

Focused On You

FALL 2021

Health News and Information from MedStar Montgomery Medical Center



**Growing
older
just got
easier**

Inside: A recovering addict helps others get sober | This new center provides an innovative approach to successful aging
Babies come two by two | A culture of gratitude | Community classes

A season of newness.



When I last wrote to you, I shared my optimism about the still evolving COVID epidemic. Many members of our community, and the majority of our hospital staff, had already been vaccinated, and we were preparing for a return to normal—albeit a “new normal” way of life.

Over the summer, however, we faced a new challenge, propelled by the highly contagious delta variant. This latest surge brought increased anxiety

and illness to our community, further taxing healthcare resources and stressing the global supply chain.

Despite all of this, our team once again rose to the challenge. While continuing to navigate the COVID crisis, we introduced new programs and expanded other services to meet the growing needs of our community.

In August, we opened the Center for Successful Aging—a new geriatric services and outpatient center that addresses the unique needs of older adults. As you may know, Montgomery County has one of the fastest-growing older adult populations in the country, and we’re proud to continue the tradition of caring for the community in all stages of life. A first of its kind in Montgomery County, the center offers both physician offices and a high-intensity outpatient service managed by a specialized care team that includes a geriatrician, nurse practitioner, social worker, and other healthcare professionals.

In this issue of *Focused on You*, we find out more about the unique services the center provides and what it means for residents over 65 looking for a new standard of quality and compassionate care.

Specialized and convenient care is at the forefront of the offerings provided by our new Women’s Health Concierge

service. It’s a one-stop service for women to help in scheduling appointments and coordinating multiple clinic visits across specialties. MedStar Montgomery Medical Center associate Krystal Joshua heads up this new service and discusses the program, its importance, and what it means for women throughout all stages of their lives.

We are also expanding our outpatient imaging capabilities with the soon to open MedStar Radiology Network at Olney. This center will offer CT scans, DEXA scans, ultrasound and X-ray services, and 3D mammography all in one convenient location.

Perhaps one of the most life-changing events is the birth of a child, or, in some cases, two births! Our maternity unit has welcomed several twin births this year, and the moms share their stories, along with videos and testimonials, and talk about the care they received at MedStar Montgomery. If you’re looking for cuteness overload, you don’t want to miss this story!

Lastly, we spotlight our new providers and highlight our new associate: Jennifer Smith. Jennifer is our new vice president of philanthropy. In this issue she shares her mission for the hospital, and why gratitude is the basis of her philanthropic philosophy.

We are so grateful to our community and for your support throughout this year.

Yours in good health,

THOMAS J. SENKER, FACHE

President, MedStar Montgomery Medical Center,
Senior Vice President, MedStar Health

Focused On You

KENNETH A. SAMET, FACHE
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THOMAS J. SENKER, FACHE
President, MedStar Montgomery Medical Center, Senior Vice President, MedStar Health

TONJA PAYLOR
Director of Marketing & Communications

STEFANIE BRYANT
Senior Marketing & Communications Specialist

Writers
Carrie Bishop
Jennifer Davis
Susan Lahout
Jenne Young
Leslie A. Whitlinger

Our new Center for Successful Aging addresses the unique needs of older adults.

An addict in recovery finds her passion in helping others get sober.

BY JENNIFER DAVIS

Danielle Bransford, a certified peer recovery specialist at MedStar Montgomery Medical Center, spends every workday talking with patients who are navigating the road to recovery. She works directly with patients in the Outpatient Addictions program and Dual Diagnosis program.

Danielle also meets with patients in the Emergency department who are at risk for addiction and runs impromptu groups for patients with substance abuse issues on the inpatient unit. She sees patients on medical floors and the inpatient Behavioral Health unit, working to link them with an addiction aftercare program.

It's more than a job for the 53-year-old from Silver Spring, Maryland—it's a passion, and it's deeply personal. Danielle is a recovering addict who tried to get sober 42 times over three decades before she was successful.

"My work is the best thing that ever happened to me," Danielle says. "It's miraculous when I think about how far I've come. I struggled so long and so hard, and I remember thinking recovery would never work for me. It felt hopeless." Danielle tells her story to give hope to others. "I want them to know that no matter how long it's been—hope is always possible. I'm proof of that."

Danielle's addiction to crack cocaine started at the age of 20. Through the years she tried to become sober with the help of detoxes, inpatient and outpatient programs, and long-term psychiatric stays, but she always struggled to make the changes stick. "No matter what I tried, I never made it more than a year sober," Danielle shares.

That is, until her 42nd attempt at the age of 49, when she says she finally realized she'd hit rock bottom and had no other options. "I needed structure, so I went to an outpatient program, and I went to meetings, sometimes four times a day," Danielle says. It worked. Danielle celebrated four years of recovery in July 2021.

Once she was sober, Danielle decided she wanted to help others do the same. "Addiction is what I know. I knew I could help people," she explains. She spent a year and



Danielle Bransford proudly shows her bronze sobriety medallion, a token given to 12-step members in celebration of four years of sobriety.



Marilou Tablang-Jimenez, MD, DFAPA

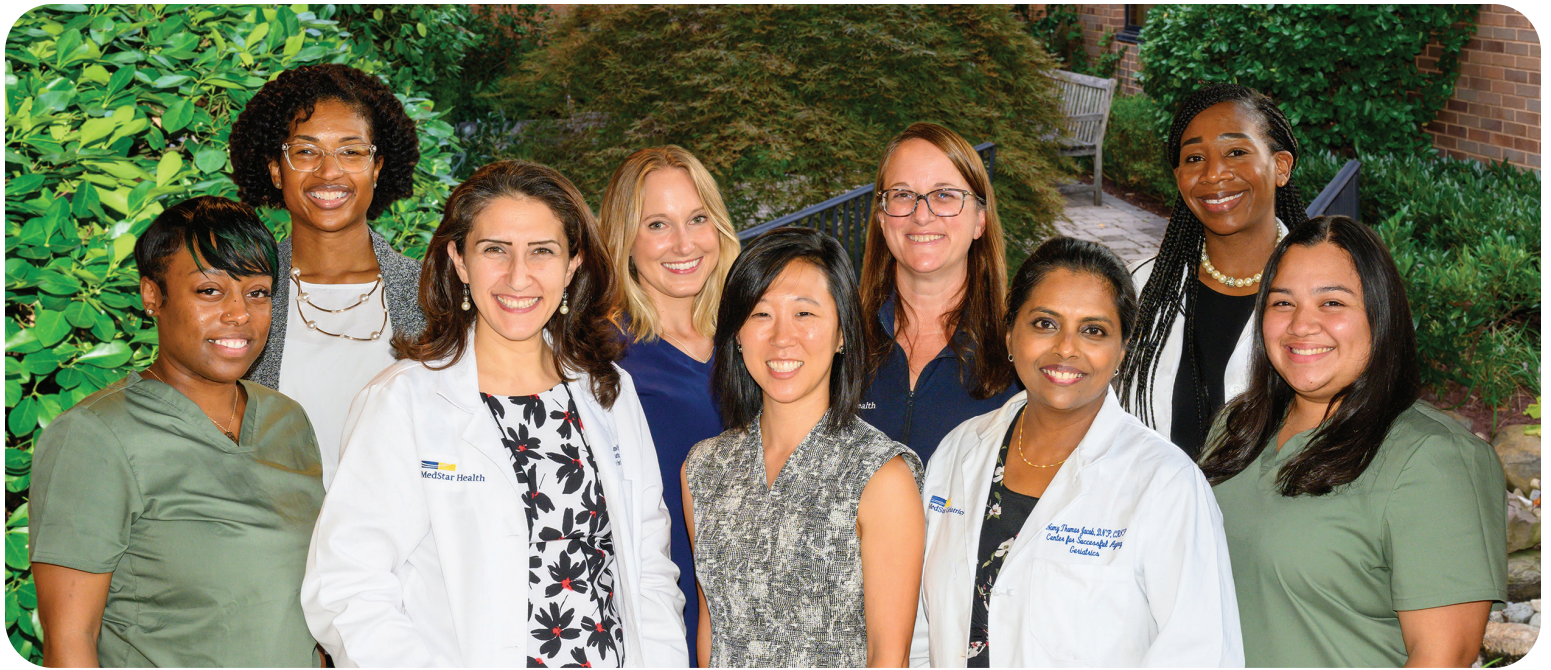
a half earning her certification as a peer recovery specialist through the state of Maryland, which included 500 intern hours and additional supervised hours in a clinical setting before taking on a full-time role at MedStar Montgomery.

"Our Peer Recovery program has been around for a very long time because it works. It's not clinical work. It's a really instrumental and critical form of emotional support," explains Marilou Tablang-Jimenez,

MD, DFAPA, medical director of the Addiction and Mental Health Center at MedStar Montgomery. "Peer specialists like Danielle fill a role that we as clinicians can't. It's incredibly powerful when someone like Danielle says to our patients, 'I've been where you are, I know exactly what you're struggling with, and if you're interested in getting better, I can help you recover.'"

Danielle agrees. "People want to leave treatment because the addiction is talking to them, and I help them stay. Nobody ever says to me: you don't get it. They all know I get it," Danielle adds. "I want others to be able to look at me and see that no matter where they are or how many times they've tried and failed before, recovery is always possible if you're willing to do the work." ◀◀

To learn more about the addiction treatment services at MedStar Montgomery, visit [MedStarMontgomery.org/GetHelp](https://www.MedStarMontgomery.org/GetHelp) or call 301-774-8800.



The Center for Successful Aging team includes (from left to right) Juanna Smothers, medical assistant; Angela Raphael, director of operations; Rezanne Khalil, MD, lead physician; Ryann Brickley, nurse supervisor; Deanna Cho, social worker; Anneliese Massey, physical therapist; Nomy Thomas Jacob, nurse practitioner; Ifeoma Ejiogu, pharmacist; and Ana Garcia, medical assistant.

Growing older just got easier.

BY LESLIE A. WHITLINGER

Americans are living longer. When the first baby boomers were born in 1946, the average life expectancy was 63 years. That figure is now approaching 79. And the percentage of the U.S. population over the age of 65 continues to grow significantly.

With life spans lasting into the 70s, 80s, and 90s, many individuals will spend their later years dealing with multiple medical issues, often including frailty or dementia.

MedStar Montgomery Medical Center is addressing the aging population's unique need for health services through the new, innovative Center for Successful Aging.

"Science hasn't yet figured out a way to stop aging, but we do know how to help people age better," says Rezanne Khalil, MD, a fellowship-trained geriatrician and lead physician for the new center. "Our focus is on treating each patient as an individual, a whole person. So instead of only concentrating on fixing a particular health problem, we strive to improve each patient's overall quality of life."

Opened in August 2021, the Center for Successful Aging is designed for people 65 and older who have multiple complex chronic illnesses. In addition to Dr. Khalil, the staff includes a nurse practitioner, physical therapist, social worker, and clinical pharmacist. This



Mary Ann Summer (right) appreciates the coordinated communication and centralized services at the new Center for Successful Aging at MedStar Montgomery. [Hear Mary Ann's advice for successful aging at: MedStarMontgomery.org/MaryAnn](https://www.MedStarMontgomery.org/MaryAnn)

multidisciplinary team participates in an initial 90-minute assessment with each new patient. Additional specialists are called in as needed.

Mary Ann Summer, a 92-year-old living in a retirement community in Sandy Spring, Maryland, was the center's first patient. "I like having one central place for my care. Everything is under one roof, and there is better communication," Mary Ann explains.

The team's comprehensive approach addresses everything from medical conditions to balance and gait and psychosocial issues. For example, a patient's

medications, often prescribed by different specialists, are reviewed and reconciled to prevent counteracting.

The Center also provides access to an extensive range of community resources, making fast and easy referrals for such things as home safety assessment, will preparation, and other matters helpful to patients and their families.

"We understand the unique medical, social, and emotional health challenges facing older adults today. Seniors and their caregivers want to return home as quickly and safely as possible. Our teams provide an elevated level of care and support to equip patients to manage even complex conditions in an outpatient setting, decreasing the number of unnecessary ER visits," says Dr. Khalil. "We've created a space to empower older adults and their caregivers to be engaged in the activities and services that accomplish individual health goals."



Rezanne Khalil, MD

Mary Ann likes this model. She was impressed that her team talked about different aspects of her health—including whether she needs physical assistance, her financial needs, and her overall outlook. "I feel this group at the center will know me," says Mary Ann. "They see my needs and know where to get help. There's a lot of services and things available that I didn't know about."

George Hennawi, MD, founded the first Center for Successful Aging at MedStar Good Samaritan Hospital in 2016. Today, that facility sees approximately 1,300 patients a year, evidence of the growing need for medical services among those 65 and older. The team at MedStar Montgomery anticipates serving a similar number of people.

"Montgomery County is home to one of the largest aging populations in the nation," says Kurt Martin, FACHE, senior director of operations, Geriatrics. "Yet there are not enough private geriatricians in the area to accommodate the need.



Kurt Martin, FACHE

Through the Center for Successful Aging, MedStar Montgomery is creating a more hopeful, effective, and compassionate future for elder care." ◀◀

The Center for Successful Aging is funded in part through a generous grant from the Edward N. and Della L. Thome Memorial Foundation.

Attention caregivers: Tips for managing stress.

When taking care of a loved one, remember to take care of yourself as well.



Seek out resources offered in your community.

Adult day programs, in-home assistance, visiting nurses, and meal delivery are just some of the services that can help you manage daily tasks. Check in with your local hospital or social service agencies to find out what is available near you.



Get help and find support.

Don't be shy. Reach out to friends and family to help provide care and support. Connect with online communities and local support groups for help and reassurance.



Use relaxation techniques.

There are several simple relaxation techniques such as meditation and slow breathing that can help relieve stress. Try several to find out which one works best for you.



Get moving.

Physical activity—in any form—can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help.



Take care of yourself.

Visit your doctor regularly. Try to eat well, exercise, and get plenty of rest. Making sure that you are healthy can help you be a better caregiver. ◀◀

Relief from knee pain starts here.

Don't let knee pain stop you from living your life. We can help! From the simple to the complex, we get to the source of your painful knees.

Taking our free online knee assessment is the first step towards finding the right treatment for your knee pain.

Text KNEE to 410-680-3337
or scan the QR code to find the right treatment option for you.



Visit [MedStarMontgomery.org/SuccessfulAging](https://www.MedStarMontgomery.org/SuccessfulAging) to learn more about the Center for Successful Aging.

Two by two: A mini-baby boom at MedStar Montgomery Medical Center.

BY SUSAN LAHOUT

The old saying “Every cloud has a silver lining” proved true for the Ghionni and Velasquez families. During the devastating COVID-19 pandemic, both Sarah Ghionni and Leslie Velasquez gave birth to healthy twins at MedStar Montgomery. In fact, five sets of twins were delivered within four weeks at MedStar Montgomery this past summer.

Sarah, the mother of two young boys, and her husband, Nick, were excited to learn they were expecting another child. However, during her first obstetrics visit, Sarah noticed something unusual during her ultrasound—there on the screen was the outline of not one but two babies. “It was certainly an exciting moment, but at the same time a little overwhelming,” says Sarah. The young family had just moved from Philadelphia to Silver Spring, Maryland, and were without their usual support network of friends and family.

Due to the hospital’s strict COVID-19 protocols, only one guest was allowed during prenatal visits. Sarah had to attend her many obstetrics appointments with her doctor, Vanitha Seethappan, MD, alone while her husband balanced work and the care of their younger children at home.



Vanitha Seethappan, MD

Dr. Seethappan, a specialist in obstetrics and gynecology at MedStar Montgomery, delivered five sets of naturally occurring twins during the last year. “All of my colleagues are wonderful and supportive of all of the mothers,” Dr. Seethappan says. “The patients are happy to see the same



Sarah and Nick Ghionni were excited and a little overwhelmed when they found out Sarah was having twins. They are grateful for the expert care and support they received from the MedStar Montgomery team. Hear their story: [MedStarMontgomery.org/GhionniFamily](https://www.MedStarMontgomery.org/GhionniFamily)

medical team that took care of them during the last nine months present at their deliveries.”

Sarah’s delivery became complicated after one of the babies turned in the breech position (bottom first), necessitating a cesarean section. On June 17, 2021, Sarah delivered Eva and Colette. Since Sarah and Nick had not revealed the babies’ gender or even the fact that they were expecting twins, their whole family was delightfully surprised by the news.

While Sarah was progressing through her pregnancy, 23-year-old Leslie Velasquez was feeling unwell. She thought she just had a bad case of food poisoning, which prompted her to see her doctor. When she was told that she was pregnant, and later, pregnant with twins, Leslie could hardly believe the news.

Leslie’s physician, Sujithra Jayaraj, MD, a board-certified obstetrician at MedStar Montgomery, states, “Leslie’s pregnancy progressed quite normally with both babies growing well until they reached 37 weeks. At that point, both babies moved to the breech position, necessitating a planned cesarean section.” On July 4, 2021, Leslie gave birth to Alina and Alaia. “The care I received at MedStar Montgomery was amazing. The nurses were great and helped me with all the new baby care. The girls already have their own little personalities—one being quite calm and the other baby being very vocal about having her needs known.”



Sujithra Jayaraj, MD



First-time mom Leslie Velasquez, pictured here with her daughters, said the nurses were “amazing” and helped her feel more comfortable and prepared. Hear her story: [MedStarMontgomery.org/Leslie](https://www.MedStarMontgomery.org/Leslie)

“The patients are happy to see the same medical team that took care of them during the last nine months present at their deliveries.”

– DR. SEETHAPPAN

While having twins during a pandemic may not be on anyone’s to-do list, the Ghionni and Velasquez families could not be happier. The personalized care they received at MedStar Montgomery made the experience very special and provided a wonderful story to share with future generations. ◀◀

See page 10 to learn about our Childbirth and Parenting classes.

Women’s Health Concierge brings customer service to a whole new level.

BY JENNE YOUNG

Have you ever called your doctor’s office and been frustrated by long wait times or not being able to reach a live person? If you have, you are not alone. When a physician’s office or hospital is busy, their customer service can often suffer. This will not happen at MedStar Montgomery Medical Center, not if Krystal Joshua has anything to say about it. And lucky for us, she does.

Krystal is the new Women’s Health Concierge at MedStar Montgomery, where she provides personalized care to make the patient experience easier. “My job is to be the welcoming voice on the phone that helps our patients navigate the systems. In addition to setting up appointments, I help connect patients to additional services, help streamline their care for follow-up screenings, and answer any questions they may have about our offerings at MedStar Montgomery,” she explains.



Krystal Joshua, Women’s Health Concierge

Having been at MedStar Montgomery for eight years, Krystal knows just about everyone but acknowledges it can be overwhelming for new patients. “I put myself in the patient’s place. I think, what if this was my mom or my sister. It can be a vulnerable time. We want our patients to know they are not just a number. We truly care about them, and their needs are important to us,” she explains.

Krystal believes one of the most important skills for providing exceptional customer service is listening. “We often listen to respond and not to hear the problem and the need behind it,” she says. “I listen carefully and do my best to address their concerns. I love seeing people happy. That makes me happy.” ◀◀

To contact the Women’s Health Concierge, call **301-260-3311**, Monday-Thursday, 8 a.m. to 6 p.m. and Friday, 8 a.m. to 4:30 p.m.

To learn more about the maternity services at MedStar Montgomery, visit [MedStarMontgomery.org/Maternity](https://www.MedStarMontgomery.org/Maternity) or call **240-883-5280**.



Thank you to our heroes!

Our community appreciates you and your dedication to our patients, each and every day.



New leader of philanthropy committed to a culture of gratitude.

BY JENNIFER DAVIS

Jennifer Smith recently joined MedStar Montgomery Medical Center as the vice president of philanthropy.

She is excited about her new position and explains that the culture of giving and gratitude at MedStar Health resonates with her on a very personal level. Growing up, Jennifer was close with her paternal grandmother, who stressed the power and importance of giving back and being grateful. Her grandmother told her the story of how Jennifer's father was born with a serious adrenal condition and was not expected to survive. Luckily, he found his way to an endocrinologist who knew how to treat him, and today Jennifer's father is alive and well.

"My grandmother ensured that all her grandchildren knew about the doctor that saved my father's life. She shared stories of raising a very sick child and her extreme gratitude for the doctor and his entire care team for saving my dad's life," Jennifer says. "She was so grateful that in her estate plans, she remembered that doctor and helped fund an endowment in his honor. This was my first taste of philanthropy, so I have long understood how powerful it can be to everyone involved."

Since then, Jennifer says she's been privileged to be a part of many stories of gratitude and is looking forward to facilitating connections and philanthropic partnerships between patients, community members, companies, foundations, and MedStar Montgomery. She says the work feels especially important amid the ongoing COVID-19 pandemic. "Our community is recognizing now more than ever all that front-line healthcare workers are doing, and they want to support them and others in need," she explains. "I'm grateful to be a part of making that happen."



Jennifer Smith, the new vice president of philanthropy, says she is grateful to have experienced the power of gratitude in her work and personal life.

Jennifer says she's coming into her new job with two goals—to support the great work taking place at MedStar Montgomery and to educate people on opportunities for philanthropic partnerships.

"It's my job to understand what's happening here at the hospital and in the community. Then I work with people to identify their interests and philanthropic priorities. I work to facilitate connections and collaborations to foster support where it is needed most," Jennifer explains. "People assume that large institutions have lots of funds. But philanthropy comes into play in so many ways for us, big and small, because it helps fund much of what we do beyond our everyday operations."

"At MedStar Montgomery, we are taking care to a whole new level, and that requires philanthropic investment," Jennifer explains. "Philanthropy is what allows us to do so

"At MedStar Montgomery, we are taking care to a whole new level, and that requires philanthropic investment."

— JENNIFER SMITH



Jennifer Smith (second from left) grew up in a family that stressed the importance of giving back. She now shares that perspective with her two daughters and granddaughter.

“It’s my job to understand what’s happening here at the hospital and in the community. Then I work with people to identify their interests and philanthropic priorities.”

– JENNIFER SMITH

much more. For example, throughout the pandemic people stepped forward to express gratitude for our staff through support of well-being initiatives. In fact, through this generosity a COVID-19 Memorial Garden was constructed, providing a serene outdoor space for staff to step away from the stresses of their work. Philanthropy has been critical in creating the newly opened Center for Successful Aging. It’s also going to help us create a new entrance to the Oncology Pavilion, so visitors have a calm, beautiful, welcoming experience when they come for help and treatment—even when they’re feeling stressed and worried.”

Jennifer aims to identify the medical advancements that will best support the entire community. “I’m so thrilled to be involved at such a critical time when I know what I add can make a visible difference,” she confirms. ◀◀

Bringing the community together for philanthropy.

BY JENNE YOUNG

Jennifer Smith sees philanthropy as a team effort. This view is reflected in the dedicated work of the Philanthropy Committee at MedStar Montgomery Medical Center, whose mission is to advance excellence of care at the hospital by expanding its philanthropic community.

Acting as public ambassadors for MedStar Montgomery, committee members help educate the community on the exciting programmatic activities, strategic priorities, and innovative research initiatives happening at the hospital. Through their efforts, they hope to raise awareness and philanthropic support. “An important role of the committee is to share the role and impact of philanthropy on the hospital and the communities it serves,” says Jennifer.

The committee includes clinicians, community members, and patients and their family members who have a committed interest in championing philanthropic investments in the hospital. Jennifer serves as executive liaison to the committee.

“During our meetings, hospital leadership briefs us on hospital advancements like new programs, capital projects, and improvement initiatives. Philanthropic investments catapult these efforts. As we all benefit from a strong hospital, being a philanthropic champion for MedStar Montgomery is a phenomenal way to serve the community,” says Dick Hoffman, chair of the Philanthropy Committee at MedStar Montgomery.

In a recent meeting, the committee discussed the critical importance of better serving two populations: geriatrics (55+), the fastest-growing population in Montgomery County, Maryland, and women’s health. Members learned about the new Women’s Health Concierge, a role created to bring awareness of and better accessibility to the services offered to women. They also learned about the Center for Successful Aging, an innovative approach to providing better care and access to resources to the region’s aging patients.

“I always say that philanthropy is a team sport. This group represents the all-star players. Their insights, guidance, and advocacy are invaluable,” Jennifer says. ◀◀

Visit [MedStarHealth.org/Philanthropy](https://www.MedStarHealth.org/Philanthropy) to learn more about how your support can make a significant impact or call **301-774-8804**.

Online classes and support groups.



Senior exercise classes

Senior Strength and Balance

Have fun, feel better, and get fit with a free 45-minute group exercise class, designed to help older adults increase strength, flexibility, and range of motion, and maintain their cardiovascular health. Classes are ongoing. A physician's consent form is required to participate. FREE

Every Monday and Wednesday, 10 to 11 a.m.

Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance, and flexibility. The class ends with a wonderful meditation that soothes the mind and body. FREE

Every Friday, 11:15 a.m. to 12:15 p.m.

Childbirth and parenting classes

Complete Childbirth Preparation

Our six-week Complete Childbirth Preparation program prepares expecting parents for a positive birthing experience. The program covers labor, delivery, and newborn care. It includes sessions on breastfeeding and infant care as well as the birthing process.

Childbirth Express

This condensed version will prepare expecting parents for their labor and birth experience. Class is presented in lecture/video format. To enhance what you learn, hands-on instruction is available by taking the Lamaze Technique class.



Lamaze Technique

This program explores ways women can find comfort during labor and birth.

You will learn about breathing patterns, position changes, relaxation techniques, and massage. All classes taught by a Lamaze Certified Childbirth Educator.

(Note: This class will complement any childbirth class. You must have completed your childbirth class prior to this class.)

Infant Care

This class is designed to give a complete head-to-toe look at how to care for your little one and provide you with hands-on experience. Topics include bathing, feeding, diapering, safety issues, and much more.

Breastfeeding Basics

This course is designed to offer advice and support for breastfeeding mothers. A lactation specialist will discuss topics on the health-related benefits of breastfeeding, practical techniques, and breastfeeding at work.

Breastfeeding Support Group

Weekly Breastfeeding and New Moms Support Group. New moms can get answers to their questions about breastfeeding including whether baby is getting enough, nighttime feedings, pumping and storing milk, and returning to work while continuing breastfeeding. FREE

The Diabetes Support Group also welcomes pregnant women who have gestational diabetes. Please see Support Group section.

Virtual classes are available for our community.

Support groups

Weight Loss Support Group

Our FREE Virtual Weight Loss Surgery Support Group is held every 2nd and 4th Monday from 7 to 8 p.m. via Microsoft Teams. Our groups are designed to provide a supportive space for individuals who have had weight loss surgery, those who are thinking about or planning to have weight loss surgery, or those who want to get back on track with their weight loss journey. A great time to connect with others and share experiences, feelings, and questions!

Diabetes Support Group

Although diabetes is a chronic condition, it can be controlled. Learn about new information on diabetic management and treatments, managing your diabetes, and controlling other manageable health behaviors like blood pressure and cholesterol. Pregnant women with gestational diabetes also welcome. FREE

Every 4th Monday of the month, 5 to 6 p.m. ◀◀



All classes are currently virtual. For full descriptions, or to learn more about dates and times, visit [MedStarMontgomery.org/Classes](https://www.MedStarMontgomery.org/Classes) or call **301-774-8881** (Option 4).

Giving in gratitude for a life well lived.

On July 7, 1982, Donna Bliss embarked on a journey that changed her life. "After years of struggling with alcohol and panic attacks, I hit bottom," she says. "Though I tried to make positive changes on my own, it wasn't working." She turned to the hospital where she was born, MedStar Montgomery Medical Center, for help.



"I did not want to drink or take pills anymore and entered into detox. The staff helped me understand and address the issues that had sent me down the destructive path I had been on. One day at a time, they transformed my life."



Donna Bliss

In the 39 years since then, Donna has accomplished things she never dreamed possible. She earned a bachelor's degree in psychology, a master's degree in social work, and, ultimately, a doctorate in social work. She has held positions in the addiction

field as a counselor, clinical supervisor, professor, and program director. Today Donna works as a university professor, psychotherapist, and life coach.

That's why every year, on the anniversary of her sobriety, she makes a gift of gratitude to MedStar Montgomery.

"Individuals who work with people who have substance abuse or other behavioral health problems often don't realize the positive impact they have. They tend to have more follow-up contact with those who end up back in treatment," she explains. "I am a testament to the fact that what they do does make a difference. I am very grateful for what they did for me." ◀◀

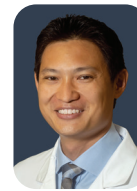
To share your gratitude for your caregiver, please contact Jennifer Smith at jennifer.t.smith@medstar.net or call **301-774-8804**.

Welcoming our new providers.

MedStar Montgomery Medical Center



Surajudeen (Suraj) Bolarinwa, MD
Orthopaedic
Joint Surgery
301-774-8958



Andrew Zhan Mo, MD
Orthopaedic
Spine Surgery
301-774-8958



Cassidy Cooper, DO
Psychiatry
301-774-8860



Danielle Salazar, MD
Vascular Surgery
301-774-8962



Christine Zhang, MD
Sleep Medicine
301-774-8736

Offering our community the best in stroke care.

MedStar Montgomery Medical Center achieves Advanced Certification as a Primary Stroke Center

In August 2020, under the leadership of Stroke Coordinator Nickie Miskell, BSN, RN, SCRNP, and the multidisciplinary Stroke Committee, MedStar Montgomery achieved the **Get With The Guidelines® - Stroke GOLD PLUS**



The Guidelines® - Stroke GOLD PLUS with Target: Type 2 Diabetes Honor Roll award from the American Heart Association and was successfully recertified as a Primary Stroke Center by The Joint Commission.

Our associates made this happen with their dedication to rendering timely, high-quality, patient-centered care to our stroke patients. Our patients can be confident they will receive the best care and advanced therapies to maximize recovery and reduce death and disability. ◀◀

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MedStar Radiology Network at Olney is **coming soon!**

Offering outpatient imaging services including CT Scan, DEXA Scan, Ultrasound, X-ray, and 3D Mammography all in one convenient location.

Our specialized radiologists and imaging team look forward to providing you and your family with expert medical imaging care.

MedStar Montgomery Medical Center
18101 Prince Philip Dr., Ste. 6100
Olney, MD 20832

Call **301-260-3301** for more information.
[MedStarHealth.org/Imaging](https://www.MedStarHealth.org/Imaging)



MedStar Health

It's how we treat people.