

## **ALL ARE INVITED:**

### **WORKSHOP: *Shape Shifting: Exploring a Range of Retirement Choices***

**WEDNESDAY, SEPTEMBER 20, 6:30 – 8:30 pm**

**– Vacccaro's Italian Pastry Shop, 222 Albermarle St., Little Italy**

### **MODERATOR:**

Kimberly A. Skarupski, PhD, MPH

Senior Associate Dean for Faculty Development, Office of Faculty, School of Medicine

Professor, Department of Medicine (Division of Geriatric Medicine and Gerontology)

Professor, Epidemiology, Bloomberg School of Public Health

The Johns Hopkins University School of Medicine

### **PRESENTERS:**

#### **David B. Hellmann, MD, MACP**

Dr. David B. Hellmann is a Professor of Medicine at Johns Hopkins, where he served as Chairman of the Department of Medicine at Johns Hopkins Bayview, and as Vice Dean for Johns Hopkins Bayview Campus. He is currently Director of the Johns Hopkins Center for Innovative Medicine. Dr. Hellmann is a rheumatologist who had the privilege of serving as Governor for the Maryland Chapter of the American College of Physicians (ACP). He's very proud of being designated as a Master of the ACP.

#### **Frank A. Sparandero, MD, MPH, FACP**

After completing undergraduate studies at Manhattan College, Riverdale NY and medical school at SUNY Downstate in Brooklyn, NY, Dr. Sparandero returned to his hometown for internship and residency in internal medicine at Staten Island University Hospital. He then began a 44 year career as a general internist, starting out in solo practice in central New Jersey. His interests shifted from caring for individual patients and families to including practice for specified populations and workers at Ethicon and Ortho Diagnostics, Merck & Co, and as a flight surgeon for the US Air Force. He interrupted his practice activities for 2 years to work as a full-time faculty member and research associate investigating physiologic effects of decompression at the University of Pennsylvania. His interest in the importance of physician involvement in leadership for medical education and healthcare administration led to management positions at community hospitals in New Jersey and Pennsylvania. Looking ahead to a change in location and a return to patient care, he moved to Maryland to direct the primary care practice at Aberdeen Proving Ground. When he decided to switch to part-time

work, he spent a year teaching health professional students and non-science majors at a local community college.

This motivated his return to patient care and medical teaching and he then began a part-time practice and faculty position at Sinai Hospital of Baltimore, retiring in 2021. Currently, he continues with a busy volunteer assignment as an on-air radio host and writer/announcer for health promotion topics. In addition, he devotes time for committee work with MedChi and the Maryland ACP chapter.

### **Margaret Brennan, MD, FACP**

Dr. Margaret M. Brennan is retired from the Hopkins Cardiology faculty. The illness that prompted retirement also inspired her volunteer work as the patient co-chair of the Sidney Kimmel Patient and Family Advisory Council (SKCCC PFAC). Building partnerships within SKCCC to promote patient centered care has been rewarding. She will be a speaker at the National Oncology PFAC meeting to be held at Memorial Sloan Kettering in September.

### **Sharon Dlhosh, MD, MPH, FACP**

Dr. Sharon Dlhosh is an Assistant Professor of Medicine at Johns Hopkins. She enjoyed a thirty year practice of General Internal Medicine, primarily at Johns Hopkins Community Physicians. She cared for a diverse and mostly elderly population which earned her a place in the Johns Hopkins Community Physicians Academy of Clinical Experience. Her love for teaching motivated her to precept Hopkins Internal Medicine Residents and Medical Students. She piloted and launched a fourth year Advanced Adult Ambulatory Clerkship. In retirement, she continues in her role as Assistant Director of this Clerkship and has been a preceptor and Assistant Director of the Longitudinal Ambulatory Clerkship for 14 years. She was inducted by the JH Medical Student body into the Distinguished Teaching Society and has been recognized by her clinician educator peers for Outstanding Achievement in Teaching by a part-time faculty member. She was honored with the Professors' Award for Excellence in Teaching. During the pandemic, she joined the JH Telemedicine Education Consortium and created a Video Library of Telemedicine Skills and Best Practices for Clinicians. Dr. Dlhosh was a co-presenter of an ACP Webinar on Video Visits: Beyond the Simple Cases. Last year, she presented Telehealth Clinical Skills Training to a global audience of Peace Corps Medical officers in Washington, DC. Her Peace Corps Volunteer Service in Chad, West Africa in the 1970's was the inspiration for her career in medicine.