

## Green Team to Beautify our Campus and Neighboring Waterways



Over the past year, MedStar Harbor Hospital's Green Team has been working with a team of consultants to explore ways to beautify and clean our hospital campus and neighboring waterways.

With 18 acres of hard surface—including roofs, sidewalks, and parking lots—20 million gallons of rainwater run directly into the Inner Harbor from our property each year. This causes harmful chemicals to run into the water and increases flooding.



Since October, the Green Team has been learning more about how MedStar Harbor can be a greater part of the solution, by planting rain gardens and other plants to absorb the water, slow down flooding and filter the water. A team from Blue Water Baltimore, Plisko Sustainable Solutions and the Neighborhood Design Center asked the Green Team to evaluate the campus for positive and negative qualities. They then ranked potential projects and designs. This fall, they will apply for grant funding to install gardens in the southern parking lots to beautify the entrance, and to update the landscaping and water treatment technology. Beautifying our campus and taking even better care of our waterfront views further shows our commitment to the communities we serve, and makes us proud to work here.



Proposed Location of S3 and 4, view from South Hanover Street

## Welcome, Chef Bryan Sullivan



Please join us in welcoming Bryan Sullivan, who will serve as the new chef for MedStar Harbor Hospital.

Bryan comes to us from Stevenson University, where he served as the executive chef at Sodexo, catering events for up to 5,000 people; managing tastings; catering for the university's president, and VIP events; and managing food services for 1,900 student residents.

Bryan, who currently serves as a culinary arts instructor at the Community College of Baltimore County, also previously served as the executive chef at the Lord Baltimore Hotel, Hillendale Country Club, Oriole Park at Camden Yards, Baldwin's Station, Admiral Fell Inn, and as the regional executive chef for Harbor Magic Hotels.

His dishes have been featured in *Good Housekeeping* magazine, the *Great Chefs of Baltimore* cookbook, and on ESPN and WBAL-TV.

Welcome, Bryan.

## Welcome, Raneesha Ford, Director of Pharmacy



Please join us in welcoming Raneesha Ford, the new director of Pharmacy for MedStar Harbor Hospital and MedStar Franklin Square Medical Center.

Raneesha has a master's degree in business and health administration from Pfeiffer University, Misenheimer, North Carolina, a doctorate of pharmacy from Howard University, Washington, D.C., and a Bachelor of Science in chemistry from North Carolina Agricultural and Technician State University in Greensboro, North Carolina. Raneesha has developed her management and supervisory experience by holding leadership positions at Holy Cross Hospital, Johns Hopkins Hospital and Novant Health Presbyterian Medical Center in Charlotte, North Carolina.

Welcome, Raneesha.

## Associate Discounts

Are you a frequent flyer? If so, you may be excited to learn that MedStar Health associates receive a discounted rate in the BWI Airport Fast Park lots. By enrolling in the Frequent Parker program, you can take advantage of special parking rates at BWI's Fast Park lots. You also earn points for free parking.

**To view details on this discount and others—including in the categories of amenities, childcare, education, entertainment, and travel—please click the Associate Discounts link on the Human Resources page on StarPort.**



## Vacation Time: Why You Need It

With the busy pace you keep at work and at home, it can be easy to forget that a break—a real break—is necessary to help you rejuvenate and get back in touch with yourself. From a weekend getaway to a long distance trip, giving yourself a vacation from your day-to-day responsibilities is an important part of maintaining work-life balance.



### Vacationing with Your Family

Taking a vacation with your family can be a great way to reconnect with your children and strengthen the family bonds that help improve relationships. Choose destinations that are fun and memorable for family members of all ages.

### Vacationing with Your Spouse

Making plans for a getaway with your spouse or significant other is a terrific way to remind each other of how important your relationship is. If you're looking for a romantic escape, consider destinations that have activities for couples or provide opportunities to simply be alone.

If you're vacationing with a working spouse, keep the focus of your trip in mind. You might have time to explore a new destination on your own during the day, but be certain to include your spouse for dinner or evening activities when the workday is done.

### Vacationing on Your Own

Sometimes you just need to get away from everything and everyone. A vacation on your own gives you the opportunity to be alone with your thoughts, plan activities that provide quiet moments for reflection or simply enjoy the activities that you don't get to try out when you're juggling your relationships or responsibilities.

If you do decide to vacation on your own, be certain to let others know where you're going, where you'll be staying and how long you expect to be gone.

### Vacation Planning

The best way to enjoy your holiday is to ensure that you've made all the necessary arrangements so that you can focus on your vacation and not worry about those loose ends back home and at work. Proper planning, a willingness to relax and choosing a new and exciting destination can help you make the most of your vacation time.

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## Your Ideas are Needed

Do you have suggestions on ways we can enhance the patient experience, beautify our campus or improve associate satisfaction? If you do, please share them!

Your ideas could become funding priorities for the annual philanthropy Power to Heal Campaign at MedStar Harbor Hospital this fall.

If YOU have an idea for how the *Power to Heal Fund* should be used, let us know. Send your ideas to Robin Wong at [robin.wong@medstar.net](mailto:robin.wong@medstar.net) by **Friday, July 22**.

Together, we can make a difference to those who turn to us for care.



This month, we're focusing on the HCAHPS question: **Would you recommend this hospital to your friends and family?** Here are some tactics to focus on:

- Approach guests and make proactive contact. Speak and smile warmly.
- Limit distractions and ask open-ended questions.
- Use phrases like, "How are we doing keeping you informed?"

## School Supply Drive

**Monday, July 18, to Monday, Aug. 15**

MedStar Harbor Hospital is once again collecting school supplies to help support the educational needs of children in the Cherry Hill community. You can donate new school supplies of all kinds, including backpacks, in the main lobby of the hospital.

The schools are particularly in need of the following items: composition books, crayons, erasers (pencil top), folders (pocket), pencil sharpeners, scissors (round point), large and small glue sticks, colored pencils, notebook paper, spiral notebooks, pencils, pens, dividers, and index cards.

If you have any questions, please contact Calvert Moore, DNP, MS, RN, APHN-BC, school health resource coordinator/education specialist, at **ext. 8227**.

