



# Leadership Southern Maryland

*Regional Collaboration for Today's Leaders and Tomorrow's Vision*

2019 Executive Program's Spotlight Sponsor

## Chesapeake-Potomac Healthcare Alliance

an alliance of healthcare providers in Southern Maryland

### Healthcare Session

Thursday, January 17, 2019  
Waldorf Jaycees  
3090 Crain Highway  
Waldorf, MD 20601  
(301) 645-4546

Goals:

- Enhanced awareness of challenges and regional opportunities for providing healthcare in our communities.
- A clear understanding of the region's community hospitals and how they collaborate with other agencies.
- A better sense of services available in Southern Maryland to individuals from birth to end of life and all that happens in between.

Thursday, January 18, 2018

TIME	TOPIC	SPEAKER
7:30-7:45 am	Continental Breakfast sponsored by the Greater Waldorf Jaycees	3090 Crain Highway Waldorf, MD 20601
7:45-9:00 am	Panel Presentation from Southern Maryland Hospitals --Calvert Health System --University of Maryland Charles Regional Medical Center --MedStar St. Mary's Hospital	Theresa Johnson '14, Associate Vice President, Corporate Communication & Philanthropy/ Executive Director, CalvertHealth Foundation; Mary Hannah '17, Manager, Population Health Management, University of Maryland Charles Regional Medical Center

		<b>Susan Vogel '09</b> , Executive Director, Charles Regional Medical Center Foundation, Inc.; <b>John Greely '11</b> , Vice President, MedStar St. Mary's Hospital; <b>Lori Werrell '13</b> , Director of Population & Community Health, MedStar St. Mary's Hospital
9:00-9:35 am	<b>Walden Behavioral Health Presentation</b>	<b>Kathleen O'Brien, Ph.D.</b> , Executive Director, Walden Behavioral Health
9:35-9:55 am	<b>Medical Resources for the Underserved</b>	<b>Kit Wright</b> , President, Board of Directors, Health Partners, Inc.
9:55-10:30 am	<b>Break &amp; Tour of Health Partners</b>	
10:30 – 10:45 am	<b>Board bus and travel to Recover Centers of America Maryland Center for Addiction Treatment</b>	
10:45 – 11:45 am	<b>Recovery Center Presentation &amp; Tour</b>	<b>Adina Levi, LPC, NCC</b> , Regional Manager of Business Development, Mid-Atlantic, Recovery Centers of America
11:45 am – 12:00 pm	<b>Board bus and travel to Sagepoint Senior Living Services</b>	
12:00- 12:45pm	<b>Sagepoint Senior Living Services Tour &amp; Overview</b>	<b>Andrea Dwyer</b> , President and CEO, Sagepoint Senior Living Services; <b>Michele Buscher, RN, BSN</b> , Chief Nursing Officer, Skilled Nursing Facility; <b>Denise McCann, RN, DN, ED</b> , Chief Nursing Officer, Adult Day Services/Assisted Living/Memory Care/Home Care
12:45 - 1:45 pm	<b>Lunch &amp; Sagepoint Panel Discussion</b>	<b>Sponsored by Sagepoint</b>
1:45-2:00 pm	<b>Board bus and travel to Waldorf Jaycees</b>	
2:00-2:20 pm	<b>Charlotte Hall Veteran's Home Presentation</b>	<b>Sharon Murphy</b> , Executive Director, Charlotte Hall Veterans Home
2:20-2:40 pm	<b>Operation: Tohidu</b>	<b>George Watkins '12</b> , President, Watkins & Associates & Former Melwood Board Chair <b>Travis Rahill</b> , Outreach Program Manager, Melwood Veteran Services <b>Eric Gardner, &amp; Ryan Daniels</b> , Operation Tohidu participants
2:40-3:00 pm	<b>Hospice of Charles County Presentation</b>	<b>Brandon Jones</b> , CEO, Hospice of Charles County
3:00-3:15 pm	<b>Cookie Break sponsored by the Greater Waldorf Jaycees</b>	
3:15-4:15 pm	<b>Public &amp; Community Health Issues Panel Discussion</b>	<b>Laurence Polsky, M.D.</b> , Calvert County Health Officer <b>James Bridgers, Jr. PhD</b> , Charles County Deputy Health Officer <b>Meenakshi Brewster, M.D.</b> , St. Mary's County Health Officer
4:15-4:45 pm	<b>"Connect the Dots"</b>	<b>Denise Foster</b>
5:00-6:15 pm	<b>Social at Prime Street Grille</b>	4680 Crain Hwy, White Plains, MD 20695

**Directions for Waldorf Jaycees:** 3090 Crain Highway, Waldorf, MD 20601

**From Prince Frederick:** Take MD-231 W/Hallowing Point Road. Turn right to merge onto MD-5 N/Leonardtwn Road. Make the last right turn before you reach Crain Highway. The Waldorf Jaycees building will be on your right.

**From Lexington Park:** Take Three Notch Road to MD-5 N/ Leonardtown Road. Make the last right turn before you reach Crain Highway. The Waldorf Jaycees building will be on your right.

### **SPOTLIGHT SPONSOR**

**The Chesapeake-Potomac Healthcare Alliance** was formed in 1994 by Calvert Memorial Hospital, Civista Health, Inc., and MedStar St. Mary's Hospital with the goal of providing the very best in health care for every person in Southern Maryland. One year later, the Alliance collaborated successfully to create the Chesapeake-Potomac Home Health Agency. In 2006, they developed the Chesapeake Potomac Regional Cancer Center. The center, which has locations in Waldorf and Charlotte Hall, represents a major milestone for cancer care in the tri-county area.

Chesapeake-Potomac Home Health Care is a full-service agency that provides nursing, physical, speech and occupational therapy, medical social work and home health aides to patients recently discharged from the hospital. Its services are licensed and certified by Medicare and Medicaid. Chesapeake Potomac Regional Cancer Center provides patients with access to the highest quality in radiation therapy. The center's sophisticated technology gives doctors the ability to target and track tumors with superior precision.

### **BIOGRAPHIES**

#### **SPEAKERS:**

**THERESA JOHNSON, MSM, MBA, LSM'14, Associate Vice President, Corporate Communication & Philanthropy/ Executive Director, CalvertHealth Foundation**



Theresa Johnson joined CalvertHealth in 2015 and serves as the associate vice president of corporate communication & philanthropy. She oversees the public relations and marketing departments, to include all web, social media, advertising, press relations and corporate communication, as well as the CalvertHealth Foundation. Johnson holds a Master of Science in management as well as an MBA. She resides in St. Mary's County with her husband, Tim. They have five grown children.

**MARY HANNAH, RN, BSN, MPH, CDE, LSM'17, Manager, Population Health Management, University of Maryland Charles Regional Medical Center**



Mary Hannah RN, BSN, MPH, CDE, manager of population health management has worked in the field of medicine since the age of 16 starting as an emergency medical technician. In her 20+ years of hospital experience, she provided nursing care in the areas of PACU, telemetry, and ICU. This path in her nursing career has led to her current, very rewarding and challenging role as the manager of population health at the University of Maryland Charles Regional Medical Center.

Prior to assuming her current role, Hannah held the position of transition case manager for four years and built a thriving transitional care program. She facilitates and leads the PAU Disease Specific Workgroup and a larger Access to Care Coalition. She was awarded Healthcare Champion of the year in 2015 by her hospital peers. Hannah is a published author of a chapter book titled, *A Walk in the Woods with Poppy*. Other awards she has received include the

Grace E. Brown Nurse Educator award in 2016 and the Charles Regional Medical Center Foundation Volunteer of the year award in 2018. She is an LSM alumna from 2017, which surely makes 2017 the best class ever!

**SUSAN VOGEL, LSM'09, Executive Director, Charles Regional Medical Center Foundation, Inc.**



Susan Vogel is the executive director of the Charles Regional Medical Center Foundation, the philanthropic arm for Charles County's only hospital. In her position since 1999, Vogel leads a 25-member board of directors in strategically building awareness and providing resources to enhance the 100 bed medical center. With a staff of two, the foundation hosts several annual fundraising events and generates funds through annual, memorial and planned giving contributions.

Prior to this role, Vogel was director of development at the Anne Arundel Medical Center Foundation and also worked as an events director for the Maryland Chapter of the Cystic Fibrosis Foundation.

A native of Charles County, Vogel attended St. Mary's Ryken High School and Loyola College in Baltimore. She has served on the board of directors for several organizations including the Charles County Chamber of Commerce, the Zonta Club of Charles County, and the Arc of Southern Maryland. A 2009 graduate of Leadership Southern Maryland, Vogel is a past board chairman of that organization.

In her spare time, Vogel enjoys traveling to the Delaware shore, reading, music, and keeping up with family and friends. Vogel has been married to her husband, Keith, for 26 years and they have two children, Kip (23) and Julia (18).

**JOHN GREELY, FACHE, LSM'11, Vice President, MedStar St. Mary's Hospital**



As vice president, John Greely, FACHE, is responsible for overseeing MedStar St. Mary's Hospital's pharmacy, imaging, cardiology & neurology, patient transporters, laboratory services, rehabilitation medicine, nutrition, facilities, and environmental services.

Greely has worked in various leadership roles for more than ten years at MedStar St. Mary's Hospital. Most recently, he was the director of decision support/ performance improvement/ health information management. In this role, Greely has facilitated various committee and performance improvement initiatives throughout the hospital including the Joint Commission and Regulatory preparedness, clinical and non-clinical performance; and has supported the hospital board's Quality Safety and Professional Affairs Committee; and performance improvement for all medical staff committees.

Greely is a graduate of St. Mary's College of Maryland and earned a master's degree with a concentration in finance from the College of Notre Dame of Maryland. He is a life-long resident of St. Mary's County and is actively involved in the community.

**LORI WERRELL, LSM'13, Director of Population & Community Health, MedStar St. Mary's Hospital**



As director of population and community health, Lori Werrell, MPH, MCHES, is responsible for overseeing MedStar St. Mary's Hospital's community health programs through Health Connections, and population health work through AccessHealth and the MedStar St Mary's Hospital Primary Care practice at East Run.

Werrell has worked in various roles in her more than 20 years at MedStar St. Mary's Hospital. Most recently, Lori served as the interim director of human resources and education in 2017, in addition to her regular duties. She began her career as the hospital lactation consultant and started the hospital's Breastfeeding Resource Center. Since becoming director in 2010, Werrell has served as the program director for various grant funded

programs from HRSA, the State of Maryland (Health Enterprise Zone) and currently she serves as the co-principal investigator for a five year 12-million-dollar Center for Disease Control grant to reduce chronic disease burden in four counties in Southern Maryland.

Werrell is a graduate of Dickinson College in Carlisle Pennsylvania and earned a master's degree in public health from Walden University. She is a 22-year resident of Leonardtown Maryland and is actively involved in the community.

**KATHLEEN O. O'BRIEN, Ph.D., *Chief Executive Officer, Walden Behavioral Health (sent for review)***



Kathleen O. O'Brien, Ph.D., is CEO of Walden Behavioral Health a premier behavioral health organization serving Southern Maryland. She earned her bachelor's and master's degrees from the University of Maryland, and her doctorate in clinical psychology from LaSalle University.

Dr. O'Brien began her long association with Walden in 1973, serving as the clinical director from 1978 to 1990, when she became the executive director. Her commitment and dedication have been a driving force in the development and expansion of a multi-service behavioral health organization that is respected throughout the state and has received national recognition.

O'Brien plays a prominent role in her community and throughout the state where she is a strong advocate for quality services for children and their families. She serves on numerous boards and commissions. She is a gubernatorial appointee on the State Drug and Alcohol Council, the Opiate Overdose Council, the Health and Human Services Referral Board, and the State Victim Services Board. She serves on the Maryland Executive Council of AARP. O'Brien is the president-elect of the MD Association of Addiction Directors. (MADC)

Additional local and state boards O'Brien is involved with include: Healthshare, Camp Maria Board, the Maryland Juvenile Justice Coalition, the MD Network Against Domestic Violence, and the MD Coalition Against Sexual Assault. She has also served as a member of the National Council on Accreditation, the Child Welfare League of America Steering Committee and a subcommittee of the White House Drug Policy Council.

O'Brien is the founding chairperson of the St. Mary's Family Violence Coordinating Council. She petitioned the county to establish this council after several domestic violence deaths rocked the community.

O'Brien is a Weinberg Fellow and was a member of Leadership Maryland Class of 2008. She was the 2008 recipient of the National Sunshine Peace Award, from the Buffet foundation, in recognition of her outstanding work on behalf of domestic violence victims. In 2010, she received the Social Impact Award from the Weinberg Foundation for her efforts to assist the homeless.

During the summer of 2013, O'Brien participated in the Harvard Business School Nonprofit Leadership Institute where she had the opportunity to work with nonprofit and NGO leaders from around the world.

O'Brien has been married to her husband, Paul, for 39 years and they are the proud parents of six highly accomplished young adult children.

**KIT WRIGHT, *President, Board of Directors, Health Partners, Inc.***



Kermit “Kit” Wright has been a volunteer with Health Partners, Inc. since 2003. He currently serves as president of its board of directors. Prior to connecting with Health Partners, Wright was a pilot with United Airlines for nearly 15 years. He also served 20 years in the United States Air Force, retiring as a lieutenant colonel in 1989.

Wright received his bachelor’s degree in Spanish from Brigham Young University in 1969. He is fluent in the language, having lived and worked in Central and South America for over four years. He also holds a master’s in business management from Central Michigan University.

Wright has flown into over 140 countries and territories during his time as both a military and commercial pilot. He has flown three United States presidents and many U.S. and foreign dignitaries on trips around the world during the eleven-year period when he was assigned to the Special Air Missions Group out of Andrews Air Force Base. He credits that exposure to the countries and people of the world with instilling in him a passion to give back to others. His association with Health Partners, Inc. has convinced him that he can spend all of his energy and time helping them give back to the community where he lives.

**ADINA LEVI, LPC, NCC, *Regional Manager of Business Development, Mid-Atlantic, Recovery Centers of America***

Adina Levi is the Mid-Atlantic regional manager of business development for Recovery Centers of America. In that capacity, she is responsible for growth efforts in Maryland, supporting Maryland Center for Addiction Treatment and Bracebridge Hall.

Levi has worked in the behavioral health field for 15 years, first working as a crisis intervention counselor in the city of Chicago, responding to local police departments and hospitals. She later worked as a primary therapist for youth and families before transitioning into the role of business development. Levi continues to maintain both the licensed professional counselor and national certified counselor licenses.

**ANDREA DWYER, *President and CEO, Sagepoint Senior Living Services***

Andrea Dwyer has been a licensed nursing home administrator since 1999. She earned her master’s in business administration from the University of Maryland and received her Bachelor of Arts in international studies/ business with a minor in business administration from Towson University. Dwyer has worked in varied areas of healthcare ranging from large CCRCs to smaller, more intimate post-acute facilities. Her experience ranges from for-profit, corporate healthcare environments to nonprofit, privately operated communities of care.

**MICHELE BUSCHER, RN, BSN, *Chief Nursing Officer, Skilled Nursing Facility***

Michele Buscher joined Sagepoint Senior Living Services in 1993 with a passion for senior care. Prior to working at Sagepoint, Buscher completed her LPN at the College of Southern Maryland. Upon joining Sagepoint, she completed her RN and, in 2018, she graduated from Chamberlain University with a Bachelor of Science in nursing, graduating with president’s honors. Buscher is a certified director of nursing in long term care through NADONA as well as a certified infection preventionist.

Lover of basset hounds, Buscher has been married for 23 years and has one daughter. Buscher is a native of Bryantown, Maryland

**DENISE MCCANN, RN, DN, ED, *Chief Nursing Officer, Adult Day Services/Assisted Living/Memory Care/Home Care***

Denise McCann joined the Charles County Nursing Home, what is now Sagepoint Senior Living Services, in 1993. Prior to working at Sagepoint, McCann completed her LPN at the College of Southern Maryland. She then went on to complete her RN in 1995. For most of her career at Sagepoint, McCann worked in long term care. She now oversees Sagepoint's assisted living including memory care, adult day services, and home care service lines. McCann recently obtained certification for delegating nurse and case management. She also recently obtained her assisted living manager and assisted living administrator licensure. McCann is a native of Southern Maryland.

**SHARON MURPHY, *Director, Veterans Home Program, Charlotte Hall Veteran's Home, Maryland Department of Veterans Affairs***



Sharon Murphy began her state career in July 1984 when she joined the small staff at Charlotte Hall Veterans Home as the assistant to the commandant. In her over 34 years at Charlotte Hall, she has been an integral part in the operation and expansion of the home, watching it grow from four residents and 20 staff, to the current occupancy of 417 residents and over 500 employees. Murphy's dedication to the home and its residents culminated in June, 2008 when she accepted the position of director, veterans home program, serving as the contract manager for the State of Maryland Veterans Home Operations. The day-to-day operation of the home is the responsibility of the contractor, HMR of

Maryland.

As director, Murphy is responsible for monitoring the operation of the facility to ensure contract compliance with federal, state and local regulations and to provide oversight of resident care, fiscal management and support services. Murphy represents the Maryland Department of Veterans Affairs in contacts with federal, state and local elected officials. She is responsible for preparing and administering the home's annual operating budget and capital improvement projects. She serves as the on-site advocate for residents and responds to inquiries by residents, family and elected officials. Murphy is actively involved in the marketing of the home and maintains liaisons with veteran and community organizations locally and statewide to promote the awareness of Charlotte Hall Veterans Home and the services it provides.

- National Association of State Veterans Home, President, 2017-2018,
- Vice President 2016-2017
- Member Tri-County Veterans Advisory Council
- Certified Licensed Assisted Living Manger, State of Maryland
- Certified Dementia Care Practitioner

Significant projects completed since becoming director in 2008.

- Applied and awarded federal grant to install 100% Emergency Generator Power for CHVH (\$5.2 million)
- Procurement Officer for Request for Proposal for the Management Services for CHVH – 7-year contract (2009 – 2016); (\$240 million)
- Procurement Officer for Request for Proposal for Management Services for CHVH – 8-year contract (2016 – 2022); (\$320 million)
- Electronic Medical Records System implemented in 2014 facility wide (\$850,000)
- On-site state-of-the-art pharmacy with an automatic pill dispenser (\$450,000)

Murphy enjoys the daily contact with the veterans and is dedicated to leading Charlotte Hall Veterans Home in achieving an even higher standard of excellence at Maryland's only state veterans home.

**GEORGE WATKINS LSM'12, *Former Board Chair, Melwood and President, Watkins & Associates***



George Watkins of Marbury, Maryland served as chair and vice chair of of Melwood's board of directors since graduating from Leadership Southern Maryland. He is president of Watkins and Associates, a CPA firm in La Plata, Maryland, and brings nearly 30 years' experience as a certified public accountant to the Melwood board.

**WILLIAM TRAVIS RAHILL, *Operations Manager, Operation Tohidu***



Travis Rahill is the outreach program manager for Melwood Veterans Services. Rahill also serves as the co-chair of the Southern Maryland Veterans Collaborative and the vice-chair of the Charles County Commission on Veterans Affairs.

Rahill retired from the U.S. Army in 2015 as a sergeant first class, serving a total of 22 years: four in the Marines and 18 in the Army. His assignments included Camp Lejeune, North Carolina; Schofield Barracks, Hawaii; Fort Campbell, Kentucky; Fort Carson, Colorado; Fort Bliss, Texas; and a tour as a US Army recruiter in Connecticut. He has had multiple overseas assignments including Somalia, Cuba, Korea, Iraq, and Afghanistan. His military awards include the Meritorious Service Medal, Bronze Star Medal (second award), the Iraq Campaign Medal and the Afghanistan Campaign Medal. Combat Infantry Badge.

Rahill is a graduate of Ashford University and is currently pursuing a master's degree in history. He is married to Valerie (Hodge) Rahill and they have two children: Katherine, age 20, and Thomas, age 18.

**ERIC GARDNER, *Author***



Eric Gardner was raised in a military family and lived around the world. Following in his father's footsteps, he joined the U.S. Army as an infantry officer. Since the end of his wartime service, he has taken on the task of being a stay at home father, an active duty army spouse and author of the Thirteenth Legion Series.

**BRANDON JONES, MHA, *CEO, Hospice of Charles County***



As a native of South Carolina, Brandon Jones has experienced firsthand the needs and/or lack of health services afforded the underserved in rural and urban areas. Given the growing demands to provide high quality, outcomes-driven, patient-centered healthcare, Jones had committed to fulfilling that demand through working in the nonprofit healthcare sector (Community Health Centers/FQHCs/Hospice/Post-acute) and utilizing their overarching mission as the driver to accomplish quality care for all. Jones is currently the chief executive officer for Hospice of Charles County, Inc. which is the CON-designated hospice care provider for the entire county. He has also served as chief operating officer for Community Health Centers in South Carolina, New York and Pennsylvania. In those roles, Jones assumed senior-level oversight for the functions and activities relative to corporate administration and health center operations.

Jones completed a post-grad administrative fellowship at Boston University Medical Center as part of its Emerging Leaders in Health Care Administration Fellowship Program in Boston, Massachusetts. He is a graduate of the University of South Carolina earning a Bachelor of Science in biology and a Master of Health Administration degree. Community health and empowering underserved communities through improved healthcare awareness and access has always been a strong



passion of his and he aspires to continue that service with his leadership and community engagement. He serves on the board of directors for Greater Baden Medical Services, Inc., Hospice Alliance, Inc. and Hospice & Palliative Care Network of Maryland. He also serves as the chair of the Hospice & Palliative Care Network of Maryland's Diversity Committee and is a member of the National Hospice & Palliative Care Organization's Diversity Council.

Jones is from Conway, South Carolina and enjoys spending time with family (especially his nephews) and participating in community service events with his fraternity, Alpha Phi Alpha Fraternity, Inc.

**LAURENCE POLSKY, M.D., *Calvert County Health Officer***



Dr. Laurence Polsky received his medical doctorate from the University of Maryland School of Medicine and acquired a Master of Public Health from John Hopkins University. He has practiced obstetrics and gynecology in Southern Maryland since 1966. In 2012, he transitioned to a career in public health due to his strong desire to educate members of the community, with an emphasis on the underserved, and provide access to needed social and medical resources. He has served as the health officer for Calvert County since that time.

**JAMES BRIDGERS, Jr., PhD, *Charles County Deputy Health Officer***

James C. Bridgers, Jr., Ph.D. has more than 25 years of experience in program administration, development, and implementation in various public health, social science, compliance measures, and fiscal arenas. Dr. Bridgers currently serves and the deputy health officer for the Charles County Department of Health (CCDoH), and has managed projects for each of SAMSHA's three centers – Center for Substance Abuse Treatment, Center for Substance Abuse Prevention, and Center for Mental Health Services. His experience includes the management of three national multi-year projects funded by the SAMHSA and HRSA, totaling nearly \$36 million. Bridgers served as the deputy project director for two MayaTech task order projects: SAMHSA CSAP, Technical Assistance for the Substance Abuse Prevention and HIV Prevention in Minority Communities Initiative; and SAMHSA CSAT, Technical Assistance Services for the SAMHSA/CSAT DSI Grantees. Bridgers also served as the deputy project director for the CSAT Identifying Best Practices in the Use of Acupuncture in Addiction Treatment Project and provided program development and planning and organizational management specifically related to acupuncture. For the SAMHSA CMHS School Violence Prevention Projects, he oversaw cross-site evaluation activities – from design to implementation – for three prevention areas: the Transforming, Linking, and Caring Project; the Coalitions for Youth Violence Prevention; and Youth Violence Prevention. Bridgers also served as the project manager for HRSA's Ryan White CARE Act programs supervising the implementation of TA services to the 50 states and territories receiving HIV/AIDS service funds. For this project, he provided comprehensive technical assistance to program staff, grantees, and providers. This project assisted 103 grantees and over 1,000 providers receiving funding through Title I and Title II programs to meet critical reporting requirements and Health Insurance Portability and Accountability (HIPAA) compliance. Bridgers also provided technical oversight for separate projects supporting Title III and dental reimbursement data reporting processes.

Bridgers is also a retired command sergeant major (CSM) in the United States Army Reserve (USAR) and has 28 years of combined USAR and active duty service member experience. In his role as a CSM, he has served as the senior enlisted advisor to the commander regarding all non-commissioned officer (NCO) duties and responsibilities. He also possesses a top secret security clearance with military occupational specialties in the following areas: 1) Military Police (MP) Operations; 2) Chemical, Biological, Radiological, and Nuclear (CBRNE) Operations; 3) Health and Behavioral Health Operations; 4) Logistics; and 5) Information Operations (IO). In his role as a CSM, Bridgers has managed unit-level pre- and post-mobilization program activities, provided healthcare education to military personnel and their families in the Military Health Care System, and served as the casualty assistance officer/ notification officer and provided information and assistance to casualty-affected Army families.

Bridgers earned his B.S. in psychology and M.S. in health education from Howard University in Washington, D.C., his MBA from Saint Leo University in Saint Leo, Florida, and his Ph.D. in family studies from the University of Maryland, College Park. He is trained in contracting officer technical representative (COTR) requirements, project management principles, and is a certified knowledge manager.

**MEENAKSHI BREWSTER, M.D., *St. Mary's County Health Officer***



Appointed by the State of Maryland Secretary of Health upon recommendation of the St. Mary's County Commissioners, the St. Mary's County health officer directs the St. Mary's County Health Department and serves as the state designated public health leader for the county. The health officer oversees the department, provides medical guidance in public health decision-making, and represents the county and health department on a variety of local, state, and national councils and committees addressing health.

Dr. Meenakshi Brewster began in her role as the St. Mary's County health officer in December 2012. As health officer for the St. Mary's County Health Department, Brewster directs activities of the local health department and works with community partners to address population level health issues in St. Mary's County. Prior to her current role, she served as the medical director for the Health and Human Services Commission at the Indiana State Department of Health and as the chronic disease director for the state, overseeing a variety of efforts to address statewide public health concerns. Her previous work experience also includes appointment as assistant professor of clinical family medicine at the Indiana University School of Medicine, where she taught medical students, primary care residents, and sports medicine fellows while providing clinical care to patients of all ages and backgrounds.

Brewster is a public health trained physician, and board certified in the clinical specialties of family medicine and sports medicine. In addition to outpatient and inpatient clinical primary care, she has served as a team physician for different levels of athletics, and provided sports medicine coverage for a variety of athletic events. Her research, presentation, and publication activities cover topics relevant to public health, primary care, and sports medicine. She has a strong interest in wellness, health promotion, and evidence-based public health action.

Brewster earned a Bachelor of Science in biology, Master of Public Health, and Doctor of Medicine from the University of Miami. She grew up in central Pennsylvania, and lived in Florida and Indiana prior to moving with her family to St. Mary's County.

**ADVOCATES:**

**CHRISIE MULCAHEY, LSM'18, *Executive Director, Health Partners, Inc.***



Christine "Chrisie" Mulcahey, the executive director at Health Partners Inc., a charitable primary health care and dental clinic, is a high energy people person. She began her medical career twenty-one years ago as the administrative assistant/ office manager for Dr. Howard Haft. It was through this position that she realized her passion for the medical field.

Health Partners, Inc., under Mulcahey's guidance, has experienced tremendous growth in volunteerism, services, and community partnerships. Many of these partnerships have helped to increase awareness of services, expand services, increase funding, and have enabled Health Partners to become a valuable and respected resource in the community.

Mulcahey is active in several community committees including Charles County Homeless and Emergency Shelter Committee, United Way Partner Agencies. Partnerships for a Healthier Charles County, and Leadership Southern

Maryland Development Committee. She is co-chair for the "Access to Care" committee which is a subcommittee of Partnerships for a Healthier Charles County. Mulcahey has received several awards including Zeta Phi Beta Sorority Phi Alpha Zeta Chapter, Finer Womanhood Award, Excellence In Community Service Southern Maryland Women's League, and Woman of Impact Corporate Contributor Award. Mulcahey is a 2018 graduate of the Leadership Southern Maryland Executive Program and a new member of Zonta of Charles County.

Mulcahey and her husband Sean are longtime Charles County residents. They have three children and four grandchildren. In her spare time, Mulcahey enjoys reading, puzzles, relaxing on the beach and spending time with her grandchildren.

#### **ROBERT GOODMAN, LSM'15, *Owner/ President, ARCpoint Labs***



Robert Goodman is a native of Warren, Ohio. He is a 1985 graduate of the United States Naval Academy with a degree in physical science. He holds a master's degree in business administration from the University of Florida, Master of Arts in Finance from Webster University, and is also a graduate of the Executive Training Program of the Tepper School of Business at Carnegie Mellon University.

Goodman's nearly 25-year career on active duty afforded him the opportunity to serve in a number of competitive and demanding billets. His sea tours include USS Iowa (BB-61) a World War II Battleship, supply officer of USS Buffalo (SSN-715) a fast attack nuclear submarine, Aviation Stores Officer (S-6) on the USS Constellation (CV-64), and supply officer of USS Theodore Roosevelt (CVN 71). He earned warfare designations in all three warfare communities.

His shore assignments include Naval Air Station, Miramar California; Naval Inventory Control Point, Philadelphia Pennsylvania; Commander Naval Air Forces Atlantic, Norfolk Virginia; Commander Naval Forces Europe, Naples, Italy; United States Naval Academy, Annapolis, Maryland; and Commander Fleet Readiness Command, Patuxent River, Maryland. Upon his retirement in October 2009 as a Navy captain (O-6), he took a position at Naval Air Systems Command as a logistics management specialist. In 2015, he became the owner and president of ARCpoint Labs of Southern Maryland, a company that provides drug, alcohol, and DNA testing. He is a 2015 graduate of Leadership Southern Maryland and a member of Leadership Maryland's Class of 2016.

Goodman currently resides in Leonardtown Maryland with his wife, Patricia Turner M.D. and their twin daughters. During his free time, he enjoys playing golf and following college athletics.

#### **LINKS:**

CalvertHealth Medical Center: <https://www.calverthealthmedicine.org/>  
University of Maryland – Charles Regional Medical Center: <https://www.charlesregional.org>  
MedStar St. Mary's Hospital: <http://www.medstarstmarys.org>  
Walden Behavioral Health: <http://www.waldensierra.org>  
Health Partners, Inc.: <http://healthpartnersinc.org/>  
Recovery Centers of America: [www.recoverycentersofamerica.com](http://www.recoverycentersofamerica.com)  
Sagepoint Senior Living: <https://sagepointcare.org/>  
Charlotte Hall Veterans Home: <http://www.charhall.org>  
Melwood's Operation Tohidu: <https://www.melwood.org/events/operation-tohidu3>  
Hospice of Charles County: <https://www.hospiceofcharlescounty.org/>  
Calvert County Health Department: <http://www.calverthealth.org>  
Charles County Department of Health: <http://www.charlescountyhealth.org>  
St. Mary's County Health Department: <http://www.smchd.org>

## LUNCH SPONSORED BY:



### Why Sagepoint?

Finding the right senior care can be demanding. You can count on Sagepoint for advice and answers. Our community-focused, nonprofit organization has served generations of Southern Maryland families—with experienced advisors, trusted caregivers, and excellent care.

### Experienced Advisors

Having someone to walk you through all the options can make a real difference. Our knowledgeable advisors are here to listen and to help. We'll assess your situation and recommend the right senior care for your loved one. We'll even come to your home, if preferred.

### Every Stage of Care

Sagepoint offers a continuum of senior living solutions that no one else in the region can match. At every point in senior care, you can rely on a wide array of services, innovative programs, and home-like living environments. Focused on the right care for your loved one today, we can continue to serve your family if your care needs change. Services include: Adult Day Services, Rehabilitation, Assisted Living, Long-Term Care, Memory Care, & Home Care.

### Trusted Caregivers

It takes a special person to be a Sagepoint care provider. We understand the lasting relationships we build with your family can have a tremendous impact—on your loved one's well-being and the whole family's peace of mind. Our team cares deeply about serving seniors and their families. Compassion, respect, nurturing, competency and innovation are our core values. Our mission-driven purpose also helps us attract and retain highly qualified staff who share this philosophy.

### Nonprofit, Community-focused Mission

For more than 40 years, we've successfully served the needs of Southern Maryland families. Over that time, we've built strong relationships with local health providers, faith organizations and community resources, all of which extend our circle of care. As a nonprofit organization, we're uniquely able to reinvest our resources into better serving our residents and community, rather than for-profit investors.



## FY2019 SPONSORS

Leadership Southern Maryland is strengthened by the financial contributions and meaningful involvement of individuals, foundations, and corporations that believe in the mission to educate and inspire a diverse group of current and emerging leaders to create collaborations and partnerships to impact the community needs of Calvert, Charles, and St. Mary's counties. The Leadership Southern Maryland Board of Directors would like to thank all of the generous sponsors listed below for their wonderful contributions during fiscal year 2019. **THANK YOU!**

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We would appreciate your sending or emailing thank you notes for the Healthcare Session to:

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**ADVOCATE/SPEAKERS:**

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