



Bring your healthcare team home.

At Home Harmony Insights

August 2026

PHYSICIAN-LED CARE

Meet the physicians behind your care

Experienced physicians, specialist expertise, and one coordinated plan - built around the needs of older adults and their families.

Care Model Spotlight

Why Physician Involvement Matters

At Home Harmony cares for older adults whose health needs may include several chronic conditions, frailty, dementia, complicated medications, or a recent hospitalization. In these situations, even a small change can affect the whole care plan.

That is why our physicians are closely involved not only as practice leaders, but also as treating clinicians. They step in when a patient needs a higher level of medical oversight, work side by side with our advanced practice providers, and help the team make careful, well-coordinated decisions.

Our Treating Physicians: A Shared Commitment to Our Patients and Families

- Treat and guide our patients with especially complex medical needs.
- Collaborate with your nurse practitioners, physician assistants, and Care Concierges.
- Strengthen the clinical pathways/treatment plan for your complicated chronic conditions.
- Review charts and quality measures to keep your care consistent and safe.
- Ensure medical decisions are connected to your medications, referrals, labs, and family communications.

For patients and families: You have a familiar day-to-day team backed by physicians who can review the full picture, step in when care becomes more complex, and help guide difficult decisions.

Harmony Physician Spotlight

Two seasoned physicians lead our practice and directly support you.

John Gilstad, MD, FACP, CMD

Chief Medical Officer

Dr. Gilstad is a board-certified internist and geriatrician with a deep commitment to older adults, particularly people living with complex medical needs and dementia. He completed his geriatric medicine fellowship at Johns Hopkins and brings extensive leadership experience from his career as a U.S. Navy physician.

Stanley Smith, MD, FACP

Home-based Medical Provider

Dr. Smith is board-certified in internal medicine and critical care and has more than 35 years of experience in private practice and academic medicine. His background includes diabetes management, complex internal medicine, critical care, and more than two decades teaching medical students and residents.

How Dr. Gilstad and Dr. Smith support your care

- Provide direct physician care for complex patients.
- Bring geriatric and dementia expertise to the care plan.
- Lead clinical quality, chart review, and care pathways.
- Bring seasoned judgment to chronic disease management.
- Partner with our advanced practice provider on difficult decisions.
- Perform a review of all your medications to oversee your entire pharmacotherapy regimen.
- Collaborate with your specialist physicians.
- Focus on comfort, dignity, and independence at home.

A reassuring model: Your nurse practitioner or physician assistant and Care Concierge remain familiar, regular contacts. Physician involvement increases when needs become more complex and adjusts as the care plan stabilizes.

Welcome, Dr. Kelsey Salley

Joining September 1: Our First Embedded Specialist

Kelsey Salley, MD

Endocrinologist

Dr. Salley is board-certified in endocrinology, diabetes, and metabolism and brings more than 14 years of private-practice experience, along with broad training in internal medicine. She is well known in the Richmond medical community and has expertise in diabetes, thyroid disorders, osteoporosis, and other hormone-related conditions.

A Higher Level of Clinical Quality

Dr. Salley is the first specialist to be embedded directly in our practice. Her addition strengthens clinical quality by bringing advanced endocrine knowledge into the same team that already understands each patient's health history, medications, home environment, and family goals.

- **Specialist insight within one team** – Complex endocrine questions can be considered alongside the rest of the patient's medical needs. Dr. Salley can work with your endocrinologist to help coordinate your care plan.
- **More connected decisions** – Physicians, advanced practice providers, pharmacy, and Care Concierges can work from one coordinated plan.
- **Focused support for common concerns** – Dr. Salley's expertise includes diabetes, thyroid disease, osteoporosis, and bone-health needs.
- **Added attention to safety and function** – Stronger osteoporosis and fall-risk strategies can help support independence at home.

What this may mean for you: If your care involves diabetes, thyroid disease, osteoporosis, or another endocrine concern, your At Home Harmony team may draw on Dr. Salley's expertise. Your personal care plan and any outside referrals will continue to be based on your individual needs.

How Your Care Moves Through the Team

Our connected path – with deeper expertise available at every step

At Home Harmony's pod model is designed to give patients and families both a trusted everyday team and ready access to deeper clinical expertise.

A familiar everyday team - backed by deeper clinical expertise when you need it.

What better coordination can feel like: A clearer plan, fewer handoffs, consistent caregiver support, and care that considers medical, medication, functional, and home needs together.

Please Keep Us Informed

Contact your care team when you notice a meaningful change - such as new or worsening symptoms, a fall, a hospital or emergency-room visit, a major change in blood sugar, a new medication, confusion about the care plan, or growing caregiver strain.

You do not have to navigate complex care alone.

Contact us to schedule a referral or to refer to a potential patient.

(833) 533-7177

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