



MedStar Health

MedStar Union Memorial Hospital

MedStar Union Memorial Associates Help Fight Hunger

For the last eight years, MedStar Good Samaritan Hospital associates have participated in the Warm Hearts project, providing holiday meals to 100 families in partnership with CARES through Govans Ecumenical Development Corporation (GEDCO).

When MedStar Union Memorial Hospital, Shepherd's Clinic and Joy Wellness Center associates learned about this outreach, they also wanted to help. Thanks to the Shepherd Clinic's established outreach with Grace Baptist Church, collecting groceries for their needy families was a natural extension for the Warm Hearts project.

Using a shopping list, teams of associates filled a MedStar Health tote bag® with groceries, featuring instant mashed potatoes, Stove Top stuffing, canned gravy, candied yams, cranberry sauce, canned corn, carrots, green beans, evaporated milk, butter and cookies. The hospital provided each family with a coupon for a turkey, ham or other protein. In addition, recipients received health information and hand gel.

The goal was 100 bags; however, MedStar Union Memorial associates filled 146 bags plus donated five boxes of groceries to the Hampden Family Center.

MedStar Good Samaritan also surpassed their goal of 100 bags, collecting items for more than 132 bags.

From both hospitals, a total of 278 tote bags filled with groceries were donated to our community. These bags were delivered the week of Dec. 19 so needy families had meals for the Christmas holidays.

Letter From the President

At MedStar Union Memorial Hospital, we remain centered on taking care of our community, whether patients are in our neighborhoods or within the region. We're providing high quality care in heart and vascular, orthopaedics, the Curtis National Hand Center, diabetes, and more. We're committed to our vision of being the trusted leader in caring for people and advancing health. Along with MedStar Good Samaritan Hospital, MedStar Union Memorial remains focused on providing our communities with the right care, in the right setting, at the right time. By working collaboratively, we're able to provide access to care for those patients we're privileged to serve.

In good health,

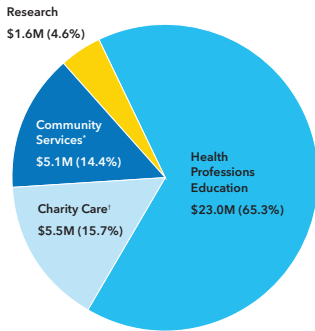
Bradley S. Chambers
 President, MedStar Good Samaritan Hospital
 President, MedStar Union Memorial Hospital
 Senior Vice President, MedStar Health



MedStar Union Memorial Hospital Warm Hearts Project

Number of Years Helping Neighbors with Warm Hearts:	1
Tote Bags Filled in 2016:	146
Total Number of Groceries Donated in 2016:	3,500

2016 Community Benefit Contribution: \$35.1M



²Includes subsidies, community health improvement services, community building activities, financial contributions and community benefit operations

¹Includes Medicaid assessments

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Diabetes Management

Diabetes Self-Management Education Helps People Improve Their Own Health

This year, MedStar Union Memorial Hospital, in partnership with their long-standing partner, Shepherd's Clinic and Joy Wellness Center, was awarded a grant from the Maryland Community Health Resources Commission.



The grant allowed us the team to implement a Diabetes Self-Management Education (DSME) program, which offers participants the knowledge and resources needed to manage their condition and achieve optimal outcomes. Participants with prediabetes and diabetes meet one-on-one with a nurse diabetes educator to learn the fundamental self-management tools and establish their own patient-centered goals related to medication management, fitness and nutrition. Group diabetes education includes Living Well with Diabetes and Life Balance Weight Management classes.

At the Shepherd's Clinic and Joy Wellness Center, DSME participants also have access to wellness services. Participants have achieved weight loss and reductions in Hemoglobin A1C (average blood sugar) measurement.

One participant, age 65, had been diagnosed with prediabetes in 2002. In 2015, she had experienced stressful events, grief and loss. She explains she had not been taking care of herself and then developed diabetes with an HgA1C measuring 11 percent. She began attending grief counseling, acupuncture and massage at Joy Wellness. Along with medication therapy and blood glucose self-monitoring, she has maintained a healthy diet and physical activity, walking 2.5 miles each day, with some jogging and weight lifting. She has achieved a follow up A1C of 6.5 percent and has lost 23 pounds. She is an active volunteer in her community and hopes to help others in achieving successful self-diabetes management.

Diabetes Self-Management Education Program

Number of Registrants for Class in 2016:	11
Number of Students Who Completed Class:	7
Total Class Visits	43
Number of Diabetes Self-Management Consultations	133

A person who loses five to seven percent of their body weight can cut their risk of developing type 2 diabetes by 58 percent.