



It's often said that what happens outside our walls at Suburban Hospital is just as important as what happens inside. Suburban stands out for its strong tradition of reaching out to our neighbors, seniors, parents and youth, and particularly to those in need, who collectively make up our community.



GROWING
RELATIONSHIPS
THAT CONNECT
US TO OUR
COMMUNITY

In 2011, Suburban Hospital dedicated more than \$18.3 million to health education programs and services.

Through **collaboration** with partners, Suburban Hospital combines the best expertise and care to make healthy living a reality for many. With the **cooperation** of people who share the same goals, we deliver the highest level and quality health care to those most vulnerable. Our **connections** to different generations allow us to touch the young and aging with positive messages about health. A consistent, **continuous** presence among our neighbors allows us to help instill healthy practices that improve lives. Whether with person-power or financial resources, Suburban Hospital remains committed to our **contribution** to the health improvement of our community.

Collaboration

Unique Teamwork Yields Positive Outcomes

Arthur Doe is an administrative assistant in Suburban Hospital's Patient Care Services department. He will soon have a Masters of Health Administration Informatics that will enhance his work in the hospital's operations. And while Arthur is a busy man in his "day job", he jumped at the opportunity to volunteer extra time as a registrar for the MobileMed/NIH Endocrine Clinic at Suburban Hospital.

In 2010, 5.6% of Montgomery County residents were diagnosed with diabetes. Such health risk prompted three leading organizations – National Institutes of Health (NIH), Mobile Medical Care, Inc. and Suburban Hospital – to dedicate resources to fund and staff the MobileMed/NIH Endocrine Clinic at Suburban Hospital. The Endocrine Clinic operates one night each week at Suburban's Outpatient Medical Center, providing comprehensive lifestyle and chronic disease management services to low-income, uninsured residents of Montgomery County. The successful operation and vitality of the clinic is possible because of the teamwork and countless volunteer hours of NIH medical fellows and Suburban nurses, dieticians, and registrars. Since its inauguration in July 2010, the clinic has seen more than 800 patients.

The Endocrine Clinic is a model of collaboration. The medical, counseling and administrative professionals offer seamless service to patients.

"Meeting and helping people puts me in a joyous mood. I am so grateful to be in a position to help people help themselves," says Arthur Doe, volunteer registrar of the Mobile-Med/NIH Endocrine Clinic at Suburban Hospital.





Dr. Rotello shows the students how to suture skin together, using real pigs' feet.

Connection

Shaping Lives and Empowering Youth

The Medical Exploring Program at Suburban Hospital offers local high school students an opportunity to learn about the medical profession in an interactive environment. In partnership with the Boy Scouts of America, Suburban's curriculum is packed with educational presentations, hands-on activities,

CPR certification classes and visits to science museums and other medical institutions. Students are exposed to a myriad of medical disciplines by medical professionals who volunteer their time. To date, thousands of local high school students have participated in the Medical Exploring Program at Suburban Hospital.

"Our aim is to broaden our students' exposure to the medical field by offering them new learning experiences," says Leo Rotello, M.D., an intensivist in Suburban's Intensive Care Unit and a nine-year veteran of the program.

Dr. William Smith is a pathologist who leads students through the examination of diseased organs and tissue biopsies. The students get to examine the specimens under a microscope while Dr. Smith and his team explain disease progression and diagnosis.

"We need to encourage our children to take an interest in science and we hope our program will peak that interest," says Dr. Smith.

"I was heavily involved with scouting as a child," says Leo Rotello, M.D., intensivist. "Assisting with the Medical Exploring Program has allowed me to influence youth in a positive way while doing what I love most – medicine and teaching."



Continuity

Taking the Show on the Road to Help Seniors Age in Place

More than one in every eight Americans is over age 65. People are living longer and many are opting to stay in their homes throughout their senior years. The aging population is a priority for Suburban Hospital and many of our programs are tailored toward keeping our seniors healthy and fit, living productive and active lives.

HeartWell Program

"The Nurse is Here" sign hangs on the door of Leni Barry's office at the Gaithersburg Upcounty Senior Center where several seniors line up for their weekly counseling session. Leni, a registered nurse at Suburban Hospital, leads the *HeartWell Program* at the center, where she teaches individuals with diabetes and cardiovascular disease how to manage their symptoms and care for their health.

HeartWell Program is designed to support individuals at risk for cardiovascular disease who might otherwise go untreated. At three *HeartWell* clinics stretching across Montgomery County, seniors have easy access to health education, nutrition classes and regular one-on-one counseling and screening within their own communities. In 2011, the clinics averaged 632 *HeartWell* visits per month.

"Our mission is to keep seniors out of the hospital and healthy at home," says Leni. "We provide education and tools that empower them to take charge of their health and maintain a healthy lifestyle. It's a small program with a big impact."

Naresh and Susheel Gupta are regulars at the Gaithersburg Upcounty Senior Center. "We are the first ones there each week to have our numbers checked because they tell us how effective our exercise regimen is. This program guides us in maintaining our health."



Crystal Philyaw, 2nd from right, learns the "art of growing fresh herbs" at Gwendolyn Britt Senior Activity Center.

Cardiovascular Health and Wellness in Prince George's County

Crystal Philyaw walks to the Gwendolyn Britt Senior Activity Center in North Brentwood, Md., every day. The 65-year-old retiree is one of 25-30 regulars in Suburban's Senior Shape Exercise Program on Tuesdays and Thursdays. On Wednesdays, she takes part in a Suburban sponsored Tai Chi class

and regularly attends Suburban's health education seminars featuring topics like heart healthy cooking, chair yoga and stroke awareness. Crystal is one of more than 13,500 Southern Maryland residents that has benefited from cardiovascular health improvement initiatives in the past year.

So far, Crystal has been able to avoid diabetes, high blood pressure and high cholesterol that run in her family.

Crystal exercises and learns about healthy living right in her neighborhood, thanks to the collaboration between the NIH Heart Center at Suburban Hospital and the Gwendolyn Britt Senior Activity Center.

"I enjoy the program so much," says Crystal. "I don't have to get in a car and rush through traffic. It's an inexpensive and convenient way to stay active and I am so glad it's here, close to home."



Since starting a regular exercise and healthy eating program, Mina Petrone has dropped four dress sizes and kept her cholesterol and blood pressure under control without medication. She is strong, fit and an inspiration to other seniors at the Gaithersburg Upcounty Senior Center.





Caring for One Another: Suburban provides blood pressure screenings, health counseling and education seminars at Alpha Phi Alpha meetings.

“Becoming involved with Suburban’s programming has helped us fulfill our mission and make a difference in the lives of both our brothers and neighbors.”



Cooperation

Camaraderie is a Two-Way Street

One of the hallmarks of Alpha Phi Alpha fraternity is community outreach and service. Five years ago, when the fraternity reached out to Suburban Hospital to get involved in helping to serve the Montgomery County community, their cooperative concept was embraced and a valuable partnership was born. Working hand-in-hand, the hospital brings its health expertise to the fraternity and the fraternity supports an important hospital community program.

Every year, Suburban Hospital offers blood pressure screenings, health counseling and lectures to the fraternity. Every September, Alpha Phi Alpha provides volunteers for the hospital’s prostate cancer screening event. Since prostate cancer occurs more often in African American men than men of other races, Alpha Phi Alpha’s reach is critically important.

Suburban’s prostate screening program was originally made possible by public funding, however, long after funds have been exhausted, the program remains in place today. The need to educate men and reduce barriers to access is the driving force behind the continuation of this program. During the past five years, Suburban has been able to reach more than 1,500 men with the message of early detection.

“As the first and oldest fraternity for black college men, we take seriously our commitment to community service,” says Michael Smith, M.D., a radiologist at the Washington Hospital Center and Alpha Phi Alpha leader in Montgomery County. “Our involvement with Suburban has grown through the years. We feel like part of their team and we definitely consider them part of our fraternal family.”



Dr. Michael Smith volunteers as the MC at the 6th Annual G.O.S.P.E.L. Heart Health Symposium held at Suburban Hospital.

Community Contribution

One Community Helps Another Succeed

In the sanctuary of Crossroad Christian Church in St. Leonard, Maryland, stands a first aid station that includes an automatic external defibrillator (AED) donated in part by the NIH Heart Center at Suburban Hospital. Though Crossroad is far from the hospital in miles, it is connected by a common mission to keep members of this rural community healthy.

Suburban Hospital is part of the Calvert County Health Ministry Team, a collaboration organized by Calvert Memorial Hospital. The Health Ministry Team, currently consisting of 23 area churches, promotes health and wellness by linking the faith communities to appropriate health services and free educational materials. The NIH Heart Center at Suburban Hospital contributes to the Ministry's mission by supporting ongoing cardiovascular activities.

Since 2008, the NIH Heart Center at Suburban Hospital and the Health Ministry Team have partnered to monitor the blood pressure of parishioners in five congregations. In 2011, 1,238 blood pressure screenings were completed using blood pressure kits provided by Suburban. At Crossroad Christian Church alone, 274 parishioners had

their blood pressure screened, thanks to the kits and a dedicated team of volunteer nurses at the church. In 2011, more than 500 events focused on improving the heart health of Southern Maryland residents.

The Heart Center also provided five churches with digital scales for the volunteer nurses to conduct weekly weigh-ins as part of a countywide health initiative. The goal of the initiative is to reduce obesity for all ages by encouraging county residents to move and walk more.

"The tools made possible by Suburban Hospital have helped people pursue healthier lifestyles and keep track of their health," says Ginger Sauer, a nurse volunteer and head of the Health Ministry at Crossroad. "The partnership with Suburban is a benefit to all of us."

In 2011, more than 500 events focused on improving the heart health of Southern Maryland residents.

Supporting the Health Improvement of Our Community

