

# Healthcare Council Report

Volume 24, Issue 1

Winter, 2017

HEALTHCARE COUNCIL OF THE NATIONAL CAPITAL AREA  
QUARTERLY REPORT

HCNCA



## Matthew F. McNulty, Jr. Award

### 2016 Matthew F. McNulty, Jr. Award to be Presented to Kevin Sexton

The Matthew F. McNulty Award was created on the 24th day of September, 1997 in honor of Dr. McNulty for his 20-plus years as a leader on the Board of the Healthcare

Council and his exemplary contributions to the healthcare field.

At the December 7, 2016 Healthcare Council of the National Capital Area Board of Directors meeting it was voted to accept the nomination of Kevin Sexton to receive the prestigious Matthew McNulty Award. The award will be presented at the **March 9, 2017** Awards Luncheon, at Congressional Country Club. The award is bestowed on exceptional leaders in recognition of significant and memorable contributions to the healthcare field.

The McNulty 2016 recipient, Kevin J. Sexton joined Holy Cross Health in 1998 as President and Chief Executive Officer and also served as President and Chief Executive Officer of the Maryland Region of Trinity Health in Livonia, MI. Under his leadership, Holy Cross grew its volume, showed strong financial performance, substantially increased its community service, and strengthened its quality and efficiency. Holy Cross Health won designation as a "Best Place to Work" by the Maryland Work Life Alliance every year since 1999. Holy Cross Hospital was designated as a "Top Performer on Key Quality Measures" by The Joint Commission, the only hospital in Maryland to receive that designation for 2010, 2011, 2012 and 2013.

In 2012, Sexton reorganized Holy Cross Health in anticipation of the 2014 opening of Holy Cross Germantown Hospital, which opened as the first new hospital in Montgomery County in 35 years, and the first to be located on a community college campus in the nation, and the implementation of national and state level health reform. The reorganization included the creation of Holy Cross Health Network, which now manages four community health centers and other primary care practices, community health initiatives, and large numbers of physician and insurance relationships. In 2015, Holy Cross Health executed the last phase of its 2008 plan for increased access capacity and efficiency by completing a major expansion at Holy Cross Hospital and opened its fourth health center in Germantown, MD. (see more on page 2).



### CONGRESSIONAL COUNTRY CLUB - PERFECT VENUE FOR FALL CONFERENCE

Premier and Healthcare Council's Fall Conference was held at Congressional Country Club, November 10. The pristine setting, the convenient parking, the lovely ballroom and the sun splashed veranda made the location ideal for the 2016 Fall Conference. (More from the Fall Conference on page 4).

## Stay Connected

[www.healthcare-council.org](http://www.healthcare-council.org)

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2017

HEALTHCARE COUNCIL OF THE NATIONAL CAPITAL AREA

CENTERPARK II - FIRST FLOOR 4061 POWDER MILL RD, STE 100 CALVERTON, MD 20705 PH: 301-731-4700

## Matthew F. McNulty Award Recipient, Continued



In recognition of the significant expansion of Holy Cross Health and his accomplishments and service to the community, the Holy Cross Health Board of Directors in October 2015 named the Kevin J. Sexton Campus of Holy Cross Health, and in January 2016, named the Kevin J. Sexton Lobby at Holy Cross Germantown Hospital and established the Kevin J. Sexton Fund to Increase

Access and Improve Community Health to honor and continue his legacy in supporting vulnerable, at-risk members of the community. The Holy Cross Health Foundation already has launched its fund-raising efforts to continue to fund these important purposes.

Hercules Pinkney, Chair of the Holy Cross Health Board of Directors, said, "This Board holds Kevin in the highest regard. When Kevin retired from Holy Cross Health, he had served almost 18 years with singular distinction as reflected in the recognitions by the Board, and numerous organizations. Kevin's tenure since 1998 made him Holy Cross Health's longest-serving President and CEO. He was Holy Cross Health's CEO for one third of its history."

Sexton has been named to the Montgomery County Business Hall of Fame and as Montgomery County's Catholic Business Person of the Year. He was included on the Daily Record's list of 50 Influential Marylanders and was selected by the Washington Business Journal as one of the Most Admired CEOs in health care. He served on Maryland's Health Services Cost Review Commission for eight years and was vice chair for six of those years. He was co-chair of the Governor's Hospital Executive Input Group on the Maryland all-payer reimbursement system.

Previously, Sexton was Senior Vice President and Director of the Healthcare Organizations practice of The Lewin Group, a nationally recognized healthcare policy and consulting firm. Earlier in his career, he was President of MetroHealth Medical Center in Cleveland, Ohio, and worked in the Health Care Financing Administration, including service as Director of its Office of Management and Budget. He was a charter member of the federal government's Senior Executive Service. Mr. Sexton has a B.S.B.A. degree from Georgetown University and a M.P.A. from Harvard University.

## DIVISIONAL MEETINGS:

### CFO Executive Forum Meetings/Round Table

CONTACT: Camille Bash, CFO Ex. Forum Chair,  
301-552-8028, [cbash@dchweb.org](mailto:cbash@dchweb.org)

### IT Divisional Meeting:

CONTACT: Nathan Read, IT Division Chair, 202-715-4299,  
[Nathan.Read@gwu-hospital.com](mailto:Nathan.Read@gwu-hospital.com)

### Volunteer Divisional Meeting

CONTACT: Roxanne Holston, Volunteer Services Division  
Chair, 202-854-7759, [Roxanne.Holston@provhosp.org](mailto:Roxanne.Holston@provhosp.org)

### HR Divisional Meeting:

CONTACT: Paul A. Hagens, Jr., HR Division Chair,  
301-552-8085, [phagens@dchweb.org](mailto:phagens@dchweb.org)

### Quality Divisional Meeting (DCAHQ)

CONTACT: Derdire Coleman, DCAHQ (DC Association of  
Healthcare Quality), President, 240-375-9940,  
[nakuone@aol.com](mailto:nakuone@aol.com)

### Supply Chain Divisional Meeting (MASHMM)

CONTACT: Chris Holmes, President,  
[mashmmpresident@gmail.com](mailto:mashmmpresident@gmail.com)

### Rehab Divisional Meeting

CONTACT: Gerilynn Connors, Rehab Division Chair,  
703-776-3070, [gerilynn.connors@inova.org](mailto:gerilynn.connors@inova.org)

### Pharmacy Divisional Meeting

CONTACT: Ursula Tachie-Menson, Pharmacy Division  
Chair, 202-476-2697, Pager - 202-259-1404,  
[UTmenson@childrensnational.org](mailto:UTmenson@childrensnational.org)

### Facilities & Engineering Divisional Meeting

CONTACT: Thomas Blount, Facility & Engineering Division  
Chair, 240-826-6612, [tblount@adventisthealthcare.com](mailto:tblount@adventisthealthcare.com)

Divisional Meetings are held quarterly. Please contact the chair person for more information about the 2017 schedule. You can also call HCNCA at 301-731-4700 for meeting information.

## Did You Know?

Overall, as a result of the ACA, 278,000 people in Maryland gained health insurance from 2010 to 2015, according to an HHS report published in December 2016. [www.healthinsurance.org](http://www.healthinsurance.org)

**SAVE THE DATE**

March 9, 2017 from 11:30 AM to 2:00 PM at Congressional Country Club  
8500 River Road  
Bethesda, MD 20817  
(see page 4 for details)

# THE BOARD CORNER:

## The National Council of Nonprofits Recommends 5 Basic Practices of Good Governance



The five basics are:

- Maintain minutes of all board meetings (and committee meetings for committees that are authorized to act on behalf of the board, such as an executive committee). (See IRS Form 990, Part VI, Section A, line 8)

- Annually review a written policy and complete a questionnaire about conflicts of interest (see IRS Form 990, Part VI, Section B, Line 12) and document in minutes of board meetings when the policy is invoked.

- Approve the executive director/CEO’s compensation and benefits, and document how the board determined that the compensation is appropriate, and not excessive. (See IRS Form 990, Part VI, Section B, line 15)

- Require the board to review a copy of the IRS Form 990 before it is filed. (See IRS Form 990, Part VI, Section B, line 11) For smaller nonprofits that only file the Form 990-N, make sure the board knows about the annual filing requirement.
- Disclose to the public the nonprofit’s three most recently filed annual returns with the IRS, as well as its application for tax-exemption and related correspondence and attachments. - See more at: <https://www.councilofnonprofits.org/tools-resources/good-governance-policies-nonprofits#sthash.1qvxjevxdpuf>

### About Brother’s Brother Foundation – An Associate Member of HCNA

Brother’s Brother Foundation (BBF) is a gift-in-kind charity that focuses on medical and educational needs around the world. BBF accomplishes its mission by accepting and then redirecting donations of goods and services to areas in need. This allows hospitals, long-term care facilities, pharmaceutical companies and corporations, to pass their surplus items on to those in need. Charities like BBF help to connect that surplus with the needs of people worldwide. Learn how you can donate your surplus at: [www.brothersbrother.org/donate/](http://www.brothersbrother.org/donate/).

Healthcare Council is pleased to have Brother’s Brother as one of our associate members. They have recently produced a needs list for the National Capital Area listed below:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• 26- foot box truck</li> <li>• Rolling storeroom shelving</li> <li>• Electric van for urban pick-ups</li> <li>• Sorting tables</li> <li>• Electric fork lift with scale</li> <li>• PR Intern</li> <li>• Warehouse racking for 5,000 square feet</li> <li>• Plastic garbage/collection bins (20-32 gallons)</li> <li>• Large bins on wheels</li> </ul> | <ul style="list-style-type: none"> <li>• Flatbed carts</li> <li>• Industrial pallet scale</li> <li>• Tape guns and tape</li> <li>• Shrink wrap and holders</li> <li>• Volunteer snacks (soda, water, juices, bars, fruit)</li> <li>• Small furniture dollies</li> <li>• Large dock plate</li> <li>• Small dock plate</li> <li>• Metal shelving</li> </ul> |
|---|---|

### NO NEW YEAR’S RESOLUTIONS YET? NO PROBLEM. HERE ARE A FEW SUGGESTIONS OFFERED BY WWW.EMERGINGRNLIDER.COM THAT CAN APPLY TO ALL!



- **Challenge yourself to make at least one personal sacrifice this year for your long-term career success.**
- **Commit yourself to become a continuous learner.**
- **Find a mentor.**
- **Help to build a healthy work environment in your work setting.**
- **Volunteer to coach a new graduate in their professional transition.**

Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals. ~ Martin Luther King, Jr.

## November Conference Report

Insights on "Moving from Illness to Wellness: Changes and Challenges in Healthcare" at Fall Conference

In support of the content focus of "Moving from Illness to Wellness: Changes and Challenges in Healthcare," the speakers were well received. Their expertise, wisdom and thoughtful comments regarding the changing environment of healthcare were informative. Blair Childs, Senior VP of Premier's Public Affairs spoke on how legislation is impacting change. Katherine Keefe from Beazley's Response Services group gave updated information on the data security challenges facing healthcare. A panel of executives led by Joe Damore, VP of Population Health Management for Premier dealt with how you transform care delivery to meet the demands of consumers today. The panelists, Vincent Keane, President & CEO of Unity Health Care, Inc.; Scott Rifkin, MD, Co-founder and CEO of Mid-Atlantic Health Care's 21 skilled nursing facilities; Richard Safeer, MD, Medical Director of Employee Health & Wellness at Johns Hopkins HealthCare; and Mark Stauder, President and Chief Operating Officer of Inova, shared their thoughts on facilitating transitions of care and accountability across the continuum. Bruce Siegel, MD, MPH, President and CEO of America's Essential Hospitals gave an update on the congressional outlook with thoughts on the impact of the presidential elections. Izzy Justice, PhD, a Human Behavior Consultant, spoke on achieving high human performance. Krista Drobac, Executive Director, Alliance for Connected Care, focused on new ways of thinking about care coordination.

There were numerous positive comments from attendees during the meeting and the evaluation forms all indicated the entire day was a great success. All presentations received high remarks and we thank the presenters for their contribution to the conference and the attendees for their participation in the packed day of deliverables.

## Salary Survey

### Reminder

Be sure to get your Salary Survey orders in early! They will be completed by early February so don't delay! Contact Cheryl Thomas at 301-731-4700 or email her at [cethomas@healthcare-council.org](mailto:cethomas@healthcare-council.org) for more information.

### Did You Know?

A worksite intervention using unit-level data on violent events can lead to lower risks of patient-to-worker violence and injury to hospital staff, suggests a study in the January *Journal of Occupational and Environmental Medicine*, official publication of the American College of Occupational and Environmental Medicine (ACOEM).

## SAVE THE DATE

**The Healthcare Council of the National Capital Area is sponsoring the employee of the year award for 2016. We invite each healthcare provider in our geographical area to participate and select one individual for this 2016 Award. These awards will be presented in conjunction with the March 9, 2017 Matthew McNulty Award Luncheon. Each provider who decides to participate and select an employee will be asked to join in the presentation. We are excited about the opportunity to recognize outstanding employees and present this important recognition to one individual in your organization that made a significant difference in 2016.**

**Employee of the Year & McNulty Awards Luncheon is scheduled March 9, 2017 from 11:30 AM to 2 PM at Congressional Country Club. Executives and Trustees from area Hospitals, Healthcare Systems and Allied Health Care providers are invited to attend. Please join us at Congressional for this special occasion, 8500 River Road, Bethesda, MD 20817. This is the fifth employee of the Year Award Luncheon and the 19<sup>th</sup> McNulty Award event.**

**Photos from The Fall Conference, 2016**



Blair Childs, Premier, first presentation of the day was on what to expect based on the composition of the new congress and executive branch of the government



Joe Damore, Premier, leads the panel on discussing changes as the healthcare system translates to value based payment on delivery. Also pictured are Scott Rifkin, Mid-Atlantic Healthcare and Richard Safeer, Johns Hopkins HealthCare



Katherine Keefe, Beazley's Breach Response Services, presented on healthcare's data security challenges



HCNCA Board members and other attendees listen to presentation



Remainder of the panel Vincent Keene, Unity Healthcare and Mark Statuder, Inova Health System



Bruce Siegel, MD, America's Essential Hospitals speaks on proactive and reactive policy agenda for hospitals and health systems in the 115<sup>th</sup> congress



Ken Cohen, The Synergy Organization; Kevin DeBruyne, Premier and David Holdsworth, Brother's Brother during cocktail hour



Krista Drobac, Alliance for Connected Care speaks on healthcare policy



Attendees from various healthcare facilities and businesses



Krista Drobac; Darmita Wilson, Providence Hospital; William Dyess, Doctor Up; and Crystalle Bortnick, Johns Hopkins Medicine enjoy prize drawings during cocktail hour



Izzy Justice, Consultant, real-life application speaking on healthcare

## AREA NEWS & CURRENT EVENTS

**Howard University Hospital and Paladin Healthcare:** Howard University and Paladin Healthcare, the management company of Howard University Hospital appointed James A. Diegel, a nationally-recognized health care executive, as the hospital's Chief Executive Officer, October 1, 2016. Diegel succeeded CEO James Edwards. Wayne A. I. Frederick, M.D., MBA, president of Howard University said, "under the management of Paladin Healthcare, we have made significant progress in achieving financial and operational efficiencies and improvements at Howard University Hospital in a short period of time." Mr. Diegel was selected based on his national reputation as a leader in transforming mission-driven, not-for-profit hospitals into high-performing, high quality institutions that put patients first and foremost. Most recently, Mr. Diegel served as president and chief executive officer of St. Charles Health System in Bend, Oregon. On a national level, Mr. Diegel serves on both the faculty of The Governance Institute and the Institute for Healthcare Improvement (IHI), two leading organizations with a focus on improving the quality, value and patient experience in not-for-profit health care delivery systems.



**Amy Perry Leaves LifeBridge Health:** LifeBridge Health Executive Vice President and Sinai Hospital President Amy Perry has accepted a position with New Jersey-based provider Atlantic Health, where she will assume the position of CEO of the Hospital Division and Senior Vice President of Integrated Care Delivery. Ms. Perry has served four years as Sinai's hospital president. LifeBridge CEO, Neil Meltzer has tapped Dr. Jonathan Ringo to lead Sinai Hospital until a permanent successor is named. Ringo currently serves as LifeBridge Health's chief medical information officer and vice president of clinical transformation. Perry's last day at LifeBridge Health will be January 20, 2017.



**Northwest Hospital Promotes Kelly Corbi to COO:** November 10, 2016, Randallstown, MD – Northwest Hospital recently announced the promotion of Kelly Corbi to chief operating officer (COO), expanding on her former role as vice president of operations in order to further improve operational efficiencies throughout the hospital. "In her time at Northwest Hospital, Kelly has shown strong leadership and organizational effectiveness. Her ability to drive results makes her an excellent fit for the newly created COO position," says Brian White, president of Northwest Hospital and senior vice president of LifeBridge Health. Previously, Corbi was the chief administrative officer at Meritus Medical Center in Hagerstown, Md. She has also held leadership roles with UnitedHealth Group and HCR-ManorCare Nursing and Assisted Living Facilities.

**Inova Launches Inova Strategic Investments and Inova Personalized Health Accelerator:** December 2016 Inova Health System announced the official launch of Inova Strategic Investments (ISI) and Inova Personalized Health Accelerator (IPHA). Hooks Johnston and Pete Jobse have been named managing directors. The fund is designed to raise the standard for affordable, high quality healthcare at Inova and in our region in an industry undergoing dramatic transformation. Inova Strategic Investments will invest in healthcare venture funds and directly into companies aligned with Inova's strategic priorities as part of Inova's vision to be a global leader in the delivery of personalized health. These strategic priorities include advanced analytics, innovations in safety, quality and clinical practices, and advances in information technology. Inova Personalized Health Accelerator will host six to eight companies per year and provide education and capital to entrepreneurial companies. These companies will be working closely with Inova to drive the development of personalized health innovations to predict, prevent, and treat disease. Both the IPHA facility and ISI will be located at the new Inova Center for Personalized Health. "Our goal is to seek out the latest technologies and get them quickly into the point of care at all of our facilities," said Hooks Johnston. "Inova Strategic Investments and the Inova Personalized Health Accelerator give Inova vehicles to discern which innovations deliver the most value for the people we serve and implement them quickly."



**Dimensions Healthcare System:** On December 20, 2016, Prince George's County Health Department and Dimensions Healthcare System celebrated the opening of the Dimensions Specialty Care Center in Coral Hills. This marked the introduction of the County's fifth Health Enterprise Zone Patient Centered Medical Home. The opening of the Dimensions Specialty Care Center completed the development phase of the Health Enterprise Zone project which sought to expand and establish five new medical practices to serve more than 40,000 residents in and around the 20743 zip code. Dimensions Specialty Care Center provides critically needed specialty services, including cardiology, pulmonology, behavioral health and infectious disease control.



**Dimensions Healthcare System**



**Children's National Health System:** Children's National Health System recently announced the creation of an integrated team that is dedicated to working with patients with autism spectrum disorder (ASD), their families, and their medical care teams to create customized plans to address each child's unique needs. About one in 68 children in the United States has an ASD. Children with ASD often have special needs that can create barriers to successfully receiving needed medical care for health issues that arise. "We have built a team of experts dedicated to making sure that every

child with autism who enters our doors gets the attention, respect, and special care they need to have the most positive experience possible," says Kurt Newman, MD, President and CEO of Children's National. "We are very proud to be an autism-friendly hospital." The ABC Support team is one of the only formal programs available at children's hospitals across the country that offers dedicated support to patients with autism and behavioral or communication challenges who are already being treated for various medical conditions.

**University of Maryland Medical System Will Move Forward With Prince George's Hospital:** UMMS plans to bring Dimensions Healthcare System under its umbrella by March 1. UMMS will become the sole corporate member of Dimensions and assume responsibility for a planned state-of-the-art teaching hospital to be built at Largo Town Center. The plan is for all Dimensions hospitals to be transitioned into UMMS business practices by the end of 2017. This includes clinical, supply chain management, human resources, and IT. (Right - proposed new hospital - Largo Town Center)



## AREA NEWS & CURRENT EVENTS, CONTINUED

**Surgical Pavilion Planned for MedStar Georgetown:** MedStar Health plans a new hospital building this spring. The surgical pavilion would be a 477,000 square-foot building east of the main MedStar Georgetown University Hospital. The pavilion would include a larger emergency department, private patient rooms, new operating rooms and a new helipad. Completion of the new six-story surgical pavilion is expected by the end of 2020.



**Children's National Health System Plans a Future Medical Innovation Hub in the District:** Last November Children's took ownership of almost 12 acres of the former 110-acre Walter Reed Army Medical Center Campus. The property which includes a 348,000 square-foot research facility will allow for more projects than are possible at their current location. In addition, the hospital will acquire a conference center, a former ambulatory clinic and a 341,000 square foot parking garage. The goal is to begin construction on the site by the end of 2017 and begin moving researchers there by the end of 2018.

### DID YOU KNOW?

Experts expect the diabetes epidemic to continually increase throughout the next decade. A report by United Health estimated that by 2020, the number of adult Americans with prediabetes – meaning those with excessive blood sugar levels – would increase 135 million, or almost half the US population. More recently, the Institute for Alternative Futures conducted a study for Novo Nordisk to estimate the cost impact of type 1 and type 2 diabetes by 2030. The report, titled “Diabetes 2030: Insights from Yesterday, Today, and Future Trends,” found that between 2015 and 2030:

\* Type 2 and Type 1 diabetes will increase by 19,629,000 to 4,913,000 patients, a 54% increase.

\* The cost of diabetes in 2015 dollars will increase by 53%, to \$622.3 billion.

Source: Rowley William R. Bexold Clement, Arikan Yasemin, Population Health Management, April 2016.



## Graduate Fellow Joins Healthcare Council to Address Regional Needs of Providers in Population Health and Healthcare Disparities

October 2016, Chris Howard joined the Healthcare Council National Capital Area to research, develop programs and create a collaborative/network of population health leaders in improving the health of the communities served. His plan is to work with providers in creating partnerships, offering training, sharing data, delivering ongoing workshops and creating regional initiatives to assist with better healthcare access and community wellness. He will also coordinate placement of graduate students from the University of Maryland, School of Public Health, Population Health Master's Program with area health care providers. As an Administrative Graduate Assistant in the School of Public Health, Health Services Administration Department, Chris is uniquely qualified to serve in this capacity and has access to all of the potential interns.

Mr. Howard is currently pursuing his Ph.D in Population Health from the University of Maryland with expected completion date of 2018. He received his M.B.A. in Finance from Howard University, his M.P.H. in Healthcare Policy and Management from Emory University and his B.B.A in Health Care Administration from Oakwood University. Chris brings a wealth of experience having served as a Health and Education Policy Fellow at the National Urban League, a Program Chair and Assistant Professor in the School of Business at Oakwood University, a senior auditor and planner of outpatient hospital and managed care organization of the Texas Department of Health and Human Services, an auditor of financial management and assurance for the U.S. Government Accountability Office and Fellow for workforce and career development with The Centers for Disease Control and Prevention.

We encourage you to contact Chris about coordination and collaboration of population health ideas for the region. He can be reached at 301-731-4700 (Office), 404-964-1965 (Cell) or email at [choward@healthcare-council.org](mailto:choward@healthcare-council.org). Please join me in welcoming Chris Howard to the Healthcare Council's team.

## Interested In Becoming a Member of HCNCA?

Contact us now at 301-731-4700 to learn how!

# HCNCA: BENEFITS OF MEMBERSHIP

Mission: A membership organization dedicated to helping members reduce costs, encouraging co-operative working relationships and promoting quality healthcare in our region.



### Education

- 10+ Divisional Groups & Executive Forums Meeting Quarterly
- Special Events, Conferences & Webinar Sessions



### Collaboration

- Leverage regional strength & utilize partnerships
- Facilitate Member Involvement in shared projects



### Data Analytics, Surveys & Insights

- Analysis for bench-marking
- Strategy surveys & salary surveys



### Marketing & Communication

- Proactively communicate, amplify hospitals role as economic drivers in region
- Connect people and institutions, serve as conveners, exchange best practices

## SHARED SERVICES

### About National Capital Area Shared Services

National Capital Area Shared Services (NCASS) is a regional GPO, a wholly-owned subsidiary of the Healthcare Council of the National Capital Area (a non-profit association of providers in Maryland, Virginia and the District of Columbia). It has documented hundreds of millions in savings and cost containment since 1972. NCASS joined the Premier healthcare alliance as a group affiliate in 2008 and signed with Yankee Alliance as a collaborative member in 2013.

## DID YOU KNOW?

The number of retail clinics—walk-in clinics often found in pharmacies, supermarkets, or other retail stores – operating in the United States rose 900% between 2006 and 2014 from 200 locations to 1800 locations, while the number of visits increased from approximately 1.5 million in 2006 to 10.5 million in 2012, according to a 2015 report from Manatt Health.

## DID YOU KNOW?

According to, FIRST REPORT Managed Care, currently there are nearly 7100 urgent care clinics verified by the Urgent Care Association of America (UCAOA) as capable of providing full-service, walk-in care, which includes x-ray, suturing, and episodic care. UCAOA suggest approximately 300 new urgent care centers opened per year from 2008 to 2011, and since 2012 appear to be growing at a rate of 500 centers annually.

## NEW TRUSTEES TO JOIN THE HEALTHCARE COUNCIL BOARD

### Welcome New Trustee, Donna Carris



Donna Carris was named CEO of UnitedHealthcare Community Plan of Maryland on July 11, 2016. UnitedHealthcare Community Plan, Maryland is currently the State's third largest Medicaid Managed Care organization serving over 160,000 Marylanders.

Donna has extensive history in healthcare leadership roles in the Northeast and Mid-Atlantic regions. Prior to being named CEO of UHC's Maryland Community Plan, Donna most recently served as Chief Financial Officer of the Massachusetts and Rhode

Island Community Health Plans where she led the financial function and provided leadership support for the Massachusetts Senior Care Options (Long Term Care) and Rhode Island Medicaid Market, totaling \$1 billion in revenue and 100,000 members. Prior to this role, Donna was Chief Operating Officer of the UnitedHealthcare Community Plan of Rhode Island, Director of Clinical Operations for the Rhode Island and Connecticut Health Plans, Chief Financial Officer for the Public Sector division of UnitedHealthcare, and Chief Financial Officer of UnitedHealthcare of New England covering three states and across Commercial, Medicaid and Medicare lines of business.

In addition to her experience with UnitedHealthcare, Donna has held leadership positions with managed care organizations in Massachusetts and Washington, DC. She served on the Rhode Island Department of Health Services Council by appointment of the Rhode Island Speaker of the House. Donna also served the Rhode Island Community as President of the Board of Big Sisters of Rhode Island, and Massachusetts as Treasurer of Families First Parenting Organization.

Donna lives in Annapolis and her office is located, in Columbia, Maryland.

Les Pitton, President & CEO of the Healthcare Council says, "Donna's background in managed care and community help plans along with her financial background will be an invaluable addition to the board."

### Welcome New Trustee, Kim Russo



Mrs. Russo became the CEO of George Washington University Hospital in June of 2016 after serving as COO for seven years. Russo, a Modern Healthcare Up & Comer in 2010, joined GW Hospital in 1997 as a speech-language pathologist. In 2006 she became an administrator and was promoted to COO in 2009. Russo has been described by those who know her best as "a very disciplined and focused leader. Her level of attention to detail and her clinical background serve her well as the

CEO of GWUH. In recent years the hospital created a new cancer center and regained certification as a stroke center and a Level 1 trauma center. Last January it revived a dormant organ transplant program focused on kidney and pancreas procedures. Russo played a key role in developing each program.

Kim received her MBA from the University of Nebraska - Lincoln and her M.S. in Medical Speech-Language Pathology from Rush University and her B.S. in Speech-Pathology and Audiology from Illinois State University.

Ms. Russo is a healthcare executive with 20 years of clinical and operational experience, and has a proven track record of exceptional results. Ms. Russo was recognized as one of *The Washington Business Journal's* 2016 "Playmakers," a list of business leaders who made an impact on the DC area in 2016. The Washington Business Journal also named her an honoree of "Women Who Mean Business" in 2010. In addition, in 2010, she was recognized as an "Up and Comer Under 40" by Modern Healthcare and Becker's Hospital Review.

Mike Barch, Chair Person of the Healthcare Council National Capital Area and National Capital Area Shared Services Board says, we are privileged to have someone of Kim's talent and leadership serving as trustee and are thrilled to have her as our newest board member.

**"TEAMWORK: Coming together is a beginning; keeping together is progress; working together is success"**  
- Henry Ford

### Did You Know?

Hospitals of the DFW Hospital Council (DCWHC) in partnership with the city of Dallas, officially launched an initiative in September of 2016. The program was inspired by Dallas Mayor Mike Rawlings to encourage new parents to promote their child's infant brain development. Titled "Growing Little Minds," the free program highlights simple steps to be taken during a child's first 12 months of life to promote brain development, instruction is hosted on the initiative's website, [www.growinglittleminds.com](http://www.growinglittleminds.com), and is also shared through social media and in local hospitals. "We have an unprecedented opportunity to share information with parents that will impact North Texas for the better," said Mayor Mike Rawlings. "These infants' brains are the future of our region. Let's do everything possible to empower parents to make a difference in their kids' lives." Through the 90 member hospitals of DFWHC, new parents can be connected to the free online resource. The web site provides recommendations from experts of what activities to do from zero to three months, three to six months, six to nine months, and nine to twelve months.

Research points to the importance of infant brain development during the first 12 months of a child's life as being crucial in their development. In fact, approximately 85 percent of a young infant's brain develops in the first three years of life. Natural interactions between young parents and their new borns have a huge impact on a child's mental and emotional progress. This development will increase a child's chances for success in school, social activities and professional life.



Les H. Pitton  
President & CEO  
[lpitton@healthcare-council.org](mailto:lpitton@healthcare-council.org)

Cheryl E. Thomas  
Executive Assistant and Office Manager  
[cethomas@healthcare-council.org](mailto:cethomas@healthcare-council.org)

Jami Shaffer  
Member Services Manager  
[jshaffer@healthcare-council.org](mailto:jshaffer@healthcare-council.org)

Danica Parker  
Accountant  
[dparker@ltbd.com](mailto:dparker@ltbd.com)

Debbie Johnson  
Director, Partner Development  
[djohnson@healthcare-council.org](mailto:djohnson@healthcare-council.org)

Jenn Johnson  
Accounting Supervisor  
[jjohnson@ltbd.com](mailto:jjohnson@ltbd.com)

Jill Tipton  
Office Assistant  
[rjtipton@healthcare-council.org](mailto:rjtipton@healthcare-council.org)

Christopher N. Howard  
Healthcare Council Fellow  
[cnhoward@healthcare-council.org](mailto:cnhoward@healthcare-council.org)

HEALTHCARE COUNCIL OF THE NATIONAL CAPITAL AREA  
CENTERPARK II - FIRST FLOOR 4061 POWDER MILL RD, STE 100 CALVERTON, MD 20705 PH: 301-731-4700

### The HCNCA/NCASS Board Adopts New Mission and Vision Statements

At the September 21, 2016 Board a new vision and mission statement were approved as recommended by the Strategic Planning committee. The new statements reflect the changing healthcare environment and the organizations purpose in serving it's membership.

**Council Vision:** "To meet the healthcare challenges of tomorrow by working together today."

The Council functions as a neutral intermediary to facilitate networking and to provide member driven services.

**Mission Statement** - "The Council (HCNCA) is a membership organization dedicated to helping members reduce costs, encouraging cooperative 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.

Healthcare Council is a not-for-profit 501(c)(3) corporation  
The Council has opportunities for Associates: For membership information, call 301-731-4700

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HEALTHCARE COUNCIL OF THE NATIONAL CAPITAL AREA  
CENTERPARK II - FIRST FLOOR 4061 POWDER MILL RD, STE 100 CALVERTON, MD 20705  
PH: 301-731-4700  
FAX: 301-731-8286  
WWW.HEALTHCARE-COUNCIL.ORG

LES H. PITTON  
[LPITTON@HEALTHCARE-COUNCIL.ORG](mailto:LPITTON@HEALTHCARE-COUNCIL.ORG)

CHERYL E. THOMAS  
[CETHOMAS@HEALTHCARE-COUNCIL.ORG](mailto:CETHOMAS@HEALTHCARE-COUNCIL.ORG)

"Of all the forms of inequality, injustice in health care is the most shocking and inhuman." - Dr. Martin Luther King, Jr.