

# Benefit

## Community Benefit Report 2010



Compassion, excellence, integrity, teamwork, and customer service are at the heart of caring for our patients and families.



Whether in the hospital setting out or in the community, Suburban Hospital employees demonstrate a commitment to our community



by contributing to health improvement initiatives that serve unique individual needs. Each day, Suburban Hospital “gives back” to those we serve through community benefit programs, services, and outreach. At no cost to the recipients, we work to



address the gaps in health care seen by the most vulnerable and

uninsured members of our community. During FY2010, Suburban Hospital conducted 2,622 community health improvement programs, screenings, classes, seminars and activities serving 109,916



individuals and dedicating \$18.6 million in community benefit contributions.



To better meet and exceed the expectations of the community,



we have aligned our health-care priorities to meet health outcome standards set by Healthy Montgomery initiative, which aims to improve the health and well-being of Montgomery County residents.

Every year, Suburban Hospital physicians and staff renew their commitment to service and quality of care. Here are a few of those examples.



# Access

## Expanding Access to Care for the Community

As Montgomery County continues to be the home of ethnically diverse populations, our provision and access to quality services must also evolve to meet the cultural, linguistic, and economic needs of our most vulnerable residents.

### Noteworthy Achievements

- Suburban Hospital donated \$275,000 in direct support to Clinica Proyecto Salud and the Holy Cross Clinic-Gaithersburg to expand operations and medical services to care for uninsured residents.
- Nurses at the five HeartWell clinics - located in Langley Park, Silver Spring, Gaithersburg, Wheaton, and Rockville - cared for an average of 389 patients per month, totaling 4,667 preventive clinic visits this year.
- Since the commencement of the Mobile Med/NIH Heart Clinic at Suburban Hospital in 2007, more than 1,000 Montgomery Cares patients have received expanded access to cardiologists, specialty diagnostic screenings, and open heart surgery.



At the MobileMed/NIH Endocrine Clinic, Registered Dietitian Angela Pipitone takes time to reinforce practical food choices that can reduce further complications.



Nurses Anna Stokes, Peggy Iraola, and Mandy Murphy, along with other departments like Patient Access, dedicate their time and expertise to care for cardiac patients at the MobileMed/NIH Heart Clinic.



Registered Dietitian Natalie Webb teaches Suitland Dine and Learn participants from Forestville, Md., how to incorporate the AHA's guidelines and recipes into a healthy diet for under \$5.



In partnership with the Latino Health Initiative, Suburban Hospital provides free cholesterol screenings to educate thousands of Ama Tu Vida participants on risk factors for cardiovascular disease.

# Family

## Building a Healthier Future for our Families

Suburban Hospital recognizes the many challenges facing families today. We work through our partnerships to help families identify and build on their strengths, face challenges, and make informed choices.

### Noteworthy Achievements

- The Safe Sitter program at Suburban is ranked **third** out of 817 teaching sites worldwide. In 2010, 366 students were certified in safety essentials of babysitting.
- Since 2003, Suburban has hosted 14 B-CC/YMCA parenting workshops, linking industry experts with 1,297 families on issues facing parents today, such as anger management and cyber-bullying.
- Hospital Tours, Career Day, and Medical Venturing resulted in 26 educational opportunities for 207 students interested in pursuing careers in health care.



For the B-CC Chamber of Commerce's Career Partnership Day, Nurse Practitioner Linda Krause, FNP, ACNP and other medical experts, demonstrate the "clinical ropes" of medicine to B-CC High School students.



# Improving Health through Awareness

The latest data reveal that Montgomery County residents suffer from risk factors that contribute to premature death, such as lack of exercise, poor diet, obesity, and high blood pressure. Suburban Hospital takes great pride in caring for its community by providing free health screenings and education to raise awareness of health status and connect the community to appropriate primary and specialty care.

## Noteworthy Achievements

- Cardiovascular outreach in Southern Maryland through the NIH Heart Center at Suburban Hospital supported **605** events, engaging **14,423** individuals in Prince George's, Calvert, Charles, and St. Mary's counties.
- Suburban Hospital's Cancer Center provided **1,799** individuals with access to free colorectal, prostate, breast, and skin cancer screenings and education.
- **379** community members benefited from free vascular screenings and education. **478** blood pressure screenings provided increased awareness of cardiovascular health to more than **30,000** individuals.



At the AHA Heart Walk, Cardiothoracic Surgeon Dr. Philip Corcoran and his family walk miles around Nationals Park. Over the past 10 years, Suburban Hospital has contributed more than **\$500,000** in financial and in-kind services to the AHA.



Every two seconds someone in the U.S. needs blood. Aware of the shortage in the Washington metropolitan area, **279** hospital staff and local community members take time out of their schedules to donate **216** units of blood to the American Red Cross.



Many physicians, like Mohs surgeon Dr. Ali Hendi, share knowledge and expertise and take time to present educational seminars and conduct screenings.



Since 1993, the Suburban Hospital Cancer Center and the Greater Washington Area Chapter of Hadassah have educated **100,000** 11th and 12th grade women on the importance of early detection of breast cancer.



Membership has its privileges! For Medical Explorers Crew 1984, these young future medical providers shed their street clothes for surgical blues as it affords them valuable time with the region's top cardiothoracic surgeons.



Going behind the scenes from the operating room to a tour of the hospital's kitchen, children of Suburban Hospital staff learn what it takes to run and operate a health-care system!



Annual support of the B-CC YMCA/Rotary Club Turkey Chase provides local families expanded access to parenting resources and classes for free or reduced cost.

# Seniors

## Keeping our Seniors Strong

With the senior population growing at a projected rate of 16.9 percent between 2010 and 2015, the need to provide comprehensive and quality health-care services and programs for our aging elders to thrive healthfully in their homes and community is growing.

### Noteworthy Achievements

- 1,224 home visits were conducted by ElderWell nurses who assist older adults suffering from chronic diseases live safely and independently in their homes.
- Suburban Hospital planned and implemented 68 senior health education seminars throughout Montgomery and Prince George's counties, benefiting 1,267 community members.
- 33,904 seniors gained flexibility, balance, strength, and a healthy heart while participating in more than 800 free Senior Shape classes in Montgomery and Prince George's counties.



Forever Young: Certified Senior Shape instructors like Chartarina Lindvall are the silent heroes for Montgomery and Prince George's county's seniors.



Fighting the flu! Vaccinated by Community Home Care Management, **2,835** community members were protected from influenza in **FY2010**.



"All those pills look alike!"...thanks to pharmacist Brian L'Heureux, seniors at the Gwendolyn Britt Senior Activity Center had their questions answered on Multiple Medication Management.



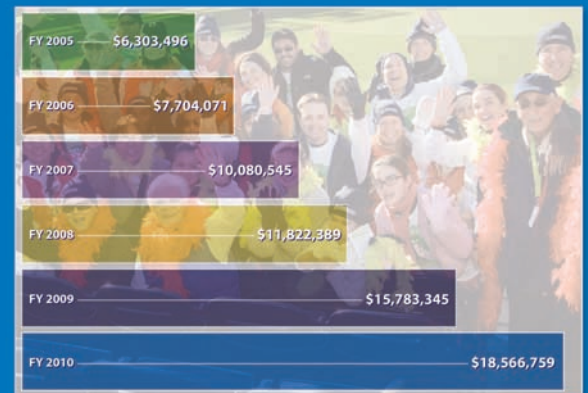
Leni Barry, RN, BSN, MA takes HeartWell in Action on the road, caring for individuals like the Nelsons' visiting Margaret Schweinhaut Senior Center. HeartWell is a free health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

## Community Commitment FY2010



Montgomery County, Maryland

### Community Benefit Dollars



For more information on how we are aligning our health priorities, please go to [www.healthymontgomery.org](http://www.healthymontgomery.org).