

# Healthy Living

MedStar St. Mary's Hospital

**Rapid Response  
Stops a Life-  
Threatening  
Pulmonary  
Embolism.**



**Inside:** Meeting a Growing Need | Racing the Clock to Treat a Dangerous Pulmonary Embolism | A Father's Personalized Path to Lasting Weight Loss | From Overwhelming Leg Pain to a Clearer Path Forward | Timely Screening Can Stop Colorectal Cancer Before It Starts | Get to Know Our New Chief Nursing Officer



# Letter from the president.

Dear friends,

As we settle into the start of a new year at MedStar St. Mary's Hospital, I am filled with pride for how we continue to grow and evolve, always with our patients and community at the heart of every decision. This season, we celebrate progress that strengthens both our reach and our relationships, and we do so with gratitude for the people who make that progress possible.

That progress is apparent across our campus. Our orthopaedic program continues to expand its expertise, welcoming a new surgeon and building on the foundation of high-quality, compassionate care our community has come to trust. That same dedication is reflected in our nursing team under the new leadership of Captain (Ret.) Jeremy Hawker, MSN, RN, whose emphasis on listening, collaboration, and community connection deepens the care we provide every day. We are also building momentum for the next phase of our Interventional Radiology renovation, an important investment that will enhance our community's access to advanced, minimally invasive treatments right here at home.

These advancements reflect not just innovation, but intention: the belief that the most advanced medicine and care should be accessible in our community while also feeling local, personal, and rooted in trust. As a physician, I take great pride in the fact that we are neighbors caring for neighbors, dedicated to delivering exceptional care within our own community.

Equally inspiring in this issue are the stories behind these advancements: patients reclaiming their health, physicians deepening their connections with the community, and teams collaborating to deliver care that feels both personal and innovative. It's in these everyday moments at MedStar St. Mary's—of compassion, dedication, and shared purpose—that our mission truly comes to life.

As 2026 continues to unfold, my gratitude extends to every member of our staff, our patients, and our generous supporters. To our community, thank you for the many ways you continue to support and inspire us. Your partnership, through volunteering, philanthropy, and simple acts of kindness, strengthens our mission and reminds us why we do what we do. It is a privilege to care for you, and to grow alongside you, as we look ahead to another year of health and hope.

Together, we are creating a healthier, stronger future for St. Mary's County—one story, one milestone, one life at a time.

Warm regards,

Mimi Novello, MD, MBA  
President

**Mimi Novello, MD, MBA**  
President  
MedStar St. Mary's Hospital

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# Meeting a growing need.

The addition of Jeffrey Matheny, MD, to our orthopaedics team increases appointment availability for patients.

If you've ever dealt with knee pain, a sore shoulder, or stiff joints, you're not alone. More than half of all American adults live with musculoskeletal conditions such as arthritis and low back pain—and as the population ages, experts say demand for orthopaedic care continues to rise nationwide.

To help meet this growing need in our community, we're proud to welcome **Jeffrey M. Matheny, MD**, to our Leonardtown orthopaedics location, expanding access to timely, high-quality orthopaedic care close to home. Dr. Matheny, who is glad to be part of the growing team, shares, "This is a system that supports physicians and prioritizes patient care. Having the right tools and team in place allows me to focus on delivering high-quality care."

## Over three decades of orthopaedic expertise

Dr. Matheny is a fellowship-trained, board-certified orthopaedic sports medicine surgeon with more than 30 years of experience. He earned his medical degree from Pennsylvania State University, completed fellowship training at Yale Sports Medicine Center, and most recently served as chief of orthopaedic surgery at Washington Hospital in Pennsylvania.

He cares for patients with a wide range of orthopaedic needs, including total hip and knee arthroplasty. His clinical expertise spans joint replacement of the hip, knee, and shoulder; knee and shoulder arthroscopy; ACL reconstruction; rotator cuff and labral repair; fracture care; and surgical management of common sports injuries.

**James Damalouji, MD**, chief medical officer of MedStar St. Mary's Hospital, says Dr. Matheny's breadth of experience will help the team meet patients where they are. "In Leonardtown, we care for people with every kind of orthopaedic need—from sports injuries to chronic joint pain and arthritis that limits daily life. Dr. Matheny brings deep expertise across that spectrum, so more patients can get the right care close to home."

## A perspective shaped by experience

Beyond his credentials, Dr. Matheny brings the



**With an athlete's lens, Dr. Matheny focuses on practical plans that restore movement and confidence.**

perspective of an athlete, having completed the 2015 Maryland Ironman Triathlon and run the 2022 Boston Marathon. That firsthand experience shapes how he approaches injury, recovery, and return to function.

"I focus on giving patients a clear plan—what's safe to do now, what needs time, and what steps can help them get back to what matters most", says Dr. Matheny.

That same mindset has also shaped his life as a parent. His son, Joshua Matheny, represented Team USA in the men's 200-meter breaststroke event at the 2024 Summer Olympics in Paris. Supporting an athlete at that level reinforced the importance of thoughtful care, steady progress, and individualized recovery—principles Dr. Matheny brings to every patient, regardless of age or activity level.

## Comprehensive care, when you need it

Our Leonardtown orthopaedics location at MedStar St. Mary's is a place where patients can often begin and complete their care. "We treat the vast majority of orthopaedic concerns—from evaluation through treatment and recovery," says Dr. Damalouji. "When a more specialized opinion is needed, we coordinate seamlessly with orthopaedic subspecialists across MedStar Health, keeping care connected and efficient."

With the addition of Dr. Matheny, our orthopaedic team is now comprised of three full-time physicians and a physician assistant—better positioning us to serve more patients with shorter wait times.



Visit **MedStarHealth.org/JeffreyMatheny** to learn more about Dr. Matheny or call **240-434-7483** to schedule an appointment.



Doug McDaniel enjoys a beautiful afternoon outdoors, grateful to be back to the kind of day that he loves most.

# Racing the clock to treat a pulmonary embolism.

Cutting-edge technology and quick decisions helped save Doug's life.

Many people do not survive a blood clot in their lungs, but Doug McDaniel is one of the lucky ones. An ambulance rushed the 62-year-old to MedStar St. Mary's Hospital, where the experienced medical team quickly diagnosed and resolved his life-threatening emergency.

Doug was inspecting a boat at Dennis Point Marina when he began to feel weak and lightheaded. His instincts as a retired firefighter with 33 years in the field kicked in. "The symptoms hit me like a ton of bricks, and I asked the staff to call 911. I knew this wasn't the right time to tough it out."

While Doug was more than two hours from his home in Alexandria, Virginia, he was less than 20 minutes from

MedStar St. Mary's, where he was diagnosed with a saddle pulmonary embolism. This kind of clot sits atop or "saddles" the main pulmonary trunk—the large blood vessel that carries blood from the heart to the lungs and branches into the left and right main pulmonary arteries. The obstruction caused by the saddle clot makes it difficult for the heart to pump blood into the lungs, forcing it to work harder.



This strain on the heart can create numerous medical crises, including cardiac arrest and death. "That reality underscores the hospital's philanthropy-supported investment in renovating its interventional radiology (IR) suite—upgrading technology and enhancing procedural capabilities so lifesaving interventions can be delivered more efficiently when every minute counts," says interventional radiologist **Moutasem Aljundi, MD.**

Treatment options for a saddle pulmonary embolism include clot-busting drugs or a type of minimally invasive surgery called a mechanical thrombectomy. The medical team decided Doug was a good candidate for the latter. Dr. Aljundi performed the procedure in the hospital's IR lab using real-time imaging guidance. He inserted a hollow, flexible catheter into a vein in Doug's groin and guided it through the abdomen and heart into the pulmonary artery. The catheter is equipped with a device that uses suction to remove the clot. The clot is then filtered from the blood that has also been suctioned, and the blood is returned to the patient to minimize blood loss.

Patients are awake during the procedure because their weakened hearts may not tolerate anesthesia. "We use a local anesthetic with minimal sedation for the incision and talk to them and play music to keep them calm," says Dr. Aljundi.

"I felt a little tugging and pushing, but it didn't hurt," notes Doug.

"When I arrived at MedStar St. Mary's four years ago, I was passionate about building the IR service," shares Dr. Aljundi. "I wanted to work with my colleagues to develop a process that would help ensure excellent outcomes for patients with blood clots. We use a team-based approach whereby all staff in the emergency department, IR, and the intensive care unit follow the same protocol for rapid diagnosis, treatment, and recovery.

"In many instances, fast intervention is critical and lifesaving, so we don't want to lose time by transferring patients to another hospital. I credit MedStar St. Mary's administration for making the commitment to invest in the staff training and technology we needed," adds Dr. Aljundi.



**Mimi Novello, MD, president of MedStar St. Mary's Hospital, stands with Brian Norris, president and CEO of The Cherry Cove Group, the Gala's presenting sponsor.**

## Gala raises funds to expand interventional radiology care.

The Midnight Garden Gala brought the community together under the stars for an evening where elegance met purpose. This year's event raised more than \$260,000 to support our investment in the new interventional radiology (IR) suite, where specialists perform minimally invasive procedures, such as treating blood clots, performing image-guided biopsies, diagnosing and treating certain cancers, and managing fluid buildup or infections. The dedicated suite will help provide faster, safer, and more equitable care for patients across the region.

The evening also recognized the generosity of leading supporters, including The Cherry Cove Group as the presenting sponsor; Amaryliss Event Design House as the event design partner; MedStar Shah Medical Group and Pat and Shep McKenney as premiere sponsors; and diamond-level supporters Associates in Radiation Medicine, CMI General Contractors, Jennifer Blake Meyer, and MIL.

As interventional radiologist **Moutasem Aljundi, MD**, shared, "Our hospital is now offering procedures that were once only available to patients able to make a long drive into the city. These have a major impact on the quality of life for many."

By coming together in support of the IR suite, attendees helped enhance the patient experience and improve care for families throughout the region.

Visit [MedStarHealth.org/Gala](https://www.medstarhealth.org/Gala) to learn more or donate to the fundraising efforts.



### Know the signs—and when to seek care

Most pulmonary embolisms start as a deep vein thrombosis (DVT) after long periods of sitting or bed rest. If you notice sudden shortness of breath, chest pain, rapid heart rate, or leg swelling, **call 911 immediately.** Visit [MedStarHealth.org/IR](https://www.medstarhealth.org/IR) to learn more.

Visit [MedStarHealth.org/Philanthropy](https://www.medstarhealth.org/Philanthropy) to learn more or to donate to the IR suite philanthropic campaign.

# A father's personalized path to lasting weight loss.

Mitch Goddard's "why" began with the people he loves.

Mitch Goddard spent most of his life carrying extra weight, and he never let it define him. Mitch has always been strong, competitive, and hardworking—the kind of person who pushes through. But as he and his fiancée, Morgan, nurtured their two young children (now 6 and 2), Mitch started noticing something that surprised him: the moments that mattered most were also the ones that felt hardest.

"When playing with my children, Gauge and Oakley, I noticed I'd get winded easily," Mitch recalls. "I couldn't even push my son on the swing for long without needing to sit down. I needed to do something."



Mitch holding his two "whys", Gauge and Oakley.

## Finding the right team and the right plan

Close to 530 pounds, Mitch began considering his options. Weight loss was never a vanity goal, and he didn't rush into a decision lightly. Instead, he came to MedStar St. Mary's Hospital looking for a team: people who could help him sort through what he'd already tried, what his health needed next, and what the safest, most effective options might be. MedStar St. Mary's is one of only a few weight loss surgery facilities in Southern Maryland accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), affirming that it meets rigorous standards for patient safety, and ongoing quality improvement.



"Weight loss is a very individualized process," says **Sameer Alrefai, MD**, medical director of Bariatric Surgery at MedStar St. Mary's. "We work with each patient to create a plan that supports lasting weight loss and improved health."

## A new way forward

After consulting with Dr. Alrefai, Mitch understood his options, what they would require from him, and what kind of results he could expect over time. After much consideration, Mitch decided bariatric surgery was his best option and began the pre-surgery workup. "The process had multiple steps and required some upfront work. I had to lose a little weight on my own to show I could commit to the process before being approved for surgery. Once I did, Dr. Alrefai approved me to move forward."

Alongside Dr. Alrefai, Mitch credits the program's steady guidance—especially the tireless support from his nurse practitioner, Katelynn Edinger, MSN—for helping him stay grounded as he considered this life-changing decision. "From the start, Katelynn made it feel manageable," Mitch says. "She walked me through what to expect, answered every question, and kept me focused on the goal."

Mitch underwent bariatric surgery in May 2024 at MedStar St. Mary's. The surgery itself felt like a turning point—he finally had a medical tool that matched the seriousness of what he was trying to change.

Aside from losing 230 pounds Mitch achieved remission of his diabetes and brought his blood pressure back into a healthy range. Throughout all this, Mitch's "why" never changed. "I wanted to be here for my babies," Mitch says. "I wanted to have the energy to play, to keep up, to show up the way they deserve." He pauses, then adds, "This didn't just help me lose weight. It gave me my life back with my family. I'd do it again, ten times over."

To learn more about bariatric and weight loss surgery, visit **MedStarHealth.org/Bariatrics** or to schedule an appointment with Dr. Alrefai, call **240-434-4088**.



# From overwhelming leg pain to a clearer path forward.

## Why early evaluation and follow-up matter for peripheral artery disease (PAD).

At 70, John Balta thought the painful cramping in his legs might be one more nuisance that comes with age. But the pain didn't behave like ordinary soreness. It showed up after long stretches of sitting and, at times, hit hardest at night.

"It wasn't just soreness," John says. "It was overwhelming pain. I couldn't relax, I couldn't sit still, and some nights I couldn't even get out of bed without bracing myself." When the discomfort began showing up more frequently (and at times in both legs), he knew he had to do something.



John's daughter, Jessica, a nurse who at the time worked at MedStar St. Mary's Hospital, urged him to treat it as a warning sign, not an inconvenience. She pointed him to **Melissa Meghpara, DO**, a vascular surgeon at MedStar St. Mary's.

### What John was feeling had a name—peripheral artery disease (PAD).

For many people over 50, leg pain, heaviness, or fatigue can feel like part of aging. But sometimes, those small signals point to peripheral artery disease (PAD), a circulation condition that most often affects the legs.

"PAD develops when plaque builds up inside the arteries, narrowing the pathways that carry oxygen-rich blood through the body," explains Dr. Meghpara.

"When that circulation slows, it can cause pain or cramping while walking, coldness or discoloration in a limb, or wounds that heal slowly. Left untreated, PAD can lead to serious complications, including amputation."

John's evaluation started with a straightforward step that can quickly clarify what's going on—checking blood flow in the legs. "Dr. Meghpara said that we should check the circulation in both legs and see what we're



**John and Dr. Meghpara smile together after a follow-up visit focused on protecting his circulation.**

dealing with," John remembers. "That's when it felt real to me, because now we weren't guessing."

### Early action, a better path forward

John ultimately received a minimally invasive treatment to restore blood flow to his leg and improve his circulation. The procedure used multiple balloons and stents in his legs (tiny mesh tubes placed inside narrowed arteries to help hold them open and restore blood flow). With the recent advances in treatment for PAD we are able to combine both optimal medical management with surgical treatment options to allow for better long term outcomes.

The improvement was dramatic. "After the first procedure, it was like my body could finally settle down," he says. "I started sleeping again. The pain wasn't ruining my whole day. It didn't disappear overnight, but it got noticeably better—and it kept getting better."

He also credits the team experience for making a stressful situation feel manageable. "Everybody was professional. They explained what they were doing and what to watch for," John says. "That matters when you're in pain and you don't know what comes next."

Because PAD can progress quietly, long-term follow-up is important even when symptoms improve. "We want patients to bring up anything that feels different," says Dr. Meghpara. "The sooner we know, the sooner we can act, and that can make all the difference."



Talk with your primary care provider about seeing a vascular provider for prevention, screening, and treatment options, or visit [MedStarHealth.org/PADAction](https://www.medstarhealth.org/PADAction) for more information.



# Screening can stop colorectal cancer before it starts.

Experts now recommend beginning regular screening at age 45, when prevention is most effective.

Every year, several dozen St. Mary's County residents are diagnosed with colorectal cancer, many at an advanced stage. Data from the National Cancer Institute show that about 22 out of every 100,000 people in our county are diagnosed with late-stage colorectal cancer, compared with about 21 statewide.

It's an unsettling reality, but it's also one that you can help change. Colorectal cancer is among the most preventable and treatable forms of cancer when detected early. With timely screening, precancerous growths can be removed before they ever become cancer.

## Why screening makes such a difference

Most colorectal cancers begin quietly. A small growth, or polyp, develops in the lining of the colon or rectum. Over time, some of these growths can become

**“That’s the key advantage of screening. It gives us the chance to intervene before cancer ever develops.”**

- Ripple Mehta, MD

cancerous, but regular screening allows clinicians to find and remove them before that happens.

When colorectal cancer is discovered early, treatment outcomes are overwhelmingly positive. The five-year survival rate for early-stage disease is roughly 90 percent, compared to far lower rates once the cancer spreads. Still, many people delay testing until the appearance of symptoms, like blood in the stool, unexplained weight loss, or persistent abdominal discomfort. By that time, the disease may already be advanced. “We understand it can feel uncomfortable to schedule a screening when you feel fine,” **Ripple Mehta, MD**, gastroenterologist, adds, “but that’s exactly when it can do the most good.”

## Who needs screening, and what to expect

Most adults should begin colorectal cancer screening at age 45. For those with a family history of the disease, inflammatory bowel conditions, or certain other risk factors, physicians may recommend starting sooner or testing more frequently.

There are several safe and effective ways to be screened, but colonoscopy remains the gold standard. “A colonoscopy allows us to see the entire colon and remove precancerous polyps right then and there,” Dr. Mehta explains. “It’s both diagnostic and preventive in one procedure.”

When no abnormalities are found, you typically won’t need another screening for 10 years.

Certain at-home tests can detect potential signs of cancer, but if results are abnormal, a colonoscopy will still be needed for confirmation and treatment.

Many patients are surprised to find that preparation has improved significantly in recent years, and the procedure itself is brief, comfortable, and performed under light sedation.

## Understanding risk and prevention

Lifestyle choices play a significant role. Following a diet high in fiber and low in processed meats, maintaining a healthy weight, exercising regularly, moderating alcohol, and quitting smoking all help reduce risk. These are small, practical steps that support colon health every day.

## Taking action

We know that deciding to schedule a screening can feel daunting, but it’s one of the most important decisions you can make for your long-term health.

“The hardest part for most people is simply making the appointment,” Dr. Mehta says. “Once they do, they realize it’s a straightforward step that can quite literally save their life.”

If you’re 45 or older, talk with your primary care provider as soon as possible about scheduling your screening. For many in our community, that one conversation can lead to a lifetime of reassurance—and the peace of mind that comes from knowing you’ve taken an active step to protect your health.

Take our free colon cancer risk assessment at [MedStarHealth.org/ColonHRA](https://www.MedStarHealth.org/ColonHRA) to understand your risk and to find out if it is time for a screening.

## Meet our new providers



### Ripple Mehta, MD

Dr. Mehta is a board-certified gastroenterologist specializing in diagnostic and therapeutic endoscopy, including colonoscopy, EGD, and capsule endoscopy. He provides comprehensive care for conditions such as acid reflux, inflammatory bowel disease, and liver disease, with an emphasis on preventive strategies and lifestyle-based wellness.

Visit [MedStarHealth.org/RippleMehta](https://www.MedStarHealth.org/RippleMehta) to learn more or call **240-434-7474** to schedule an appointment.



### Nitin Kumar Sardana, MD

Dr. Sardana is a gastroenterologist focusing on general gastroenterology and the diagnosis and treatment of acid reflux; irritable bowel syndrome (IBS); inflammatory bowel disease (IBD); liver disease; and hemorrhoids. Dr. Sardana’s approach is centered around open communication and shared decision-making. Understanding that there isn’t always one “right answer” for each patient, he takes the time to explain treatment options clearly, empowering patients to make informed choices about their care.

Visit [MedStarHealth.org/NitinSardana](https://www.MedStarHealth.org/NitinSardana) to learn more or call **240-434-7474** to schedule an appointment.

## Get to know our new Chief Nursing Officer.

We are pleased to introduce Captain (Ret.) Jeremy J. Hawker, MSN, RN, who has joined MedStar St. Mary's Hospital as chief nursing officer and vice president of Patient Care Services.

With three decades of experience in the Navy Nurse Corps and a long-standing commitment to service, teamwork, and community health, Jeremy brings a steady, people-centered approach to nursing leadership. Below, he shares a bit more about himself and his hopes for this role.

### **Q: How long have you lived in the area?**

**Hawker:** I've lived in Southern Maryland for the past four years and have always appreciated the strong sense of community here. The people, the pace, and the connection to service have made this region feel like home for me and my family.

### **Q: What made you want to become a nurse?**

**Hawker:** Nursing called to me because it blends service, science, and humanity. I've always believed in caring for people during their most vulnerable moments, and nursing has allowed me to make a meaningful difference every day of my career.

### **Q: What are you most excited for in your new role?**

**Hawker:** I'm excited to support our nurses and strengthen the bond between the hospital and the

community. St. Mary's County is a special place, and I'm looking forward to advancing the kind of compassionate, reliable care that families count on.

### **Q: What do you do in your free time?**

**Hawker:** I enjoy working on small woodcraft projects, staying active through fitness, and settling in with a good book whenever I get the chance. I also value spending quality time with my family—camping, hiking, and exploring everything Southern Maryland has to offer.



**A Navy nurse and Southern Maryland resident, Jeremy Hawker now channels his commitment to service into leading nursing at MedStar St. Mary's.**

## Another top mark earned in hospital safety

We're proud to share that for the fourth time in a row, we've earned an "A" grade from the Leapfrog Group for fall 2025, a national recognition that reflects our ongoing commitment to delivering safe, high-quality care for every patient, every day.

Hospitals receive a letter grade from A to F, with an "A" recognizing the highest level of patient safety. Leapfrog's ratings are based on national data and are widely used by patients and families to understand how hospitals perform in keeping patients safe.

This recognition highlights the strong safety culture at MedStar St. Mary's Hospital, and the ongoing work of every team member who helps make exceptional care possible for our patients and their families.

"At MedStar St. Mary's, our community entrusts us with their care, and that is a responsibility we never take lightly," said **Mimi Novello, MD**, president of MedStar St. Mary's. "This 'A' grade affirms our commitment to providing safe, high-quality care and continuously raising the bar for our patients and families."

# Winter 2026 calendar

## Annual Women's Wellness Day

Save the date: March 7, 2026, from 8:30 a.m. to 2:30 p.m. (time and date subject to change).

Enjoy a day of health screenings, informative presentations on a variety of health topics, and complimentary breakfast and lunch. It's a wonderful opportunity to learn simple ways to support your health and connect with others in the community.

Pre-registration is required. Call **301-475-6019** to save your spot!

## Support groups

Health Connections at MedStar St. Mary's Hospital hosts support groups. Because no registration is required for these, please reach out using the contacts below to verify if meetings are scheduled as planned.

- **Parkinson's** (second Tuesday of each month, 4:30 p.m.)
- **Stroke Survivors** (second Tuesday of each month, 1 p.m.)

Call **301-475-6019** to learn more or register.

## Bariatrics

Virtual **Bariatric Support Group** meetings. Join our supportive online community. Initial registration is required. Please call **240-434-4088** for more information.



## Blood drives

Feb. 19, March 26, April 23, and May 29 from 10 a.m. to 3:30 p.m. Registration is required through the Red Cross. Register at **RedCrossBlood.org**.

## Ask the experts Quarterly Lunch and Learn



Thursday, Feb. 12, from 11:30 a.m. to 2 p.m.  
Thursday, May 14, from 11:30 a.m. to 2 p.m.

Join us for lunch and a discussion with a MedStar Health expert.

**Location:** Population & Community Health Building  
41550 Doctor's Crossing Rd., Leonardtown

No cost. Call **301-475-6019** to register.

## Community education

### Take Control of Diabetes

Appointments are available to meet one on one with a registered dietitian. A provider's order for diabetes education is required. Services may be covered by Medicare, Medicaid, and most private insurance plans. Call **301-475-6185** to learn more.

### Diabetes Self-Management Class

In this four-week diabetes self-management program, participants can engage in conversations about their experience with diabetes, blood sugar monitoring, healthy eating and activity, and long-term disease management. Call **301-475-6019** to register for upcoming classes or to learn more.

## Pulmonary

### Nicotine Cessation program

Virtual program to help participants stop using tobacco products. Visit **SMCHD.org/Behavioral-Health/Substance-Use/Quit-Nicotine** for dates and details.

## Farmer's market

Discover fresh, local flavors at The Market at MedStar St. Mary's. Hosted monthly on our campus, this community farmer's market brings together local growers, artisans, and food vendors offering seasonal produce, baked goods, and more. It's a friendly, convenient way to support local farms and enjoy the best of St. Mary's County, all in one stop. \*Returning late spring, early summer 2026. Please call **301-475-6019** for additional information.



# MedStar Health

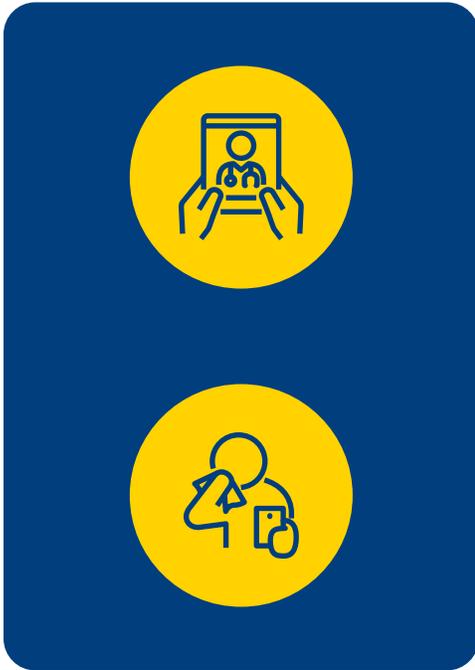
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