



Featured on Our Cover

Spalding family siblings Debbie, Cathy and Fred are proud to work in the hospital that cares for their family and friends. They have worked at MedStar St. Mary's for a combined total of 93 years. They are just three of eight children of Thomas and Rose Spalding.

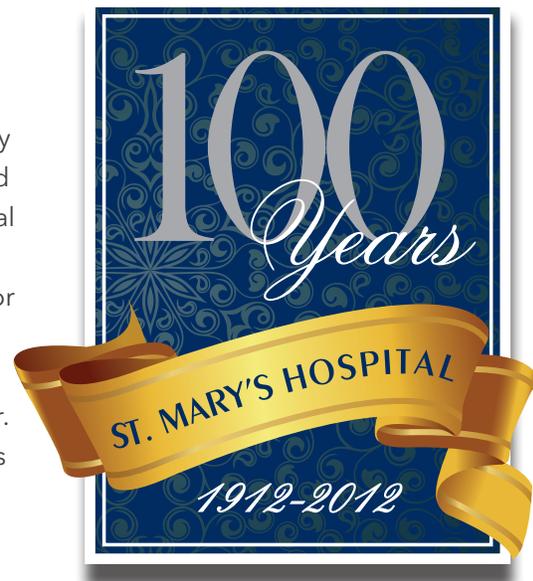
"It's our hospital," said Debbie Spalding, a medical technologist in the Laboratory since 1975. "There is a sense of pride in working where you grew up." Debbie lives on a farm in Medley's Neck (pictured above), not far from the farm where she was raised.

Cathy Fenwick always knew she'd return to St. Mary's County after graduating from the University of Maryland. "This is where my family is, and this is where I wanted to be," she said. Cathy's served as a nurse navigator in Cancer Care & Infusion Services for the past 10 years. Before that, she was a floating nurse in Telemetry and the Emergency Department.

As a maintenance mechanic for 25 years, Fred Spalding knows the importance of keeping things in working order at the hospital. "It's the only hospital around," he said "so it matters that we have running water." Fred credits the hospital for taking good care of him all these years and hopes he's reciprocating.

The three siblings are known for their endearing personalities and exceptional work ethic. They have made their mark on MedStar St. Mary's and on the lives of many Southern Maryland residents.

Every issue of *Healthy Living* throughout 2012 will feature a St. Mary's County individual or family whose story has a connecting thread that links our county and our hospital histories together. You'll read about change as seen through their eyes or marked through their experiences. In this issue, we are pleased to spotlight Delegate Johnny Wood, Jr. His multi-generational family mirrors the county's growth and reflects the advancements made over the decades.



Moving Forward Based on Our Past

Happy Birthday to us! Our hospital turns 100 years old on March 30, 2012. What would Dr. Francis Greenwell and the other founders think if they walked through our hallways today? They would see an organization proud to play a vital role in Southern Maryland, always adapting to serve the changing needs of our ever-growing community. While our founders may not recognize our physical plant and the newest technology, they certainly would recognize the quality compassionate care provided for our patients that has remained constant through the decades.

A Century of Caring provides the solid foundation on which we step strongly into the future. And, as we enter the next century, our new name of MedStar St. Mary's Hospital combines the best of our history with a recognized regional leader in health care. It reinforces our commitment to serving you by engaging the MedStar Health system's combined resources and skills, making quality care convenient and accessible. Throughout the region, patients can count on us to offer compassionate care in a safe, collaborative environment; advance medical care and treatment through our commitment to research, academic and clinical care; and provide superior access to our network of providers, with a focus on convenience and advanced technology.

We may have a new name as we enter the next era in health care, but we have a century-old commitment to serving you, your family and our community.

Family Ties

Anyone who knows Delegate Johnny Wood, Jr., knows that the number in his family parallel the tremendous growth in St. Mary's County and at MedStar St. Mary's Hospital. Johnny and his wife, Barbara Ann, have nine children. They also have 26 grandchildren and 17 great-grandchildren. The family members are close, both personally and in proximity, and all but one child and three grandchildren live in St. Mary's County. Their family gatherings can be upwards of 65 or 70 people. Holidays will find more than a typical houseful celebrating with Johnny and Barbara Ann. All nine of the Wood children were born at St. Mary's Hospital, spanning the years from 1955 to 1973. Twenty of the grandchildren and 13 of the great-grandchildren were also born at the hospital between 1976 and 2012.

"The changes since then, especially over the past few years, are unbelievable," said the Southern Maryland Legislative delegate. One of the big differences is that

Multi-generational Wood Family



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back in the 1950s and early 1960s the family physician did it all from general surgery to delivering babies. Since Wood's family doctor was Dr. Roy Guyther, he also delivered their children. No obstetric and gynecological specialists were practicing in the county at that time.

"We already had five children when our twins, John and Bonnie, were born in 1963. It was such a different time," said Johnny. He fondly recalled how at the time of the delivery the attending nurse asked Dr. Guyther if Mrs. Wood was supposed to have twins. The answer was a definitive no. "However, after the delivery, I remember Dr. Guyther coming out and saying, 'I don't know how to tell you this, but Barbara Ann has twins.' He was pretty embarrassed." With today's ultrasound equipment, fetal heartbeat monitoring and highly skilled specialists, that scenario would be unlikely.

In the 1960s and early 1970s, Johnny served as a volunteer with the

Mechanicsville Rescue Squad that his father, John Wood, Sr., had started with a few other Mechanicsville community residents. One of the other founders was the father of local physician John Roache. Prior to that time, funeral homes provided the ambulance service with their hearses.

The rescue squad was really only a "band-aid operation then," said Johnny. "We just picked up the patients, stopped the bleeding if they had any, and then we would drive like crazy to get them to the hospital," he said. Johnny had to leave the squad in the mid 1970s due to other demands on his time, including the expansion of his family's grocery store that demanded his attention as much as 15 hours a day, seven days a week.

He watched with pride as the rescue squad evolved into teams that truly provide Emergency Medical Services (EMS). "Back then, when we drove someone to the Emergency Room we would stay to help out in the ER if that was needed," he said. "We'd also wait around to drive the patient up the road if required. There were no Medivacs

to transport them." He also lauds the commitment of today's EMS volunteers to keep up with classes, testing and training. Today, his oldest daughter Catherine, her husband and all four of their daughters serve as EMS or Fire Department volunteers.

On the Board of Directors at the hospital from 1980 through 1986, he was involved with decisions that would help bring about change, including the purchase of the hospital's first CT Scan equipment that was previously owned by a large metropolitan hospital.

With all of the family births, participation in the rescue squad and volunteering on the hospital board, Johnny has gained a thorough knowledge of how far the hospital has advanced over time. He still vividly recalls one night on the rescue squad when he delivered a patient to a hospital in Baltimore. Upon arrival, he overheard someone refer to them as the bunch from the first-aid center in St. Mary's County. "They'd never say that now," he stated.

"I believe that one of the best things that happened is the merger with MedStar," said Johnny. "We are not a country hospital anymore. Some of the region's top specialists are coming down here [to St. Mary's County] now to treat patients. I think that's just great, and we are very proud of our hospital."

Jeanne Hill, RN, accompanied State Delegate John "Johnny" Wood, Jr. during his recent visit to our Women's Health & Family Birthing Center. Delegate Wood typically tours one unit each year to stay up-to-date with what is happening in our community's hospital.

