



Athletic trainers: building strong athletes, strong communities.

Fifty certified athletic trainers, more than 12,000 hours a year spent in neighborhoods stretching miles across the Washington, D.C., Maryland, and Virginia region, reaching every type of athlete from a 10-year-old soccer phenom to a 30-something professional lacrosse player, MedStar NRH/MedStar Health Sports Medicine Program Athletic Trainers (ATC) are helping keep area players, teams, and families healthy.

The ATC team provides a full array of services including on-site care, rapid access to medical services in the event of serious injury, concussion screening and post-concussion care, and pre- and post-season physicals. "We are out in our communities providing services on the field, at the rink, by the ring, and on the court for public schools as well as club, collegiate, and professional teams," says Kimberly Bosley, LATC, CCS, director, athletic training and physician extender services.

"This encompasses not only event coverage, but also education for parents, coaches, and players about everything from injury prevention to CPR," she adds. "We also partner with regional organizations assisting them in community outreach including the Baltimore Ravens' youth sports activities and clinics for Special Olympic athletes," Bosley says.

Letter from the president.

At MedStar National Rehabilitation Hospital, the MedStar Health mission is to not only help people with disabling illness and injury live their fullest possible lives, but it is also to ensure the health and wellbeing of the communities we serve.

Our certified athletic trainers work hard to not only rehabilitate professional and amateur athletes when injury occurs, but are out in neighborhoods throughout the region, helping children and adults prevent sports injury. They touch hundreds of families in meaningful ways, build lasting relationships—and make a significant difference in their lives.

Sincerely,

John D. Rockwood
Senior Vice President,
MedStar Health
President, MedStar
National Rehabilitation Network



"And no matter who the athlete, all of our services center around best practices," adds Athletic Trainer Melissa Read, MS, LAT, ATC. But their role goes so much deeper. "Our ultimate goal is to touch our communities in meaningful ways," Read says.



"When we provide services for kids, for example, we are getting involved in their lives early on, sometimes introducing them to the health care system for the first time. We spend time to educate and take care of not just them but the whole family. That's a responsibility we take seriously," Bosley explains.

"When you give CPR to a 15-year-old on the field and hold a mother's hand as their child is carried off the field, you make real connections and develop important relationships. Sometimes they can last for years. I was an athletic trainer for high school teams in the 1990s, and I still hear from players. They call for advice about their kids!" she adds with pride.

"No matter who the athlete, all of our services center around best practices. Our goal: To touch our communities in meaningful ways."
—Melissa Read, MS, LAT, ATC

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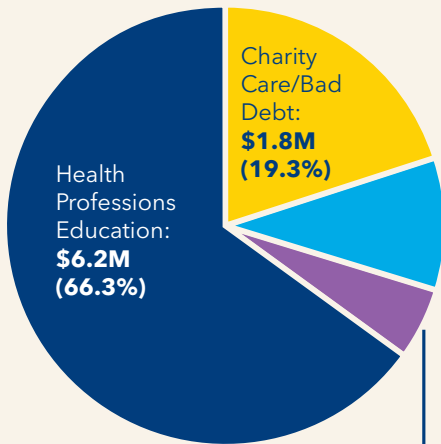
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2019 Community benefit contribution: \$9.3M

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

Research: \$0.9M (9.5%)

Community Services*: \$0.5M (4.9%)