



Caring for Our Community

| CONTINUING OUR COMMITMENT

After more than 63 years of service, Suburban Hospital outreach efforts are redefining health and wellness for Maryland residents. Our

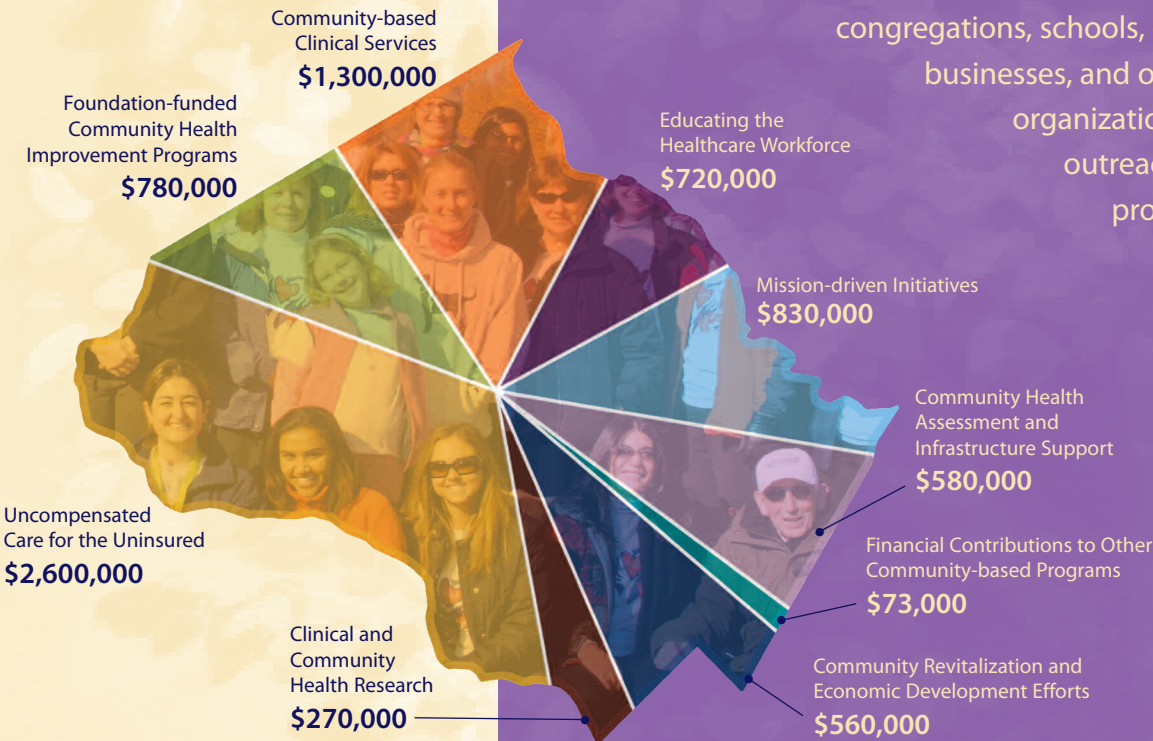
commitment is to provide proactive education and screening to advance the overall health status of our Montgomery County community and beyond. In fact during 2006, in conjunction with the expansion of our cardiac services, Suburban Hospital broadened its community outreach activities to benefit thousands of additional southern Maryland residents.



Building healthier communities comes from creating stronger, more positive relationships that cross racial, economic, geographic, and ideological lines. Through partnerships with civic groups, congregations, schools, governments, coalitions, businesses, and other nonprofit

organizations, Suburban Hospital's outreach and charity care programs reach individuals who otherwise might not have access to quality healthcare.

During fiscal year 2006, Suburban Hospital dedicated \$7.7 million to strategic initiatives designed to benefit the community.



Community Health in Action

Setting the standard for excellence in community wellness means giving citizens the information and tools they need to take better care of their own health. Suburban Hospital's Community Outreach Department accomplishes this goal in a variety of ways.

Through thousands of community events, health screenings, and health fairs, outreach staff provide education on everything from healthy cooking to cancer detection and treatment. With programs as diverse as the population the hospital serves, every effort is aimed at improving the health and quality of life of all citizens.

In addition to Suburban's targeted community events, the hospital hosts monthly blood pressure screenings and physician seminars at such locations as the YMCA, community centers, and senior living facilities, with more than _____ people taking advantage of these activities in fiscal year 2006.

Worksite health and wellness is another area of focus in Suburban's community outreach efforts. Partnering with companies such as Lockheed Martin,

Marriott International and Discovery Communications, and with local government offices and senior centers, Suburban's Wellness staff members bring health seminars, screenings, and health-education classes directly to the area's workforce in an effort to encourage healthier lifestyles.

Suburban's WellWorks classes are an excellent way to learn about staying healthy and fit. Strategically located throughout the county to reach the most participants, these classes include everything from smoking cessation to Tai Chi and strength training to nutrition and weight management.

All told, in FY06, **Suburban Hospital dedicated nearly \$1.3 million hospital-based funds to community health service programs, plus an additional \$781,000 in Foundation-based activities.** Suburban Hospital is affiliated with 33 health coalitions, partnered with over 30 elementary, middle, and



One of nearly 300 Senior Shape strengthening programs held during 2006.

high schools, and conducted wellness programs in collaboration with over 20 corporate companies encompassing over 20 zip codes throughout Maryland and Washington, DC. Suburban Hospital's Community Outreach Department alone conducted 1,900 community health activities reaching nearly 200,000 individuals.

We value our partnership with you and are grateful to you for touching the hearts of each one of these families.

Linkages to Learning School-Based Health Center

Expanding Outreach to New Communities

Healthcare providers are often recognized as being at the heart of the community due to the care, services, and resources they provide. For Suburban Hospital, never has

this role seemed more central than in the past year, as we celebrated the opening of the NIH Heart Center – a program that has the power to shape the outlook of

healthcare services across the region. Recognizing the broader impact of the Heart Center, Suburban Hospital made a commitment to expand its outreach and

prevention efforts beyond Montgomery County, promoting heart-healthy lifestyles throughout Prince George's, Calvert, Charles and St. Mary's counties in southern Maryland. Employing a grassroots approach, the team conducted health fairs, seminars, and provided screenings and education in community centers and places of worship. **In just six months and through nearly 20 events, Suburban Hospital reached more than 6,000 southern Maryland residents, with more than 75 percent living with higher-risks.**



Cindy, If caption is ok here, I will lighten gravel to make it easier to read.

Eliminating Health Disparities

A key aspect of Suburban Hospital's community outreach vision is to provide needs-based health education and wellness services with a special focus on minorities and the uninsured. To reach these at-risk populations, Suburban Hospital collaborates with organizations that have recognized relationships in these communities.

Examples include partnerships with local community clinics, pockets of underserved and low-income neighborhoods, Montgomery County community centers, places of worship, and specific county-appointed health coalitions.

During fiscal year 2006, two top areas of focus included reaching out to minority individuals who may be at higher risk for colorectal cancer and providing diabetes education to Latinos. In partnership with the Montgomery County Cancer Crusade, **Suburban Hospital was able to conduct 45 health education screenings for colorectal cancer, reaching more than 1,500 individuals.**

Likewise, a grant from the Quality Health Foundation allowed Suburban Hospital the opportunity to partner with Clinica Proyecto Salud, a Montgomery County safety net clinic in Wheaton, Maryland, to collaborate on a comprehensive Diabetes Education Program. Through screenings, outreach and education classes, more than 1,600 Latino individuals learned about disease risk, prevention, and management. To provide ongoing assistance, the Community Outreach team also produced and distributed a Latino Type II Diabetes Prevention Training Manual for community-based health educators.



Suburban Hospital offers free eye screenings at the Ama Tu Vida community health fair held this fall at Wheaton Regional Park.



One of nearly 300 Senior Shape strengthening programs held during 2006.

Improving Access to Care

Understanding that access to care is often the biggest hurdle for the uninsured, Suburban Hospital's commitment to the community includes various programmatic strategies specifically aimed at reaching populations that otherwise might not receive healthcare services. In addition to assuring that all screenings and outreach education programs are provided without regard to immigration or insurance status, Suburban Hospital has long provided free diagnostic, outpatient, and inpatient health services to Mobile Medical Care, Inc., a clinic that provides free to low-cost medical care for the uninsured. Since 1995, Mobile Med has expanded from 7 to 19 clinics, which in turn has expanded Suburban Hospital's contribution from an average of \$150,000 to nearly \$800,000 in FY06. Moreover, Suburban Hospital provides these same free services and more to additional community clinics throughout Maryland, reporting **\$2.6 million in charity care and mission driven health services last year alone.**

As an additional community benefit, Suburban Hospital's Outreach Department often assists new, undocumented county residents in finding appropriate resources, obtaining insurance through Medicaid, or locating sources of additional free medical care. By compiling and distributing a free, 12-page resource guide, community residents are able to more easily navigate what could be a frustrating system of organizations that offer discounted health services.



Caption

We appreciate the health screenings and activities [you provided] to support our employees in obtaining good health.

Engaging Our Youth and Seniors

Service for Youth

When young people are organized and engaged with a vision for social change, they can be a very powerful force for a healthy future. With that in mind, Suburban Hospital's youth projects encourage the young leaders through a wide array of activities. For instance, the Medical Venturing Program affords high school students who are interested in pursuing medical careers a real-life training opportunity to observe and experience several different facets of the medical profession, including important grass roots community service projects. Likewise, the Safe Sitter Program,

I wanted to take a moment to share my gratitude — you helped to educate our community and encouraged child[ren] to dream.

YMCA Health Kids Day 2006

instructed at six middle schools, teaches 11-13 year olds the importance of safe babysitting and encourages responsibility of caring for children.

It has been said that parenting is the most difficult job, and for the past three years, Suburban Hospital has partnered with the YMCA to bring parents valuable tools for raising children. When addressing the positive growth of healthy teens, it is vital to draw from community resources, incorporating the aid of community-based and civic organizations, corporations, the public sector, churches, parents, and other neighborhood resources. Empowerment education is an effective health education and prevention model that promotes healthy change in both personal and social areas for our community's youth.

Strength for Seniors

Similar to the empowerment strategies for the community's young people, Suburban Hospital's community Outreach Department engages the senior population by encouraging active and healthy lifestyles. In FY06 Suburban Hospital



The Montgomery County Business Roundtable for Education (MCBRE) recently honored Suburban Hospital with the Business Champion for Children award for its long-standing relationship with Ashburton Elementary School. The award recognizes a local business that makes an extraordinary impact on the lives of county students.

funded nearly 300 free Senior Shape strengthening and flexibility classes and 240 mall walking programs reaching regular program participants over 30,000 times!

Community Outreach also conducts monthly blood pressure screenings at 10 local senior living and community centers each month to afford individuals the opportunity for consistent health monitoring, as well as education and prevention counseling. Through mission driven health services such as Suburban's ElderWell program, which empowers seniors to maintain independence by managing chronic health conditions, **Suburban has more than doubled its FY05 contribution from \$41,737.00 to \$164,570.65 in FY06.**

Special Benefactors Aid Outreach Efforts

Suburban Hospital is able to reach beyond its walls to provide beneficial community outreach services effectively thanks in part to the commitment and generosity of several donors. Earnings from the J.B. and Maurice C. Shapiro Endowment for Women's Health and the Frederick H. Bowis Community Health Endowment funded health education and outreach activities focused on women's health and emergency preparedness, while the Clark-Winchcole Foundation supported efforts aimed at low-income and uninsured residents throughout Montgomery and Prince George's counties. Additionally, special recognition is extended to the Susan G. Komen Foundation for providing funding to conduct breast cancer screenings, and to the Sidney J. Malawer Foundation for dedicating resources to conduct vital skin cancer screenings at no-cost to the community.



Travilah Elementary School students in North Potomac don hats and sunglasses at recess to protect them from the noon-day sun.

As Suburban Hospital strives set a new standard for what a community hospital should be, it will never lose sight of its mission to improve the health and well-being of the entire community. To that end, the Community Outreach Department will continue to expand existing programs and initiate new ones, especially for the benefit of those most in need.



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