

GBMC HEALTHCARE

HEALTHCARE MADE EASY.



IN YOUR NEIGHBORHOOD | IN YOUR HOME



GBMC Health Partners
Primary Care — Jonestown
1017 E. Baltimore St., Baltimore, MD 21202
410-826-0170



Gilchrist Elder Medical Care
In your home: 888-823-8880

THE GBMC DIFFERENCE

What is Advanced Primary Care?

At GBMC Health Partners Jonestown, we make a commitment to be accountable for your health with you. It's an innovative, team-based approach aimed at keeping you well. In our practice, it's not about the number of visits. It's about relationships.

Our teams are proactive, practicing preventive medicine and chronic disease management with a goal of avoiding a health crisis, when possible. We see patients of all ages, starting at birth.

Providing advanced primary care also means making it accessible. At Jonestown, we do this with a convenient location on E. Baltimore Street, virtual visits, on-site labs, a 24/7 online patient portal, and dedicated care coordinators. For patients in zip codes 21202 and 21218, we can even give you a ride to and from your appointment.

CONVENIENCE

Life is busy. You shouldn't have to take off work to see your doctor or find childcare to get a flu shot. GBMC Health Partners coordinates your care to make it easy for you.



We offer:

- Flexible hours, including on-call weekend and after-hours providers
- On-site blood lab and other diagnostic tests
- Virtual and in-office appointments with Baltimore's best specialists
- 24/7 access to your electronic medical record through the MyChart App
- Online appointment scheduling, bill pay, prescription refill requests, test results, message with your doctor, and more
- Physician-led, personalized care coordination teams
- Seasonal flu-shot clinics
- Integrated mental health professionals, including psychiatrists, behavioral health specialists, and substance use consultants



THE GILCHRIST DIFFERENCE

What is Elder Medical Care?

Gilchrist's Elder Medical Care program brings primary care into the homes of individuals with serious illness. Older adults living with serious illnesses often find themselves in an unending cycle of health crises that lead from home to hospital to rehab and back home again. Gilchrist's team of physicians, nurse practitioners, and social workers are experts in providing coordinated geriatric and comfort care as well as guidance to improve the quality of your life. We ensure those who often "fall through the cracks" of the healthcare system – those who have difficulty traveling to office appointments and for whom treatment is becoming less effective – receive the care and attention they need at home.



CONVENIENCE

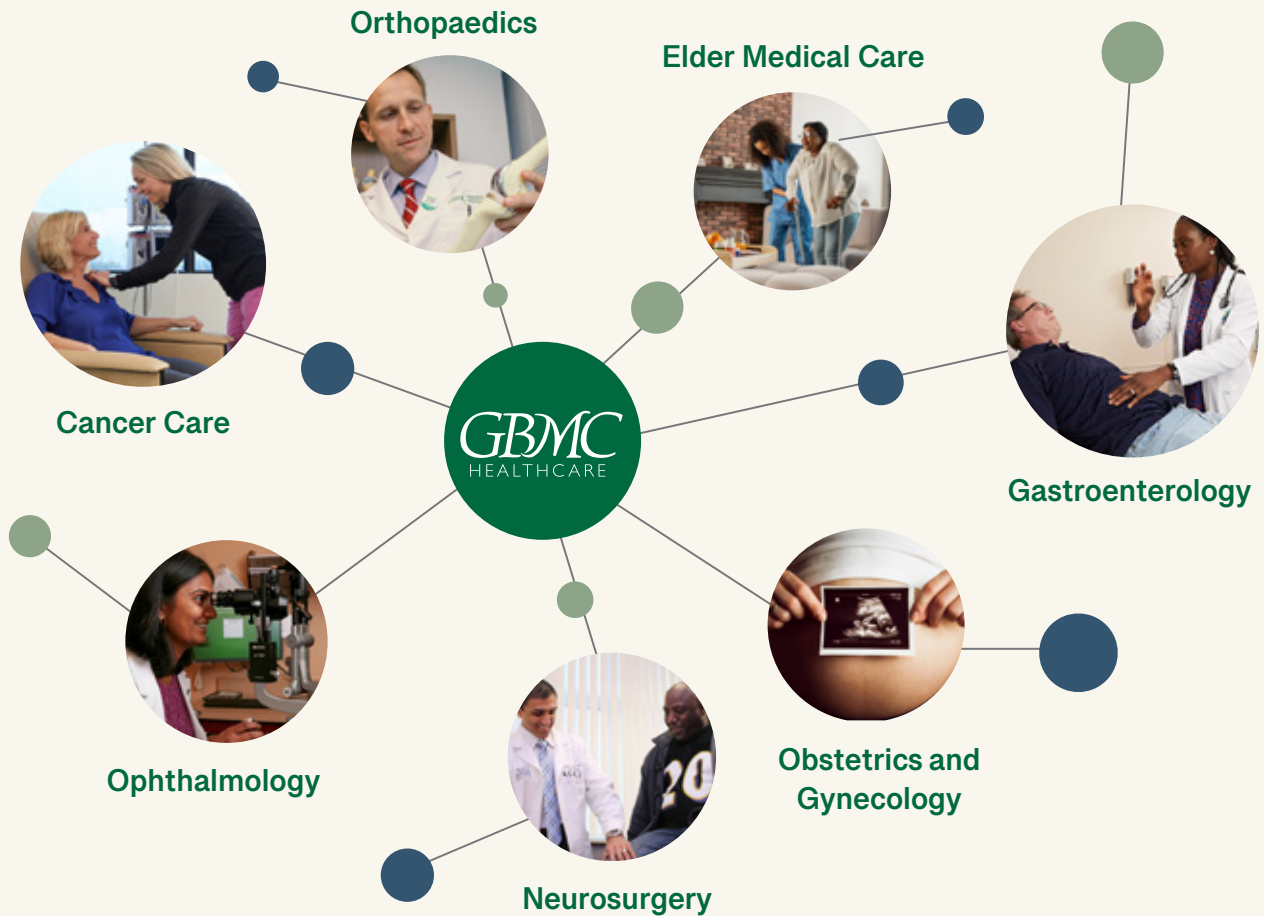
If you have difficulty leaving home, we bring care and social support to you. We also help connect you with community resources to meet your needs. After a comprehensive health assessment, we'll develop a plan of care tailored to you.

We offer:

- Customized and coordinated care at your home from a certified registered nurse practitioner, with support from other disciplines
- 24/7 on-call support during a healthcare crisis, and a visit within two working days for urgent needs
- Support for your goals of care
- Reduction in emergency department visits and subsequent hospitalizations
- Help making decisions through advance care planning, and education and guidance about the likely progression of your illness
- Reduction in stress for caregivers and their loved ones
- Seasonal flu-shot visit
- Volunteer support focused on helping you remain in your home
- Connections to community resources to enhance your lifestyle



MEET ONE TEAM



Connect to an entire health network.

When you're a GBMC or Gilchrist Primary Care patient and your prescription calls for more specialized care, we'll connect you with a highly regarded specialist who will become part of your care team.

Whether your child needs glasses and you need a pediatric ophthalmologist or a loved one is an elder struggling with dementia, we'll ensure a smooth continuum of care.

Visit gbmc.org/healthpartners/specialties for a complete listing of our specialists.

TREATING THE WHOLE PATIENT

What if, instead of just listening to your heart and lungs, your doctor listened to your concerns? If instead of simply reading your pulse, your doctor read your expression for signs of worry?

At GBMC, we treat all of you. Being well doesn't just mean your physical health; it's about your entire lifestyle. By design, our doctors ask specific questions to connect you to resources to enhance your overall wellbeing. We can help you with:



fresh groceries



fitness classes



legal and insurance help



mental health services



wellness programs, and more

If you need someone to talk to, you don't have to go far. Our partnership with Sheppard Pratt means we can provide mental health evaluations and support in real time — in our Jonestown office, virtually, and for elders, in your home. No extra steps to get the help you need.

Through our Collaborative Care Program, you'll have access to:

- Evaluation services
- Diagnostic services
- Therapy
- Support groups
- Medication management with a psychiatrist
- Substance use services

Your health shouldn't feel like a burden. Taking care of you is our privilege.



Behavioral health services are integrated into our primary care practices — in the office or in your home.



ARVEA'S STORY

"Find someone who will listen."

Arvea Woolridge understands how important that is when she thinks about her care at GBMC.

A 2019 diabetes diagnosis landed Arvea in the hospital. "When I left to go home, my A1C was really high," she says. She quickly found herself faced with a host of new challenges and many questions surrounding her health: What was she allowed to eat and how much? What medications did she need to take?

In the midst of an overwhelming situation, Arvea credits her GBMC care team with listening to her needs and coordinating her care to get her health back on track, ultimately lowering her A1C nearly five points from 11.7 to 6.9! Everyone from her doctors, nurses, dietitians, care manager, and office staff provided her with the attention needed to manage her overall health and help her return to a full and active life.

Through her diabetes experience, Arvea realized the benefits of getting her primary care at GBMC. "I love GBMC. I've had all three of my kids here, and now my primary care is here. I have a tag team...people working together as a team for the common goal of seeing to it that my health becomes better."

"That makes a difference."

ARVEA'S CARE TEAM



Kathleen U. Mathey, MD
Family Medicine



Anne Conrad, RN
Care Manager



Derica Mayfield
Care Coordinator



PAT'S STORY

"In addition to medical care, volunteers bring me food, which is helpful when you have limited mobility."

"I have chronic lymphedema and other health issues that limit my mobility. Before I began the Elder Medical Care program, I was in and out of hospitals, ERs and rehabilitation. I had so many doctors appointments—I had to get bloodwork, sonograms and physical therapy. Trying to get to my appointments was so tedious and tapped my strength.

My doctor suggested Elder Medical Care, and it was one of the best things he could have done for me. Gilchrist makes care readily available by coming to me in my home.

When my nurse practitioner Jennifer [Castello] visits me, she does a total assessment, checks to see how everything's going and asks about any problems. She takes her time and is very thorough. She helps guide me in how to take care of myself the best I can. She will spend extra time with me to just talk. My health is monitored closely so I can stop worrying and live the best life I can.

She also prescribes medications and communicates with my other doctors, which is so helpful. When I call, I can speak to someone right away. That makes a tremendous difference. It puts my mind at ease. Having the right group of medical people working with you makes such a difference. I was very surprised when I learned about the program. When I heard "Gilchrist," I automatically assumed hospice, but that's not what this program is. I never knew they had a medical program for the elderly. It has been a blessing for me."

"It's nice to have someone help you without having to ask."



PAT'S CARE TEAM



Jennifer Castello, CRNP
Gilchrist Nurse
Practitioner



Sharon Mitchell
Medical Assistant and
Medical Secretary



Amy Hewat, LMSW
Social Worker, Elder
Medical Care at Home



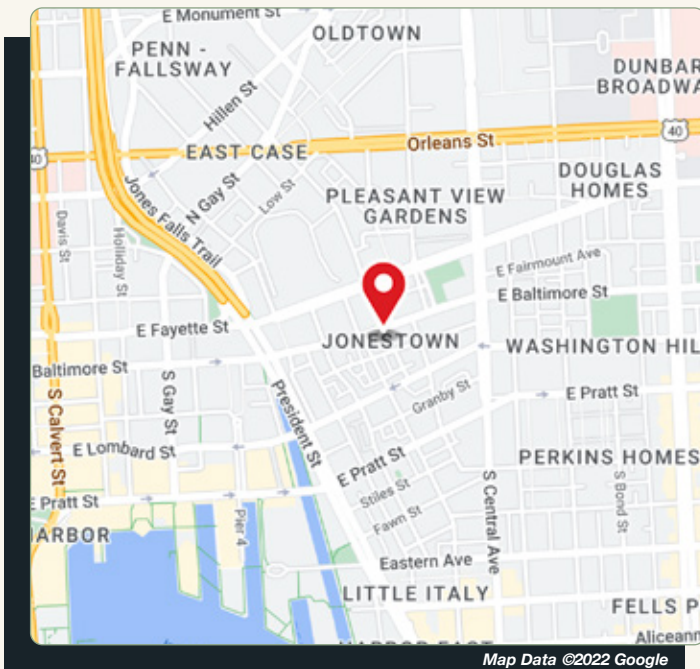
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Baltimore, Maryland 21204

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WHERE WE'RE LOCATED



1017 E. Baltimore St.
Baltimore, MD 21202
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[GBMC.ORG/BALTIMORECITY](https://gbmc.org/baltimorecity)



Elder Medical Care at Home:
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