



The Horsemen's Newsletter

August 2015

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MJC, MTHA INTRODUCE LANDMARK NEW HEALTH SYSTEM

Maryland Jockey Club, in conjunction with Maryland Thoroughbred Horsemen's Association, is proud to announce MedStar Health as the official medical partner of Maryland racing. MedStar will also serve as the official physicians for the innovative Horsemen's Health System, which will provide routine and critical care to Maryland's licensed horsemen and jockeys.

"We are extremely excited to partner with MedStar Sports Medicine," said MJC President Sal Sinatra. "Our priority has always been to provide our jockeys and horsemen with a large network of the best sports medicine specialists and we believe this affiliation accomplishes that."

The Horsemen's Health System is a creative and modern approach for a health platform that is unrivaled in the racing industry and puts Maryland racing's medical care on par with other professional sports in the region. This new system will allow licensed horsemen and jockeys to take advantage of the vast MedStar network for their medical care.

Physicians will be available for walk-ins and appointments on racedays from one-hour prior to the first race until the completion of the last race in a new professional setting at Laurel Park. On dark days, MedStar physicians are located within a short few miles of both Laurel Park and Pimlico with hours 365 days a year.

MTHA's Racetrack Representative Diana Pinones will function as the health administrator for the program and will organize access to the system in English and Spanish. In addition, the new platform will offer a

streamlined prescription refill process along with an advanced medical records system (EMR). This sophisticated EMR system will allow external MedStar specialists access to patients records if continuing care is necessary.

Transportation to external providers will also be made available free of charge to horsemen via UBER® ridesharing service if need requires.

More than 55 sports organizations (including the Baltimore Ravens, Washington Nationals, Chesapeake Bayhawks, Washington Capitals, Washington Wizards, Baltimore Blast, and US Lacrosse) have chosen MedStar Sports Medicine as their official medical team.

"MedStar Health is known nationally for their advanced patient care," said MTHA President Tim Keefe. "We're looking forward to partnering with them and using their medical expertise to keep our horsemen healthy."

MedStar Sports Medicine, an initiative integrated throughout

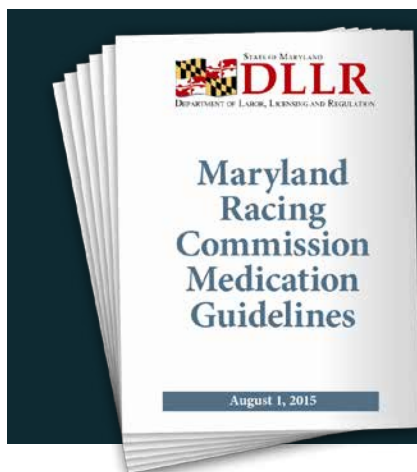
MedStar Health, is one of the premier sports medicine programs in the country, offering the latest advancements in sports medicine technology. MedStar Sports Medicine has grown to include more than 43 physicians, a team of certified athletic trainers and a network of nurses, therapists, nutritionists, and other clinical support associates at MedStar's 10 hospitals and its network of community-based healthcare facilities.

In addition, MedStar conducts cardiovascular and head injury research for the National Football League, and offers a sports medicine fellowship

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MedStar Sports Medicine



New Medication Guideline Booklets Available

MTHA, in conjunction with the Maryland Racing Commission, has printed a new, updated version of *Maryland Racing Medication Guidelines* to be used as a reference for horsemen.

The guidebooks, dated August 1, 2015, reflect the latest medication recommendations as part of the National Uniform Medication Program, an effort that began in the Mid-Atlantic region more than two years ago.

Booklets may be obtained by horsemen in the Laurel Park racing office, the MTHA office, by visiting www.mdhorsemen.com or by calling 410-902-6842.

Introducing Counseling Administrator **Jasmine Arian**

It might be the best pairing since American Pharoah and Victor Espinoza. The Horsemen's Counseling Program and its new assistance coordinator, Jasmine Arian, appear to be made for each other.

Arian, 24, knows her way around a racetrack. She's engaged to Oscar Mancilla, the son of jockey Oscar Mancilla (yes, they both have the same name). So when the HCP job became available she immediately showed an interest.

"My passion is having a career to help people," Arian said. "When I saw this job, I thought it would be an excellent fit. I know a lot about the track."

Arian started working for the HCP officially on July 1, taking over from recently retired Bill Borchardt, who married and moved to Alabama. While Borchardt actually did individual counseling sessions on a part-time basis, Arian will instead assist horsemen full-time to find professional help for what they need.

The Horsemen's Counseling Program, which is a cooperative effort between MTHA and Maryland Jockey Club, assists racetrack employees who are dealing with personal, family and work-related situations that may be troubling. The coordinator provides services and resources to assist in dealing with a wide variety of problems including: stress, depression, family problems, marital conflict, anxiety, grief, alcohol or drug abuse, financial concerns and legal issues.

Grooms, hotwalkers, jockeys, trainers—anyone working on the backstretch—can go to the HCP coordinator at Laurel Park or Pimlico Race Course to seek help. And trainers, worried about an employee, can ask the coordinator for help with an employee. In all cases, conversations with the HCP coordinator are private and protected in each individual's personnel file.

Arian will be working toward her full accreditation to become a licensed counselor later this year after getting married in September. "I have my bachelor's degree from Towson University in psychology and will help coordinate an assessment to determine problems and the kind of care individuals need. I've been here two months and it has been busy, but I want to

do outreach and make sure people know I'm available for whatever they may need."

Arian is in her Laurel Park office on Mondays, Wednesdays, Thursdays and Fridays from 9 a.m. to 4 p.m. The office is located on the backstretch in the new dorms building. She is also at Pimlico on Tuesdays from 9 a.m. to 4 p.m. in the MTHA's office located near the Racing office.

The new coordinator said she has an open door policy, so people can simply walk in, or they can make an appointment by calling Arian at 301-776-0404 or MTHA Racetrack Representative Diana Pinones at 410-902-6844, for Spanish speakers.

The HCP has been working toward a drug-free environment for a long time and Arian said she is already working to coordinate drug and alcohol treatment programs with Hope House in Laurel and with alcohol and narcotics programs. She added she plans to set up at least one bilingual Alcoholics Anonymous meeting a week at Laurel Park, helping to solve possible language issues and a prevalent transportation issue.

People already have been coming to the new coordinator to help them enroll in health care, Medicare and Medicaid and Arian is personally taking employees to social services offices when necessary, and helping them fill out paperwork.

Arian clearly wants to be of service.

"I think one of the things that helped me get this job is that I went in with a lot of confidence that I could really help the employees. That's what I want to do," she remarked. "My door is open. People can just walk in or they can call. The Horsemen's Counseling Program has had the same phone number for years, 301-776-0404. I'm here and ready to help."



➔ *Continued from cover*

program for orthopedic surgeons to learn the art and science of sports medicine.

Treatment of concussions and head injuries will be a major focus of the new program. Medical Director Dr. Frank P. Dawson IV (pictured), who also functions as team physician for the Baltimore Ravens and Morgan State Football, will be implementing advanced, clearly defined concussion protocols for jockeys and horsemen alike in the first few months of operation.

"Concussions are a major problem facing professional sports in this country," remarked Dr. Dawson. "Medstar is a leader in the diagnosis and treatment of traumatic brain injury. Our expert sports medicine team, as well as our vast network of sub-specialists, will enable us to provide Maryland jockeys and horsemen with the same level of care that our local professional sports teams receive."

The Jockey's Guild, Inc. was consulted in the development of this program and National Manager Terry Meyocks is eager to see the changes.

"The new Horsemen's Health System is a major leap forward and we greatly appreciate the consideration of MJC and MTHA," said Meyocks. "Our jockeys are top-notch professional athletes and it's exciting to see their health care reflect their professionalism. We look forward to working with MedStar and their medical staff."

The partnership with MedStar will begin with the Laurel Fall meet, which gets under way on Saturday, September 12.

Free Health Fairs Coming In August

Mark your calendar now for Maryland Horsemen's Health Fairs in August at Laurel Park and Pimlico.

Dates are: Monday, Aug. 17: 9:30 a.m. to 12:30 p.m., Laurel Track Kitchen and Wednesday, Aug. 19: 9:30 a.m. to 12:30 p.m., Pimlico.

For further information contact Bobby Lillis at (410) 902-6843.

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MTHA

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News Clips

Assistance Fund Receives Grant

Thoroughbred Charities of America has awarded a grant to the Maryland Horsemen's Assistance Fund Inc., the organization that provides extraordinary benefits to backstretch employees in need.

TCA distributes grants to several categories of Thoroughbred industry related non-profits including rescue, rehabilitation and adoption organizations, as well as education and backstretch programs.



Scholarship Deadline

Sept. 12 is the deadline to apply for aid from the Maryland Thoroughbred Scholarship Fund which is administered by the Maryland Racing Media Association.

Individuals employed on the backstretch at Maryland tracks or at farms, training centers or vet clinics in Maryland, and enrolled this fall in college or graduate school, will be considered for these scholarships. More than \$20,000 is available this year through the fund.

Applications are available in the track kitchens and in the MTHA office at Laurel. They may also be downloaded from MTHA's website at www.mdhorsemen.com.



Recreation Report

Dan Mangum
410-802-5798

Bowling

The MTHA Bowling Tournament was held in June at AMF Laurel Lanes. The final results for two games were: 1st: Edmond Benson (370), 2nd: Robbie Bailes (369) and 3rd: Tink Brookmartin (324).

Thanks to all who participated. We are organizing three-person bowling league to begin in September. Please call Dan for more info.

Soccer Results

The five-week summer soccer tournament championship match was held on Sunday, June 28 with *Rinconada F.C.* scoring two late goals to defeat *Lucy F.C.* 3-1. The award ceremony followed with Fernando Avina earning the MVP Award and the rest of the team being awarded individual trophies for their achievement. This MTHA-sponsored event was followed by a picnic for over 150 attendees! Thanks to all who participated especially Francisco Saez for all his assistance.

Baseball Tickets

Orioles ticket package winners were as follows: 7/2-Libby Butts, 7/10-Francisco Saez, 7/27-Gary Capuano, 7/30-Edardo Garcia, 8/15-Alex Casarez en Eduardo and 8/18-Veronica Singleton.

Bowie Baysox ticket distribution is going well. There are a few games still remaining. Please sign-up at the track kitchens or call Dan Mangum for additional info.

Pickup Softball

The MTHA summer pickup softball games were very well attended with an average of 40-50 players participating each week.

The 5-week event ended on July 27 with two nail-biting games between *Team Tullock* and *Team Bernardini*. *Team Tullock* won each contest with late inning rallies.

We would like to thank J.D. Brown for all of his help with this league.

Backstretch Appreciation Day

The ever popular MTHA Backstretch Appreciation Picnic will be held on Monday, August 31. Food will be catered by Russell Clark and will include pit ham, pit beef, barbecue chicken, potato salad, cole slaw, baked beans, refreshments and more.

There will be many door prizes up for grabs so no one will leave disappointed. Music will be provided by Carlyle Entertainment.

Please note that this year's event will be held at a NEW location behind Laurel's track kitchen on the grassy area.

All trainers, hot walkers, assistant trainers, exercise riders, grooms, jockeys, etc. and their families are invited.

MTHA Golf Tournament

Mark your calendars for Monday, September 28th for the MTHA Fall Golf Tournament at Walden Country Club. Call Dan to register.

Golden, Quade Honored by MRMA

Richard Golden's (pictured) first memory of horses was going to summer camp when he was 7 years old and discovering his favorite activity was going to the stables every day where he learned to ride and take care of the horses.

A sweet beginning for a man who eventually would become the owner of Northview Stallion Station in Chesapeake City, its sister farm in Peach Bottom, Pa., Maryland's leading sire Not For Love and Sycamore Hall Farm, also in Chesapeake City. Now, Golden has been named the recipient of the Maryland Racing Media Association's Humphrey S. Finney Award.

The award is named for the founding editor of *The Maryland Horse* magazine, who was also past president of the Fasig-Tipton Co. It is the most prestigious honor given by the MRMA and comes in recognition of lifetime contributions to horse racing in Maryland.

Maryland Racing Commission chairman Bruce Quade also has been selected to receive MRMA's Nancy Alberts Newsmaker Award, and new national Hall of Fame inductees trainer King Leatherybury and Xtra Heat have been named recipients of the MRMA Dale Austin Newsmaker Award. The awards

will be presented in November at the MRMA's annual crab feast at Laurel Park.

Golden was overwhelmingly selected for the Finney Award that has been given since 1984.

"It was by acclamation," says Frank Vespe, MRMA vice president. "I can't remember who made the proposal, but once he was suggested everyone agreed it was a great idea. It's a lifetime achievement award and we thought it was a good time to do it with [Maryland's leading sire] Not For Love being retired this year and with Northview's breeding history in the Mid-Atlantic.

"Northview, Richard, Not For Love - they've had a huge impact on racing."

Not For Love, Vespe pointed out, is one of few stallions to garner not only a regional reputation in the Mid-Atlantic, but a national one, as well.

Despite Golden's early enjoyment of horses at camp, he didn't grow up working with them and didn't discover his love of Thoroughbred racing until 40 years ago, when he was 36.

Continues at mdhorsemen.com ➔



When will the new program begin?

September 13.

When will I be able to see a doctor?

MedStar physicians will be able to see walk-ins and patients with appointments from one hour before the first race until the conclusion of the last race.

Also on non race days, MedStar physicians will be accessible off site by appointment.

What does the program cost?

There is no cost to horsemen for routine medical care provided.

Do I need insurance?

There is absolutely no insurance requirement to utilize the new program.



HORSEMEN'S HEALTH SYSTEM

Do I need to make an appointment to access the new system?

Appointments are preferred for on-site care, however not required to see a doctor on race days. Appointments are required for off-site care.

How do I make an appointment?

For appointments to see a MedStar physician, call 410-902-6844 in English and Spanish.

Where is off-site care offered?

Off-site care is offered at two MedStar facilities within a few miles of Pimlico and Laurel.

Dr. Armstrong: 14201 Laurel Park Dr. (open Mon - Fri, 9 a.m.-5 p.m.).

MedStar Prompt Care: 1419 Reisterstown Rd. (open Mon - Fri, 8 a.m.-8 p.m. and weekends and holidays, 8 a.m.-4 p.m.).

What if I need transportation?

Both off-site facilities are located within easy reach of Pimlico and Laurel Park.

If you require transportation to or from your appointment, please note this when calling for the appointment and transportation will be provided free of charge via UBER® ridesharing service.



MTHA

500 Redland Court, #105
Owings Mills, Maryland 21117

August 2015



Backstretch Appreciation Day

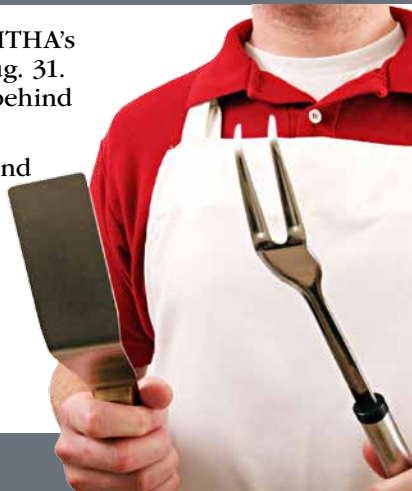
Food, fun and fellowship will highlight the MTHA's Backstretch Appreciation Day on Monday, Aug. 31. The event will take place in the grassy area behind the track kitchen at Laurel.

Everyone's favorites will be served: pit beef and roasted pork, chicken and salads, catered by Russell Clark. Soda will also be provided.

Door prizes will be distributed.

All backstretch personnel and their families are invited to attend free of charge.

Backstretch Appreciation Day honors the unsung heroes of our industry.



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Monday, August 31 • 1-4 PM