

# Expanding Our Reach



Area women benefit from the Stepping Out Mall Walking program.

## A Spotlight on Community-based Caring

Being a good neighbor means taking part in caring for the community, and participating as it changes

and grows. For nearly 65 years, Suburban Hospital has embraced this responsibility as the cornerstone of its mission. Recognizing that the health of the community is



Southern Maryland residents learn the benefits of heart healthy cooking.



Montgomery County Health Officer Dr. Ulder Tillman, Infectious Disease Specialist Dr. William Davis, and NIH Biologist Dr. Patrick Murray join Suburban's Jacqueline Schultz and Rita Smith (far L and R) at an MRSA lecture.

directly tied to the health of its citizens, Suburban Hospital dedicated more than **\$10 million** in fiscal year 2007 to expand and maintain critical outreach programs and services. Through productive partnerships, affiliations, and programs, Suburban Hospital responds to the population's evolving needs, delivering health education,

wellness, and promotion services for area residents with a continued focus on underserved seniors, youth, minorities, and the uninsured.



Members of the Health Ministry Team Network provide blood pressure screening and education as part of Suburban Hospital's collaborative community outreach effort in Southern Maryland.



Walking is heart healthy for Suburban Hospital employees Melody Knapp and Andy Barrow.

Community  
Benefit Report  
FY2007

## A Commitment to Community Health

As a vital part of the community, Suburban Hospital is committed to helping improve the health and quality of life of its neighbors. One of the best ways to influence community wellness is to give citizens the information and tools they need to take better care of themselves. In fiscal year 2007, the hospital dedicated more than **\$1,783,000** to hospital-based community health service programs plus nearly **\$877,000** in Foundation-based activities.

Operating at the community level, Suburban Hospital has affiliated with **33** health coalitions and associations; partnered with more than **30** elementary, middle, and high schools; and conducted wellness programs in collaboration with more than **15** corporate companies encompassing over **20** zip codes throughout Maryland and Washington, DC. Through these relationships, Suburban Hospital's Community Health and Wellness Department conducted nearly **2,350** community health activities in 2007, reaching more than **175,000** citizens.

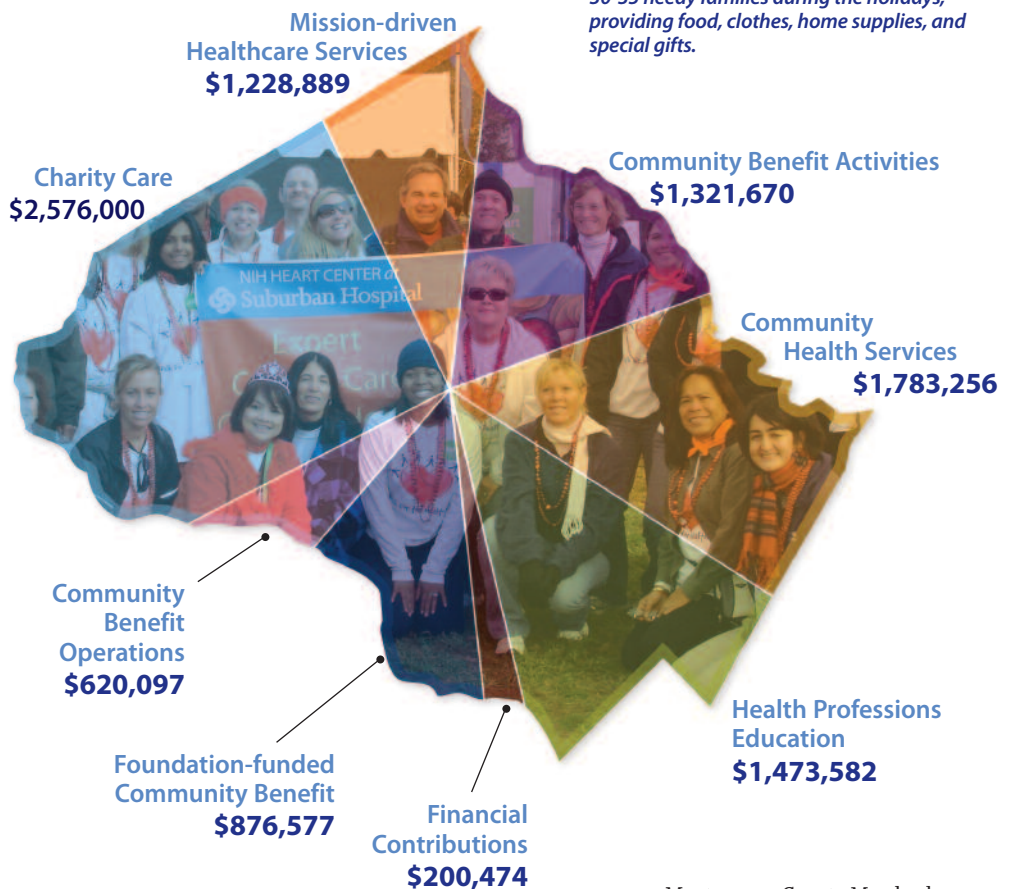


*In partnership with Montgomery County Public Schools, Suburban Hospital adopts 30-35 needy families during the holidays, providing food, clothes, home supplies, and special gifts.*



## Thanking Our Benefactors

The success of any community or neighborhood relies on the many, varied contributions of its residents. At Suburban Hospital, we recognize that our community outreach programs and services would not be possible without the commitment and generosity of several donors. Suburban Hospital is grateful to the J.B. and Maurice C. Shapiro Endowment for Women's Health and the Frederick H. Bowis Community Health Endowment for funding health education and outreach activities, and to the Clark-Winchcole Foundation for supporting efforts aimed at low-income, uninsured residents throughout Montgomery and Prince George's counties. Our appreciation also goes to the Susan G. Komen Foundation for providing funding to conduct breast cancer screenings and to the Sidney J. Malawer Memorial Foundation for dedicating resources to conduct vital skin cancer screenings at no cost to the community.



Montgomery County, Maryland

## Improving Access to Care through Safety-net Partnerships

For many of Suburban Hospital's neighbors who struggle without insurance or adequate resources, access to healthcare remains the biggest hurdle. In an effort to help residents navigate the complex healthcare system, Suburban Hospital's health and wellness team remains engaged with county health services and safety-net clinics.

Since 1995, Suburban Hospital has provided free cardiovascular diagnostics such as EKGs, MRIs, and CT scans, interventional and diagnostic radiology, laboratory as well as inpatient services to Mobile Medical Care, Inc., a clinic that provides free or low-cost

medical care for the uninsured. The hospital also links volunteer physicians, registered dietitians, and nurse practitioners to serve MobileMed patients. In the past 12 years, MobileMed has expanded from 7 to 22 clinics, which in turn has expanded Suburban Hospital's contribution from an average of \$150,000 in free diagnostic services to nearly **\$500,000** in fiscal year 2007. Furthermore, Suburban Hospital provides similar free medical services to additional community clinics throughout Maryland. Last year, Suburban Hospital reported **\$2.6 million** in charity care and mission-driven health services that help improve access to care.

## Focusing on Minority Health Services

Montgomery County is home to one of the highest number of new immigrants than any county in the nation. As a result, the community has experienced dramatic growth in the proportion of residents belonging to racial and ethnic minority groups, many with limited



More than 60 Montgomery County high school students interested in exploring medical careers participate in Suburban's Medical Venturing program.

insurance or financial resources for medical care. Suburban Hospital's outreach staff continues to respond to this disadvantaged community population by conducting free screenings and outreach programs, and, in many cases, assisting residents in obtaining insurance through Medicaid or locating sources of additional free medical care.

For more than three years, Suburban Hospital and *Clinica Proyecto Salud*, located in Wheaton, have worked together to provide educational workshops and screenings for the Latino Diabetes Education Program. Suburban Hospital has also extended its efforts to provide access to quality

healthcare to those in need by providing free prostate and colorectal cancer screenings to *Clinica Proyecto Salud* patients. In addition, in partnership with the Montgomery County Cancer Crusade, Suburban Hospital conducted **43 Get a Check Up** programs in 2007, reaching 1,893 individuals who may be at high risk for colorectal cancer.

In total, the hospital conducted **2,196** health screenings, wellness activities, and community events in FY07, contributing more than **\$64,000** to help ensure the prevention and early detection of chronic diseases such as diabetes, hypertension, and hyperlipidemia. Of the **168,980** encounters at those events, more than half were minorities.



Suburban hospital employees, family, and friends raised more than \$25,000 to support the American Heart Association's 2007 Heart Walk!

### Community Benefit Dollars



Seven Locks Elementary school students donate puzzles, games, and educational toys to Suburban Hospital's Pediatric Center.

## Empowering Youth

One way to empower youth is to give them the education and tools they need to ensure a healthy future. That is the goal of Suburban Hospital's youth programs, which continued to thrive in 2007. From the hospital's Medical Venturing Program to the Safe Sitter Program, middle- and high-school students are provided important instruction and hands-on opportunities aimed at helping them take charge. At the elementary level, the hospital's 15-year partnership with Ashburton Elementary School was recognized when Suburban Hospital received the 2007 Business Champion for Children Award from the Partners in Business and Education Roundtable and the Montgomery County Chamber of Commerce.

Suburban Hospital also continued its *Check It Out* partnership with the Greater Washington Area Chapter of Hadassah in 2007, educating more than **4,000** young women in **21** Montgomery County public high schools about the importance of early detection for breast cancer survival.

Another way to help empower our young people is to support their parents. For more than four years, Suburban Hospital has partnered with the YMCA to bring parents valuable tools for raising children. Proceeds from popular parenting seminars, with topics ranging from how to raise a "good enough child" to easing conflicts at bedtime, were used to fund prevention services of the YMCA Youth and Family Services.



Every day, Suburban Hospital is working harder to meet the healthcare needs of a larger and more diverse community. In addition to undertaking an ambitious campus enhancement project that will allow the hospital to remain a leader in providing quality, state-of-the-art medical services, we remain dedicated to expanding our reach through community-based caring. It is through these efforts that we benefit those most in need.

## Strengthening Seniors

Montgomery County's senior community is active and strong. To keep our senior population healthy and independent, Suburban Hospital funded more than **260** free *Senior Shape* strengthening and flexibility classes and **240** mall walking programs in FY07. These programs reached dedicated participants more than **30,000** times!

In addition to encouraging active lifestyles, Suburban Hospital's Community Health and Wellness staff conduct blood pressure screenings at **10** local senior living and community centers each month. These screenings empower older adults to be more proactive in living independent, healthy lives. In 2007, Suburban Hospital held more than **80** community health seminars in various senior centers throughout Montgomery County. These programs were supported by more than **\$1 million** in program operations in FY07.



*Seniors are keeping their hearts fit with one of the free Senior Shape exercise programs sponsored by Suburban Hospital.*

## Expanding Prevention and Detection Efforts

Taking to the road to further expand outreach and prevention efforts beyond Montgomery County, our Community Health and Wellness Department's cardiovascular outreach activities in southern Maryland flourished in 2007. By partnering with area hospitals, faith-based organizations, and local community centers, cardiac disease prevention and early detection education programs for underserved community members more than doubled. Suburban Hospital supported nearly **400** health activities in FY07, reaching nearly **24,000** individuals in Prince George's, Calvert, Charles, and St. Mary's counties.



*Suburban Hospital employee Marcella Daye donates time to offer free eye screenings at the Ama Tu Vida community health fair in Wheaton, MD.*