

Benefit

Community Benefit Report 2009



For 66 years, *Suburban Hospital* has remained committed to improving the health and well-being of our neighbors and the surrounding community.

In 2009, Suburban Hospital dedicated more than **\$15.8 million** to health education programs and services, an increase of nearly \$4 million from 2008.



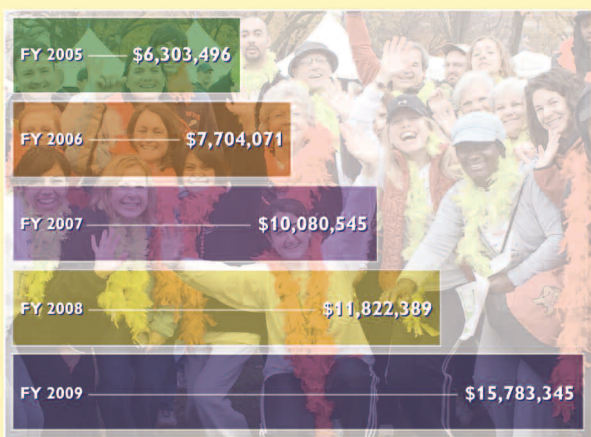
We believe that quality health care should be accessible to everyone, regardless of a person's ability to pay.

Suburban Hospital is committed to assuring access to care for all.



Through partnerships, affiliations, and programs, we work to identify health priorities and generate solutions to address the growing challenges of preventing chronic disease and **building safe and healthy communities.**

Community Benefit Dollars



Leveraging resources and establishing partnerships results in **community benefit** outcomes that are far greater than any one organization could ever achieve on its own.



Expanding access to care for the community

A Few of Our Accomplishments

- Nurses at the five HeartWell clinics—located in Langley Park, Silver Spring, Gaithersburg, Wheaton and Rockville—cared for an average 605 patients per month, totaling 7,263 preventative clinic visits.
- Since the inauguration of the Mobile Med/NIH Heart Clinic at Suburban Hospital in 2007, 776 Montgomery Cares patients have received expanded access to cardiologists, specialty diagnostic screenings, and open heart surgery.
- Suburban Hospital provided 2,561 under/uninsured patients with \$4,337,800 in medical care.
- During Cover the Uninsured Week, Suburban Hospital provided free bilingual screening, counseling and assistance with applications for Maryland residents who were without health care insurance.
- Suburban Hospital donated \$300,000 in direct support to Clinica Proyecto Salud and the Holy Cross Clinic-Gaithersburg to expand operations and medical services to care for vulnerable residents.



“For some people, [Heartwell] is their primary stop for blood pressure checks and medical advice,” says Mr. Wood.

A resident of Silver Spring, Donald Wood is 82 and for the past nine years has made regular visits to the Suburban Hospital HeartWell Clinic at Holiday Park Senior Center in Wheaton, Md. One day the HeartWell nurse noticed that Mr. Wood’s results from a routine check-up were irregular. Mr. Wood had atrial fibrillation, a heart rhythm

Some of Our Partners

Improving health through awareness

A Few of Our Accomplishments

- Suburban Hospital conducted 2,612 health education and screening sessions reaching 123,474 individuals.
- Cardiovascular outreach in Southern Maryland through the NIH Heart Center at Suburban Hospital supported 577 events, engaging 19,303 individuals in Prince George’s, Calvert, Charles, and St. Mary’s counties.
- Suburban Hospital cancer screening programs provided 521 people with access to free colorectal, prostate, breast and skin cancer screenings.
- More than 100 individuals attended G.O.S.P.E.L.’s *Recipe for a Healthy Heart Symposium*. Five local hospitals, the National Center on Minority Health and Health Disparities, the American Heart Association, members of 11 African-American churches, and others discussed heart health and participated in healthy cooking demonstrations and cardiovascular screenings.



“Every time we go there they give us recipes, and cook the meals in front of us,” says Mr. Glenn. “It teaches me how to eat sensibly and I’ve been exercising. My health has improved a whole lot and I wouldn’t miss any of the classes. I encourage more people to come out.”

On the 4th Wednesday of every month, you will find Warren Glenn, 76, of Suitland, Md., attending Dine & Learn classes at the Suitland Community Center in Forestville. He has been a regular participant since the program’s inception three years ago and never misses a class. Mr. Glenn is diabetic and has seen big changes. His blood sugar and blood pressure are both under control and he has lost 37 pounds. He switched from whole milk to skim milk, is staying away from salt and butter, is eating less meat and is incorporating more vegetables and fruits into his diet. Dine & Learn teaches participants how they can reduce complications from chronic disease by adopting a healthy lifestyle, including eating and preparing healthy foods and physical fitness. Blood pressure and cholesterol screenings are offered. Dine & Learn is a partnership with Kaiser Permanente and the Departments of Health, Parks and Recreation of Prince George’s County.

“Thank you for helping our community. Suburban Hospital services are very helpful to the Hispanic community, and checking for prostate and colon cancer is very important.”

Almost three years ago, Adrian Flores saw a flier for a free Prostate Cancer screening at the Suburban Hospital Outpatient Medical Center (SOMC) while his wife was undergoing chemotherapy. He participated in the screening and has done so every year since then. Supported by Suburban Hospital’s Cancer Care Program, volunteer doctors and nurses dedicate their time to run these free community screenings that also include skin, breast and colon cancer.

“The doctors told me that men should get colon and prostate screenings after age 50,” says Mr. Flores. Fortunately, he has been able to do that through the complimentary screenings and has encouraged his brother to join him, too.





disorder that can be managed with medication. HeartWell is a free chronic disease management program in five locations throughout the county to serve people with cardiovascular disease, diabetes and other chronic illnesses. “We try to teach our patients disease management, diet, lifestyle changes and symptom recognition,” says HeartWell nurse Mary Flynn. “Our goal is to decrease readmission to hospitals.”

“In Maryland, hospitals are an essential safety net for the uninsured – providing care to all who walk through our doors regardless of their ability to pay,” says Brian Gragnolati, President Suburban Hospital. “However, access to primary care is essential to the health and well-being of our community, and this access is greatly facilitated when an individual’s medical needs are covered by a health-care insurance program.”

Bernardo Melara is 62 and diabetic. Last November, Mr. Melara came to Suburban Hospital’s Emergency Department with a severe foot infection. While he sat in bed with an antibiotic drip, he was not only in pain, but was equally worried about the mounting bills. Mr. Melara remembers: “It was a very hard time for me because I did not feel well and I was thinking, ‘How can I do it?’” What Mr. Melara learned was that Suburban’s Access to Care initiative helps people like him, those who are uninsured and unable to cover the medical bills on their own. Mr. Melara continues, “I owed a lot of money to the hospital, but I applied for medical assistance.” Knowing that he had been approved to receive financial assistance gave Mr. Melara peace of mind.

“All of the hospital staff were very efficient and very nice. I’m very grateful.”



Catholic Charities | Montgomery Cares | National Heart Lung and Blood Institute of the NIH | Mobile Medical Care, Inc. | Clinica Proyecto Salud

Future

Building a healthier future for our families

A Few of Our Accomplishments

- Medical Venturing, Career Day, Shadowing and Hospital Tours totaled 27 educational events for 503 students interested in pursuing careers in medicine.
- Safe Sitter Course at Suburban is ranked 13th out of 814 teaching sites worldwide.
- Check It Out! In partnership with the Greater Washington Area Chapter of Hadassah, Suburban Hospital educated more than 5,000 11th- and 12th-grade women on the importance of early breast cancer detection.
- Building a healthier future: From 2003 to 2010, Suburban hosted 13 YMCA parenting workshops that educated 1,162 families on issues facing parents today, from anger management to cyber-bullying.

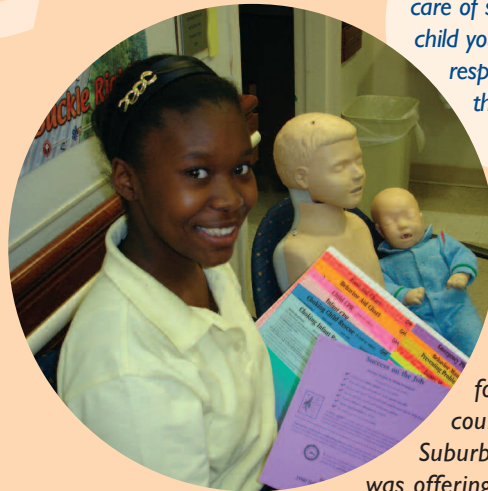
“It’s neat to be able to teach a 13-year-old how to save someone’s life.”



From a young age, Katie Hunt of Odenton, Md., always knew that she wanted to do something “medically inclined.”

As a senior at Sherwood High School, Katie was introduced to careers in medicine by participating in the Medical Venturing Program. Now at 27, Katie is a nurse in the Pediatric Emergency Room at Johns Hopkins Hospital. “Thanks to Medical Venturing, I was able to see how an Emergency Room functioned,” says Katie. But it was not until she became a Safe Sitter instructor 10 years ago that Katie realized that she wanted to work with children.

Daria learned that “when you are taking care of someone else’s child you have to be really responsible because they trust you.”



When Daria Fogan was 13 years old, she signed up for a Safe Sitter course that Suburban Hospital was offering at her school.

Today, Daria is a student at Georgetown Visitation Preparatory School and babysits regularly. “The Safe Sitter course taught me a lot of safety tips about taking care of younger kids because there can be a lot that goes wrong,” says Daria. She notes that getting the Safe Sitter certification is always good because “then the parents know that you are certified and that their child will be safe.” This past year, Daria volunteered at Suburban Hospital in the pharmacy and the radiology department. “The experience taught me a lot about taking care of patients.” She says she is possibly leaning toward a career in pharmacy or chemistry.

Some of Our Partners | YMCA Youth and Family Services | Montgomery County Public Schools | Boy Scouts of America | Safe Sitter International | Hadassah, Greater Washington Area Chapter

Seniors



Keeping our seniors strong

A Few of Our Accomplishments

- 463 monthly blood pressure screenings conducted at area mall-walking programs and community centers keep 30,000 individuals living safe and healthy
- 446 free Senior Shape classes taught by certified exercise instructors build flexibility, strength, and a healthy heart for thousands of seniors across Montgomery and Prince George's Counties
- 92 health seminars were coordinated by Suburban Hospital in senior centers throughout Montgomery and Prince George's County, reaching 2,517 people. Topics range from *Tipping the Scale to a Healthy Heart* to *Staying Firm on your Feet!*
- 2,625 community members were vaccinated by Community Home Care Management
- 1,672 home visits were made by ElderWell nurses who help older adults suffering from chronic diseases live safely and independently in their homes.

"The fact that someone cares about your blood pressure when you are walking, either before or after, is an added benefit to coming to the mall to walk," Mr. Levick says.



"They say in Japan people live to a ripe old age because they have a good diet and good friends. They socialize every evening with each other and that is why they live so long," says Mee Lee, 80, who encourages everyone to exercise.

"We are really like one big family," says Bob Levick, 81, referring to Mrs. Lee and the other senior participants of the Stepping Out program at Westfield Montgomery, which meets every Tuesday and Thursday morning.

Having undergone bypass surgery, Mr. Levick was advised by his doctor to start exercising. He recalls the friendly man who saw him walking alone one day and invited him to walk with their group. That was 20 years ago, and they still walk together to this day. "I found it to be a good habit and I enjoy the social connections. We are from different walks of life, but we learn a lot from one another."

Twenty-five years ago, Mrs. Lee joined the Stepping Out program after noticing that many of her contemporaries could no longer walk. She attributes being "able to walk and do a lot of activities" to the exercise she gets through Stepping Out. "This program has helped me a lot."

"I want to live. Exercising is what keeps me going day to day."



70 year-old Carmen Mitchell is always on the go. One of the places she goes regularly is to her Senior Shape exercise class at Gwendolyn Britt Senior Activity Center. She has been attending these

classes, once a week, since 2005. With the motivation of Senior Shape, Ms. Mitchell has lost 15 pounds. "Exercise is good for everybody," she adds. "I know it keeps my mind in good shape because I have a good memory." Ms. Mitchell also notices that her joints feel stronger and she is more flexible.

Some of Our Partners | OASIS | Westfield Montgomery | AARP | Jewish Council on Aging | Montgomery County Parks and Recreation | Prince George's County Health Department

