in the future. It is easy to do and has a dramatic and lasting impact on healthcare right here in Harford County.

Simply by letting us know that you have left a bequest in your will, we will recognize you as a member of the Archer Society. This elite group is invited to attend all events hosted by the Foundation and is recognized in publications and at our annual donor reception.

You may either specify a dollar amount or designate a percentage of your estate to Upper Chesapeake Health. Typically, gifts of bequests range from \$1,000 to as much as \$1,000,000 or more.

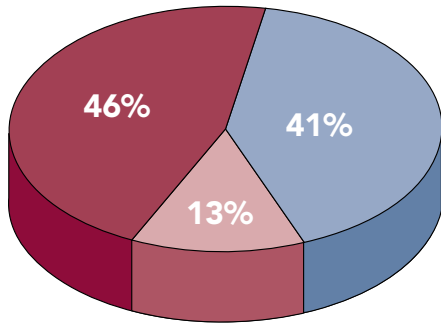
These gifts may be directed to continue the good works of patient care programs such as our Cancer LifeNet program or our Diabetes and Endocrine Center. More often, though, gifts are unrestricted to be used where the need is greatest. Undesignated bequests provide dollars that may be used for programs, services, equipment, or facilities which are important for patient care but might not be funded otherwise.

We periodically offer Estate and Financial Planning seminars. Please check our web site www.uchs.org often for upcoming dates.

Please call the Foundation office at 443-643-3460 for more information on leaving a legacy to Upper Chesapeake Health.

A Summary of 2008 Giving

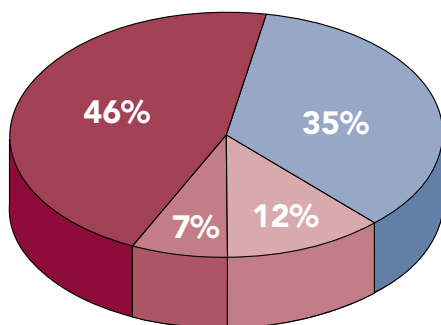
Includes pledges made in 2008, gifts of cash and stock. In addition, over \$149,000 of in kind donations were received and are not included in the charts below.



Giving 2008

Total \$1,378,844

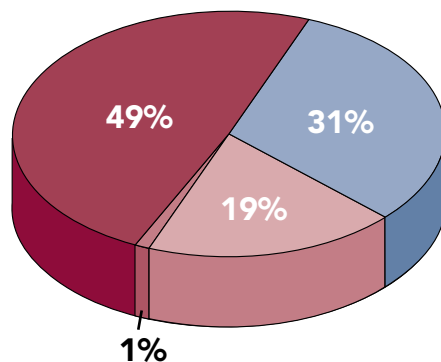
- Businesses \$635,161
- Individuals \$564,911
- Foundations & Other Organizations \$178,772



Breakdown - Individual Donations

Total \$564,911

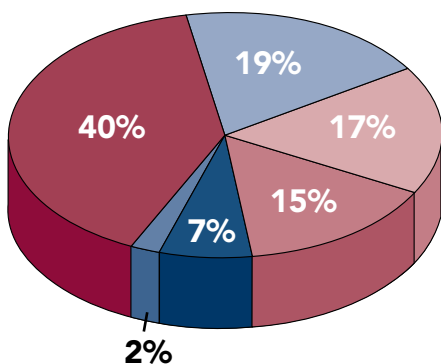
- Board Members \$262,568
- Community Residents \$196,596
- Team Members \$66,261
- Physicians \$39,486



Source of Gifts

Total \$1,378,844

- Special Events \$661,156
- Annual Giving \$431,457
- Capital Campaign \$267,498
- Planned Gifts \$18,733



Fund Designation

Total \$1,378,844

- Restricted Funds \$571,340
- Community Health \$258,781
- Unrestricted Hospital Operations \$229,544
- Harford Hospice \$202,558
- Hospital Renovations/Building Fund \$92,475
- Harford Residential Hospice \$24,146

Restricted funds include Pediatrics, Cancer LifeNet, Diabetes, Pulmonary, Cardiovascular, "A Course in Miracles" Reading Group, etc.

New Foundation Board Members



Joseph Bittner is president of Melvin Benhoff and Sons and is a member of the Harford County Chamber of Commerce. He is also Past Chairman of the Maryland Asphalt Association and member of the Board of Directors of the Maryland Highway Contractors Association. He lives in Churchville with his wife, Regina.



Georgeanna Garceau is a local Realtor with 25 years experience. In 2008 she opened Garceau Realty offices in Bel Air and Canton. She is married to sports announcer Scott Garceau and they reside in Fallston.



Len Parrish is the retired President of George William Stephens, Jr. and Associates and is a consultant in retirement for local developers. Len lives in Bel Air with his wife, Mary Jane, who is a member of the Chesapeake Cancer Alliance.



Joseph Ries is an investment counselor/broker with Stifel Nicolaus in Bel Air. Joe serves on the Foundation's Annual Giving Committee. Joe, his wife Debbie, and their two children live in Forest Hill.



Irka Zazulak is President of Modular Components and Mid Atlantic RF Systems, Inc. of Forest Hill, a manufacturer of microwave circuit boards for the defense and telecommunication industries. Irka is a member of the Governor's Workforce Network and a Director of Advisory Counsel for M&T Bank Mid-Atlantic Division. She has two daughters.

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

— Albert Pike

Upper Chesapeake Health Foundation is grateful to each and every one of our donors. Below is a cumulative list of those who made cash donations of \$100 or more from January 1, 2008 through December 31, 2008 in support of events, the annual giving program, the "We're Here for Life" capital campaign, Harford Hospice, Harford Residential Hospice, and special programs.

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1 – Donna Varady's La Chic Salon raised \$3,850 for the Cancer LifeNet program through the annual Cut-A-Thon in 2008.

2 – Kitty Pickett, CCA President, Sharon Meissner, and Debbie Heath, CCA Treasurer celebrate at the Maryland Chapter of the Association of Fundraising Professional's National Philanthropy Day luncheon where Phyllis Penn and Sharon Meissner were recognized in Nov. 2008 as Unsung Heroes for raising over \$80,000 for CCA through bracelet sales.

3 – Ken Kozel, Chief Operating Officer, Fred Thursfield, Foundation Executive Director, Arden McHugh, President, UCMC VSA, and Steve Anderson, Director of Volunteer Services are shown with a generous \$70,000 donation from UCMC's Volunteer Services Association (VSA) Memories in Lights program held in Dec. 2008.

4 – Debbie Stout HMH Volunteer Services and Shirley Rose, HMH Volunteer Auxiliary President, Dec. 2008.

5 – Shirley Rose, (far right) presented a \$5,000 donation from the Auxiliary toward their commitment to UCH. (left to right) Steve Anderson and Lyle Sheldon, FACHE, UCH President/CEO in Dec. 2008.

6 – Brian and Pat Adelhardt, (center) presented proceeds from their Nov. 2008 Brite Lites event at Applewood Farm to UCH Foundation for the Pediatric Emergency Department. Also pictured (left to right) Donna Tower Lenzner, Gift Officer, UCH Foundation, Dr. Kim Cass, Director of Pediatric Medicine, Patricia Avakian, Director for Women and Children's Services, and Fred Thursfield.

7 – CCA raised \$25,000 for the Cancer LifeNet program over Thanksgiving weekend at their third annual Festival of Trees at the Record Armory in Bel Air.



8 – Peter Johnson, PA, AA and Dr. Roger Oursler of Northern Chesapeake Anesthesia Associates enjoy breakfast at the Doctor’s Day celebration in March 2009.

9 – Bill Minton of Jarrettsville Builders, Lyle Sheldon and Dick Streett presented a \$60,000 donation from the Hospice Regatta to benefit hospice services in Harford County.

10 – The Second Annual Cinco de Mayo Celebration at Bill Bateman’s Bistro in Havre de Grace raised over \$2,000 for the Pulmonary Rehabilitation program. Pictured (left to right) are Karen Goodison, Director of Respiratory/Pulmonary/Neuroscience, Dr. Jason Birnbaum, Director of ICU, Megan Tadalán, Respiratory Therapist, Anna Aycok, Director of Heart Institute, and Christian Giansante, Owner of Bill Bateman’s Bistro in Havre de Grace.

11 – Samantha De Marco, Clinical Exercise Physiologist, Sherry and Dusty Rhodes, former patient and his wife and Megan Tadalán enjoy the Cinco celebration in May 2009.

12 – Salon Marielle, in conjunction with UCH Foundation presented the second annual Red Pump Ball in Feb. 2009 at Bulle Rock’s Residents’ Club. The event raised \$4,500 for Cardiovascular programs. The committee members pictured (left to right) are Donna Tower Lenzner, Barbara Porcelli, Mary Anne Spurlin, Pat Fair, Denise Fair, and Helen Cayer.

13 – Dr. Michael Drossner (left), Medical Director of the Cardiac Catheterization Laboratory at UCMC, spoke about the need for awareness of heart disease and new treatments available. Also pictured are Mary Anne Spurlin, Committee Chair and owner of Salon Marielle, Lyle Sheldon, and his wife, Donna.

14 – Denise Fair and Clark Turner enjoy the Red Pump Ball.

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