In Memoriam
Omega Logan Silva, M.D.

It is with great sorrow that the Healthcare Council announces the passing of our dear Board member, Omega Silva. In the death of Omega Logan Silva, M.D., we have lost a long-standing advocate for universal healthcare, a committed supporter of the advancement of women in medicine and consummate promoter of advances in endocrine science for improving optimal health and well-being. The passing of Dr. Silva is an incalculable loss to the Endocrine Society, the American Medical Women’s Association, and the profession of medicine in general, but also to the Healthcare Council Board, all trustees and her many admirers and friends.

After a long battle with cancer, Omega passed away on April 2, 2020. Even when she was experiencing unbelievable pain, she was always upbeat and attended board meetings and events sponsored by the organization, only missing if there was a conflict with her chemo treatments. As each of us grieves at the passing of a tremendous individual, our hearts go out to the family members suffering from this untimely death.

Omega’s board service with the Council began in the 90’s and for her devotion, loyalty and support, we will forever be grateful. Her positive attitude and commitment to the organization was most admirable, even contagious. She always had a smile for everyone and thoughtful advice that was highly regarded by all those that had the chance to meet her.

Omega was a driving voice for the Healthcare Council, but also in the medical community as well. Omega graduated from Howard University College of Medicine in 1958 with a degree in chemistry and spent the next five years working as a chemist for the National Institute of Health. In 1983, she became the first women to be appointed president of the Howard University Medical Alumni. As a medical professional, her care and compassion for those she worked for were deeply appreciated by all who knew her. She once stated that she “always felt [she] gave [her] patients 100+ percent in the goal to give them better health.”

Her excellence in the medical community was recognized by many. In 2000 Dr. Silva was elected President of the American Medical Women’s Association. After graduating from Howard University, she spent the next five years working as a chemist at the National Institutes of Health, and in 1963 returned to Howard University to train as a physician. Dr. Silva has made numerous media appearances to highlight issues in women’s health including smoking, cervical cancer, and thyroid disease. She has published over 200 articles in peer-reviewed journals, abstracts, and book chapters in endocrinology. She received a Letter of Commendation from President Reagan in 1984 and in 1995 she was given a Letter of Thanks from President Clinton for her participation in health care reform. In 2003 Dr. Silva was elected to a Mastership at the American College of Physicians. In 1997 she received the Distinguished Alumni Award from the College of Medicine, Howard University. Dr. Silva was the first AA woman Research Associate and the first AA Clinical Investigator in the VA nationally.

The world has truly lost an incredible woman who left this place better in so many ways.
HCNCA Healthcare Educational Advisory Council

The Divisional Chairs now make up the Educational Advisory Council formed in 2020. The new plan includes sponsoring 10 zoom meetings and 10 face-to-face meetings each year focusing on educational content rather than affinity groups based on profession. Additionally, a few networking events will take place ad hoc throughout the year. The Division groups are not being eliminated under this arrangement, they can still meet on an ad hoc basis to discuss issues or present targeted education materials specific to their area of expertise.

Throughout the COVID-19 pandemic the HR Divisional group is meeting weekly by video conference to share information regarding furloughs, PTO, layoffs, and other measures being taken to meet this unprecedented situation facing all health care providers. The divisional chair, Mary Jo Schweickhardt, VP for 4 hospitals within the MedStar system, is successfully moderating each meeting, reviewing best practices and shared ideas in facing these unusual times.

The other divisional chairs are monitoring weekly, the need for scheduling a video conference for their division group. If needed a zoom meeting will be scheduled. Face-to-face meetings will resume only after the all-clear sign for group meetings is declared.

Council Membership:

  **Behavioral Health Division Chair** – Bevin Merles, 410-402-7385, BMerles@Maryland.gov

  **Facilities & Engineering Divisional Chair** – Mark Mininberg, 203-668-3522, mark@hospitalenergy.com

  **HR Divisional Chair** – Mary Jo Schweickhardt, 703-558-1204, mjs5@gunet.georgetown.edu

  **IT Divisional Chair** – Open

  **Patient Experience Divisional Chair** – Takiya Reavis-Benjamin, 540-741-2705, takiya_reaves-benjamin@mwhc.com

  **Pharmacy Division Chair** – JoAnn Neufer, 202-537-4171, jneufer1@jhmi.edu

  **Physician Management Division Chair** – Darmita Wilson, 240-437-8994, dwilson36@gmail.com

  **Population Health Divisional Chair** – Marta Perez, 301-315-3515, MPerez@adventisthealthcare.com

  **Rehab Divisional Chair** – Srilekha Palle, 703-839-3976, srilekha_palle@yahoo.com

  **Supply Chain Divisional President of MASHMM** – Mark Stepping, 301-774-8882, mark.r.stepping@medstar.net

  **Volunteer Divisional Chair** – Roxanne Holston, 202-316-5604, tweetroxie@hotmail.com

  **Young Health Care Professionals Chair** – Crystalle A Bortnick, 410-610-7886 cborntni1@jhmi.edu

Supply Chain Advisory Council Planning Committee:

Erik Anderson - 410-535-8229, erik.anderson@calverthealthmed.org

Nikki Colletti - 202-715-4463, nikki.colletti@gwu-hospital.com

Michael Ewing - 202-7154463, micheal.ewing@trivergenthealth.com

Jeremy Leonard, Asbury Communities – 301-250-2058, jleonard@asbury.org

Brian Riemer, GBMC – 443-849-2000, bcriemer@gbmc.org

Swati Salaskar, Adventist HealthCare – 301-315-3352, ssalaska@adventisthealthcare.com

Lisa Wallace, Goodwin House – 202-877-2745, lwallace@goodwinhouse.org

Honoring Omega Silva, M.D.

Trustee Reflections

“She was an amazing woman, Fierce & Loyal”

“The world has truly lost an incredible woman who left this place better in so many ways”

“The legacy Omega left is unmatched by few”

“She gave the best of herself with strength, dignity and grace”

“I feel like my life was made better by having known such a wonderful person”

“She brought a high level of energy to our meetings even when facing challenges”

“She has been an amazing driving voice in the medical community and of course the Healthcare Council”

“I’ll truly miss Omega for her wisdom (and stylish hats she wore to our meetings)”
Mary Jo Schweickhardt Assumes Chair of HR Divisional Group and Member of HCNCA’s Educational Advisory Council

We welcome Mary Jo as the chair of HCNCA’s Divisional group. Since accepting this position in early March, Mary Jo has been conducting weekly zoom meetings with the region’s HR Executives to share how providers in the region are dealing with the COVID-19 pandemic. She has proven her exceptional skill in moderating effective meetings and making sure everyone has an opportunity to ask questions and share best practices during these unusual circumstances.

Mary Jo Schweickhardt is vice-president of the Human Resources function for four hospitals within the MedStar system. In this role, she is responsible for the overall strategic and operational direction for the Human Resources function, including talent acquisition, associate engagement, associate relations, compensation, and leadership development.

MedStar Georgetown University Hospital is a 612-bed academic medical center located in Washington D.C. MedStar Montgomery Medical Center, MedStar Southern Maryland Hospital Center and MedStar St. Mary’s Hospital are community hospitals serving their regions in Montgomery, Prince George’s and St. Mary’s counties, respectively. All of the hospitals are in the MedStar Health system, which has over 31,000 associates and 6000 affiliated physicians. It has one of the largest graduate medical education programs in the country, training 1,100 medical residents annually, and is the medical educational and clinical partner of Georgetown University.

Schweickhardt has been with MGUH since 1999, and has been vice-president, Human Resources since 2009. Previous to joining MGUH, she held leadership roles at community hospitals in Maryland and began her career with General Motors in Detroit, MI. Schweickhardt earned her undergraduate degree from Iowa State University and an MBA from Johns Hopkins Carey Business School. She is an active member of several local and national human resources professional organizations and volunteers with Montgomery County Literacy Council.

The Healthcare Council Welcomes New Chair of Rehab Division and Member of the Educational Advisory Council

Recently Srilekha Palle accepted the position of Rehab Division Chair and member of the Healthcare Council’s Education Advisory Council. Her experience in outpatient rehab centers, long-term and acute care, gives her an understanding of the full scale of healthcare services and provides a unique perspective in meeting the needs of the rehab divisional group. She currently works as a Director of Physical Medicine, Cardiac & Pulmonary Rehabilitation at Inova Health System. She also worked in skilled/long term care facilities previously and has experience in running outpatient rehab clinics.

Srilekha is currently serving on the board of directors at National Capital Healthcare Executives. She has been featured in the Asian Health Care Leaders Forum (AHLF) of American College of Healthcare Executives where she spoke extensively about increasing the representation of Asian Americans in healthcare executive management, policy and administration.

Srilekha is an advisory board member at Northern Virginia Community Physical Therapy Assistant Program and is a guest lecturer at George Mason University. She serves and has served the community at various capacities from being actively involved in cultural, business and political arenas. Each year, she volunteers in Rehab departments in rural community hospitals in India via the Vincent Ferrari Foundation, an organization that is working on creating a large and lasting impact that permanently empowers rural communities in India.

Srilekha Reddy Palle received her Doctor of Physical Therapy from Boston University and has an MBA with a focus in Health Care Administration.

Srilekha is blessed with a wonderful husband, Srinath Palle and 2 kids Mahat and Shirdi.

Chris Howard, HCNCA Director of Education, says, “we are fortunate to have someone of Srilekha’s background and professional experience to serve as chair of the rehab division. Please join me in welcoming her to this role with the Healthcare Council.”

DID YOU KNOW? 
The head of the CDC issued a warning about the possibility of a second-wave of coronavirus in the fall and warned that hospitals could see pressure on their patient capacity.
Trivergent Health Alliance MSO was created in June of 2014 between Western Maryland, Meritus Health and Frederick Health. The focus was a collaborative structure, while remaining independent organizations serving respective communities. The shared services of laboratory, pharmacy and supply chain operations between the three systems was to aid savings in health care delivery through innovation and value driven service. Over the past five years the MSO has delivered significant savings to its participants.

In 2018, WMHS separated from the MSO and joined with UPMC in a clinical affiliation working cooperatively in Western Maryland to enhance healthcare services and to strengthen the delivery of quality care, transform care delivery and reduce the total cost of providing care in the community. In March 2019, the Boards of Directors of both WMHS and UPMC signed a non-binding letter of intent to negotiate an affiliation agreement. Following a nine-month regulatory review and due diligence process by WMHS and UPMC, the Boards co-signed a binding integration and affiliation agreement on January 15, 2020, setting February 1, as the target date for finalizing the affiliation.

That decision left Frederick Health and Meritus Health the only two systems supporting the MSO. With both hospitals creating bold strategic plans for the future, a decision was made in March to withdraw from the MSO. The laboratory, pharmacy and supply chain functions will be moved back to each hospital. Trivergent employees are being transitioned to Meritus Health or Frederick Health to work within their respective health systems. With this transition, the MSO will be winding down between now and the end of the year and will cease all operations December 31, 2020.

The alliance of all three systems will stay in place in support of population health initiatives in Western Maryland. Trivergent Health Alliance will continue to support a regional partnership between Frederick Health, Meritus Health and UPMC Western Maryland on programs that impact population health. Trivergent has had great success in securing grant funding from the state of Maryland and other sources, to develop new models of care, address social determinants of health and improve community access to valuable health resources.

All three health systems remain committed to working together, both within their own communities and regionally, to improve the health status of all western Marylanders. As they move forward, they will continue to explore partnerships that allow them to care for their communities well into the future.
WHY SUPPLY CHAIN LEADERS NEED A “THANK YOU” ANYTIME, BUT MORE THAN EVER NOW

Without the tenacity and constant innovation of supply chain leaders in reducing costs, maintaining quality, balancing delivery of supplies, keeping just the right amount on hand for all departments and making sure everyone has what they need when they want it, it is almost an impossible task. But they get it done. In normal times they are tasked with finding quality products for the best price. Now they are tasked with just finding products. They are the machine that keep the system functioning efficiently. During this COVID-19 pandemic they do not rest. They are working early morning, late nights, and throughout the day searching for PPE to keep all employees safe, an impossible job with mask, isolation gowns, thermometers, hand sanitizer and numerous other products in such short supply. How do you spell success when they order 300,000 isolation gowns that are needed next week but the distributor can only get them 50,000 with the remaining coming in small units, all the way through June. There has been a hundredfold surge in demand that’s expected to rise further. Since the outbreak, demand for masks, gowns, gloves and other protective gear has increased by a factor of 100 and prices have soared due to the source of the coronavirus originating from China, creating a severe disruption in the global supply. It is difficult for firms to increase production quickly, which makes it hard for PPE manufacturers to meet sudden surge in demand. The coronavirus outbreak has led to a global health crisis, a diplomatic fiasco and — increasingly — an economic mess. It has exposed major vulnerabilities in the PPE supply chain. Unless the pandemic is eradicated successfully, the clouds of uncertainty will continue to loom over an already strained market. Let’s support those who are in the throws of scouring the globe for products that are almost impossible to find.

Annual Awards Luncheon

Our March 12, 2020 Employee of the Year & McNulty Awards Luncheon was postponed until the pandemic threat has been minimized. This pandemic, like others, will eventually taper off. When that happens, the Awards Luncheon will be an important part of recovery.

This attempt to “flatten the curve” is a public health strategy to slow the spread of the coronavirus, to contain it and to allow time to respond.

At a time when healthcare employees are on the front lines, risking their own lives to help others, they must be honored for their significant contributions. Support staff are working from home to keep the supplies coming and making sure those on the front line have what they need to stay safe. All organizations have canceled large and small events. We know our sponsors appreciate our postponing the event that we were all looking forward to.

We thank our sponsors and ask each of you to thank them as well for their support of this important recognition event. If you speak with any of the sponsors listed on the following page, please let them know how much you appreciate what they do to support this special annual event. Better yet, if you need their service, please call them, and ask for their help during this time when all businesses need our support.
THANK YOU TO OUR SPONSORS OF THE AWARDS LUNCHEON

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HONORABLE MENTION

Gene Logix, LLC
Scott Croonquist, Chief Nursing Officer, GWUH: Scott Croonquist, DNP, RN, NEA-BC, joined The George Washington University Hospital as Chief Nursing Officer earlier this year. Earlier in his career, Croonquist was the Magnet Recognition Program Appraiser for the American Nurses Credentialing Center in Washington, DC; Associate Chief Nursing Officer and Administrator of Adult Patient Care Services for the University of Virginia Health System in Charlottesville, Virginia; Director of Patient Care Services/Cardiac Service, Critical Care Nursing for New York-Presbyterian Hospital in New York; and Administrative Director of Nursing for Hackensack University Medical Center in Hackensack, New Jersey.

Dr. Sebastian Ruhs Named Interim Chief Medical Officer, Chase Brexton: Dr. Sebastian Ruhs was named Interim Chief Medical Officer in February 2020 and continues to serve as the medical director for Chase Brexton’s Mt. Vernon Center. During his time at Chase Brexton, Dr. Ruhs has helped grow its hepatitis C treatment program at all its centers. His work led to that program being a “bright spot” that attracted a visit from members of the Centers for Disease Control and Prevention. In addition, Dr. Ruhs possesses a passion for the education of providers about HIV medicine. He has been the medical lead in developing the HIV & Hepatitis rotation for Urban Health medical residents from Johns Hopkins, and has trained Chase Brexton providers in HIV care, assisting them toward American Academy of HIV Medicine (AAHIVM) certification.

Dr. Mohan Suntha Selected as President and Chief Executive Officer of the University of Maryland Medical System (UMMS): Dr. Mohan Suntha was selected as President and Chief Executive Officer of the University of Maryland Medical System (UMMS), in November last year. UMMS, is a nationally recognized academic health system that employs 28,000 people across the state of Maryland at more than 150 locations, including a network of academic, community and specialty hospitals. Prior to his role as President and CEO of UMMS, Dr. Suntha served as President and Chief Executive Officer of the University of Maryland Medical Center (UMMC). Founded in 1823 as the Baltimore Infirmary, UMMC is one of the nation’s oldest academic medical centers, which provides a full range of discovery-based health care services to Baltimore City, Maryland, the region and beyond. Dr. Suntha also served as President and CEO of the University of Maryland St. Joseph Medical Center from 2012 – 2016, where he worked to rebuild trust and alignment between the medical staff, employees and administration and led the organization from a loss of $72 million in FY13 to a position of profitability in FY16.

Howard University Hospital Under Management by Adventist HealthCare Brings in New CEO: Howard University Hospital’s new CEO is Anita L.A. Jenkins. “I look forward to working with the dedicated physicians, nurses and employees at the hospital to build upon Howard’s historic legacy of providing quality and compassionate care to the community,” Jenkins said. She previously served as president of Sycamore Medical Center in Miamisburg, Ohio, and as COO of Kettering Medical Center in Dayton, Ohio, operated by Kettering Health Network. Before joining Kettering she served as an executive with Premier Health Partners in Dayton. Her early career started in Danville, Virginia in Respiratory Care Services.

Nathaniel Richardson, Jr. Named President and CEO of UM Capital Region Health: Nathaniel “Nat” Richardson Jr. has been named the new President and Chief Executive Officer for University of Maryland Capital Region Health (UM Capital), effective May 18. After a national search, Richardson was selected to lead UM Capital in its continued efforts to transform health care in Prince George’s County. “Nat will lead the organization at a pivotal time in its history. UM Capital Region Health continues on its journey to provide compassionate, high-quality, patient and family-centered care, demonstrate its commitment to the communities it serves, transition to its new flagship hospital in Largo, and transform the Health and Wellness Campus in Laurel,” says Mohan Suntha, MD, MBA, President and Chief Executive Officer, University of Maryland Medical System. Richardson is a native of Houston, Texas with over 34 years of healthcare experience. Most recently, he served as President of Decatur Morgan Hospital near Huntsville, Alabama. While in this role, Richardson was charged with bringing three competitor hospitals together to form Decatur Morgan, a large regional system within the Huntsville Hospital Health System. Since 2005 Richardson served in multiple executive roles within this Health System and his executive oversight has included all major service lines and divisions.
Adventist HealthCare Management Services Agreement Starts with Howard University Hospital: The two organizations signed a three-year management services agreement in which Adventist HealthCare has placed a senior leadership team to help strengthen the hospital’s presence in the region. “Adventist HealthCare and Howard University Hospital share long traditions of caring for our communities,” said Terry Forde, President & CEO of Adventist HealthCare, one of the longest-serving providers in the D.C. region. “We want Howard to continue to be a vital healthcare provider to meet the growing needs of the community, the region and the country now and in the future.” As part of the agreement, Adventist HealthCare will work with Howard University to build a new replacement hospital as part of the overall strategy to continue serving the community and region. The partnership between these two institutions will provide access for the talented Howard medical trainees, residents, medical students and graduates to train and work within Adventist HealthCare’s network of hospitals. This is vitally important given the national shortage of diverse physicians, nurses, and other healthcare professionals. According to the Association of American Medical Colleges, Howard University is the No. 1 producer of black applicants to U.S. medical schools. Adventist HealthCare, founded in 1907, serves patients throughout the D.C. region. Based in Gaithersburg, MD, it employs close to 6,000 people, has more than 1,700 physicians and cares for more than 750,000 community members each year. It includes three acute-care hospitals: Shady Grove Medical Center, White Oak Medical Center and Fort Washington Medical Center. It also features: two rehabilitation hospitals and outpatient clinics; mental health services; physician practices, home care services and outpatient locations.

Western Maryland Health System Joins UPMC, Becoming UPMC Western Maryland: As of February 1, 2020, Western Maryland Health System (WMHS) in Cumberland, MD officially has become UPMC Western Maryland, merging into the UPMC hospital network to ensure a future of high-quality patient care for communities in Western Maryland and the surrounding region. Barry P. Ronan, WMHS President and CEO said, “We are extremely pleased that our health system has joined one of the nation’s largest and most successful integrated health care providers and insurers. Becoming part of UPMC will allow us to further enhance health care services, leverage UPMC’s innovation and clinical expertise, advance quality initiatives and continue our long-standing commitment to provide superior, compassionate care to patients throughout our tri-state service region.” Maryland Governor Larry Hogan said, “The integration of Western Maryland Health System and University of Pittsburgh Medical Center (UPMC) will provide more resources for Allegany and Garrett Counties and the surrounding region. As a leader in value-based care delivery, this partnership will strengthen Western Maryland Health System’s reputation as a destination for high quality health care.” UPMC has committed to make certain capital investments to enhance services and upgrade facilities in the Western Maryland region. These investments by UPMC, along with investments that the WMHS Foundation has made and continues to make, will help ensure that UPMC Western Maryland will continue to provide state-of-the-art, quality health care for residents as well as maintaining its position as one of the largest employers in the region for years to come.

The Centers for Disease Control and Prevention has Added Several New Symptoms to its Existing List of Symptoms for COVID-19: The CDC has long said that fever, cough and shortness of breath are indications that someone might have the disease caused by the novel coronavirus. It has now added six more conditions that may come with the disease: chills, repeated shaking with chills, muscle pain, headache, sore throat and new loss of taste or smell. The expanded symptoms list could prove important because with a limited number of test kits available, typically those seeking a test must first show symptoms.
COVID-19 Testing in Maryland, D.C. and Virginia - Doctors decide on COVID-19 testing: If an individual is experiencing symptoms including cough, fever, and shortness of breath, they should consult their doctor before visiting. If their doctor decides that a COVID-19 test is warranted, the doctor has the ability to swab the appropriate areas and send the swabs to a private lab for testing or to work with State Health Department or to send it to a Public Health Lab. The private lab will share results with the doctor who will share the results with the individual. The private lab will also alert the State Health Department of all COVID-19 test results, regardless of whether the test is positive or negative.

Below is a non-exhaustive list of our area COVID-testing sites according to WTOP News.

**DISTRICT OF COLUMBIA**

George Washington University Hospital: 22nd at H streets, NW  
United Medical Center: 1310 Southern Ave. SE  
UDC-CC Bertie Backus Campus: 5171 South Dakota Ave., NE  
AllCare Family Medicine: Dupont Circle 1710 Rhode Island Ave., NW  
Children’s National Hospital: Trinity Washington University, 125 Michigan Ave., NE  
Kaiser Permanente Capitol Hill Medical Center: 700 2nd St., NE  
AllCare Family Medicine: 10 Rhode Island Ave., NW, Washington DC, 20036

**MARYLAND**

Maryland is converting five of its vehicle emissions inspection program facilities into COVID-19 testing sites with more on the way, but they’re reserved for symptomatic patients at higher risk from the disease. They are located at:  
Montgomery County: White Oak VEIP, 2121 Industrial Parkway, Silver Spring, 20904  
Howard County: Columbia VEIP, 6340 Woodside Court #1071, Columbia, 21046  
Harford County: Bel Air VEIP, 1631 Robin Circle #3068, Forest Hill, 21050  
Anne Arundel County: Glen Burnie VEIP, 721 East Ordnance Road, Curtis Bay, 21226  
Charles County: Waldorf VEIP, 11 Industrial Park Drive, Waldorf, 20602  
FedEx Field: 1600 FedEx Way, Landover: Prince Georges County is providing free screening for residents by appointment  
Kaiser Permanente: Has testing sites in Gaithersburg, Largo and South Baltimore  
AllCare Family Medicine: 9396 Baltimore National Pike, Ellicott City, MD, 21042; 7307 Macarthur Blvd, Bethesda, MD 20816

**VIRGINIA**

Virginia Hospital Center: 1429 North Quincy St., Arlington  
Inova Urgent Care: operates three drive-through testing sites in the immediate D.C. area: Dulles South: 24801 Pinebrook Road #110, Chantilly, 20152 (Phone: 703-722-2500); North Arlington: 4600 Lee Highway, Arlington, 22207 (Phone: 571-492-3080); and Tysons Corner: 8357 Leesburg Pike, Vienna, 22182 (Phone: 571-665-6440)  
PM Pediatrics Urgent Care: 11056 Lee Highway, Fairfax  
Velocity Urgent Care: 16422 Navigation Drive, Woodbridge  
Kaiser Permanente: offers testing for members with a doctor’s referral at drive-through sites in Woodbridge and Tysons  
AllCare Family Medicine: Alexandria 6020 Richmond Highway, Suite 102; AllCare/Synergy Immediate Care, 1980 Gallows Rd, Vienna, VA 22181; Lorton Immediate Care rear parking lot, 7740 Gunston Plaza, Lorton Immediate Care, VA 22079
THE BOARD CORNER:

Simple Ground Rules and Etiquette for Virtual Board Meetings
by Laura Faulkner, PhD, Head of Research at Texas-based High-Tech Company

Here are some basic ground rules to heed and to share during your meeting.
• Turn off all other technology. Other programs that are open and running can interfere with tech quality and performance during the meeting. It is easy to lose attention and take a quick look at Facebook or email when at a distance. Eliminate the distractions.
• Keep your video on. It is easier to keep everyone’s attention with live faces on the screen. Video-on helps keep everyone accountable for their attention and decorum.
• Mute your microphone, unmute to talk, and then mute again. The technology can amplify background noises and even override voices.
• Take turns speaking. The technology can cancel out two or more voices at once.
• State your name each time you speak. “This is ….”
• Take your own notes, throughout. The discipline of note taking keeps the hands and the mind focused on the task instead of other things.
• Fully step away if you have to go to the bathroom. More than one meeting attendee has been the unfortunate broadcaster of things best kept to oneself.
• When something goes wrong, take a breath and let the tech moderator give prompts. Even the best technology sometimes goes wrong. Even the most skilled remote participants make mistakes. Be kind. Next time it might be you.

DID YOU KNOW?
There are ways to cope with stress:
• Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting
• Take care of your body: Take deep breaths, stretch, or meditate; Try to eat healthy, well-balanced meals; Exercise regularly, get plenty of sleep; & Avoid alcohol and drugs
• Make time to unwind. Try to do some other activities you enjoy
• Connect with others. Talk with people you trust about your concerns and how you are feeling

Carin Bouharoun joined the Strategic Planning Committee of the Healthcare Council in 2018 and has made significant contributions to the planning process and future directions of the organization. Her skill and expertise in business development and planning has proven to be of extreme importance to the committee. In March of this year the board invited Carin to join the Healthcare Council and National Capital Area Shared Services Board.
Dean Teague, HCNCA Board Chair, said, “we are excited about someone with Carin’s skill set joining the board. Her experience as Director of Business Development at Johns Hopkins in developing and managing opportunities and partnerships that align strategic needs and initiatives of the healthcare system, including working with cross-functional teams in a matrix environment, will bring a special skill set to our board.”
Prior to joining Johns Hopkins Medicine, she was Corporate Director, Strategy and Business Development at Suburban Hospital from 2007 to 2011 and Director, Strategic Planning and System Development at Inova Health System from 1997 to 2011. She relocated to the D.C. area from Philadelphia where she was a consultant for CHI Systems, Inc. in 1997. Please join us in welcoming Carin to our board.

Healthcare Council Announces New Board Member Carin Bouharoun
Council Vision: “To meet the healthcare challenges of tomorrow by working together today.”

Mission Statement - "The Council (HCNCA) is a membership organization dedicated to helping members reduce costs, encouraging co-operative working relationships, and promoting quality healthcare in our region."

"The Council": The Healthcare Council of the National Capital Area, Inc. (HCNCA) is an organization of Providers of Care consisting of hospitals and allied health care facilities located in Maryland, Virginia and Washington, DC. The purpose of the Council is to provide for members "strategic and business advantages" that no single institution or system can efficiently or economically develop alone. Divisions of specific activity have been formed to carry on the ever changing tasks at hand. These divisions develop information and improve performance using cooperative networking meetings, surveys, group discussion and analysis and continuing education programs. The aim of the Council’s wholly-owned subsidiary, National Capital Area Shared Services, Inc., (NCASS) is to serve its membership in the promotion of programs and services that will enhance the members' ability to operate their organizations successfully and cost effectively with integrity and competency.

Interested in Joining the Healthcare Council?

Healthcare Council continues to develop its All-Inclusive, Broad-Based Association of Members to accurately reflect the providers of care doing business in its service area encompassing Maryland, the District of Columbia and Virginia. It is committed to creating and providing opportunities for new members and associates while keeping member dues low. It serves its members with detailed communications and professional contacts, partnerships, timely educational programs, surveys, collaborative efforts, and strategic alliances.

To learn more about joining the Healthcare Council and/or participating in our Shared Services, please contact Cheryl Thomas at 301-731-4700 or visit us at: www.healthcare-council.org.