

Population and Community Health News

Advancing Health

MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital



**Recovery in
the aftermath
of violence.**

Hospital responders
help promote healing.

Letter from the President.



At MedStar Health, we are dedicated to working collaboratively with our communities to enhance health outcomes, reduce health inequities, and create lasting solutions that serve the needs of generations to come. The challenges of the past few years have further strengthened our commitment to ensure the communities we serve have access to the resources they need to live healthier and happier lives. This issue of *Advancing Health* features some of the ways we are working to achieve this goal.

You'll read about our efforts to not only treat the victims of the mass shooting that occurred in Baltimore in early July but to help many of those individuals deal with the aftermath of that violent event. Through our Hospital Responders program, we were able to support those affected both directly and indirectly—linking them with local services offering education, advocacy, and other appropriate resources, as well as assistance addressing social determinants of health.

We also highlight how partnering with other organizations helps facilitate community health improvements. For example, through an alliance with Northwood Elementary School, we are establishing strong ties to the adults that look after their students, providing them with the connections they need to live well and thrive. In fact, research has shown that improvements in the well-being of a parent or guardian benefit the children as well.

We hope you find *Advancing Health* informative, and welcome any input you may have. Through our collective efforts, we are striving to make a difference long into the future. It's how we treat people.

In good health,

T.J. Senker, FACHE

President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health

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At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations. We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital are proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: Matt Sasser, MD, an Emergency department physician at MedStar Union Memorial Hospital, was among the providers who worked through the night to treat the victims of a mass shooting in Baltimore City that left 28 wounded.



Recovery in the aftermath of violence.



Daamal Ward, CHA; Keith Brown, CHA; Samantha Sailsman, CCHW, regional program manager, Community Health; and Lennie Jenkins, CHA, lead the Hospital Responder programs at MedStar Union Memorial Hospital and MedStar Harbor Hospital.

Violence can affect people of all ages, races, and genders—in any community—usually when it’s least expected. It was the last thing on the minds of the residents of Brooklyn Homes here in Baltimore when they joined with their neighbors for their annual Brooklyn Day celebration.

On Sunday, July 2 at 12:36 a.m., in the morning, what had been a joyful occasion turned into a nightmare for the tight-knit community when multiple gunshots were fired into the crowd attending the festivities. The shooting killed 2 people and injured 28 others.

Shortly thereafter, MedStar Harbor Hospital, roughly 2 miles away, started receiving patients. The initial 18 patients were driven by friends and family desperate to save their lives. The last patient was brought in by police. Most of those injured were teenagers, some as young as 13.

Across the city at MedStar Union Memorial Hospital, Matt Sasser, MD, was also busy treating wounded

from the same shooting. “When we got 2 gunshot victims who came in by personal vehicle, we asked them where they came from. They said a lot of people went to MedStar Harbor, so that immediately raised red flags,” he says. “The 2 patients who came were shot in the hand as well as through the leg. Fortunately, we were able to take care of these injuries fairly easily.”

Once his shift at MedStar Union Memorial was over, Dr. Sasser went to MedStar Harbor to assist.

“That’s why we do emergency medicine. It’s what we are trained to do,” he says of the challenging morning. Through it all, the staff did not lose a single patient.

Unfortunately, it’s the aftermath of a violent event like this that takes the biggest toll. That’s when MedStar Health’s hospital responders got involved.

“The goal of our Hospital Responder program is to help reduce community violence—a major public health

issue—by providing interventions and using innovative approaches to promote healing and recovery, while advocating and providing mediation,” explains Samantha Sailsman, MS, CCHW, regional program manager, Community Health, who directs the initiative. “Our work helps those impacted by traumatic incidences feel secure and find the resources needed to live in a safer, healthier community.”

MedStar Health has had hospital responders in its Baltimore City emergency departments for several years with grant funding from the Mayor’s Office. These individuals all have lived experiences with violence and are now advocates for clients and families who are victims of violence.

The day after the Brooklyn Homes shooting, those responders reached out to those affected, both directly and indirectly—assisting in any way they could.

“Our hospital responders provided behavioral and mental health support to the patients and families by connecting them to needed resources. They were also able to assist with food, toiletries, and first-aid kits, along with referrals to community organizations for housing relocations,” she adds. “The program helps to advance health equity by offering care that focuses on more than physical wounds.”

Dr. Sasser agrees. “The program works because those affected by crime can relate to our hospital responders. They can speak to them in a way they understand. That helps build relationships that can lead to positive change.”

To learn more about the Community Health programs offered at MedStar Health, visit [MedStarHealth.org/Community Health](https://www.MedStarHealth.org/CommunityHealth). For local support services, visit [SocialNeeds.MedStarHealth.org](https://www.SocialNeeds.MedStarHealth.org).

Partnering for good health.



Attendees at Northwood Elementary's back-to-school event had the opportunity to learn CPR at the MedStar Health table.

At MedStar Health, serving our communities is at the heart of what we do. As healthcare leaders in the region, we recognize the importance of our role in advancing health and partnering with others to facilitate community health improvement.

"We strive to improve health outcomes through an approach that encourages individuals to focus on behaviors and a lifestyle that will reduce the risk of developing chronic illnesses. We also aim to build confidence and awareness in communities adversely impacted by disease, health disparities, and other barriers to optimal health," explains Kimberly Floyd, Care Transformation RN program manager for MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital. "Community partnerships are critical to achieving this goal."

Floyd serves as the liaison with numerous community partners for MedStar Good Samaritan and MedStar Union Memorial. One of those organizations that she speaks fondly of is Northwood Elementary School.

"Northwood Elementary is designated as a Community School in Baltimore. This means it has an integrated focus on academics, youth development, family support, health and social services, and community development,

which has proven to lead to improved student learning, stronger families, and healthier communities. Community partnerships are essential to the school's ongoing success," Floyd says.

"Last fall, Northwood Elementary hosted a Health Resource Fair for their students and families and contacted us to provide education related to cancer awareness," she adds. "We used this opportunity to emphasize the importance of preventive health care, by not only addressing cancer but through blood pressure screening, pre-diabetes screening, stroke awareness, and other health resource sharing."

Floyd says she found the community connection an ideal way to reach families. "This connects us to the adults that are parenting and grandparenting the children. We need adults to be healthy, so they are equipped to raise healthy children. Through this type of one-on-one outreach, we can make a true difference in the lives of these children by supporting their families and reinforcing good health habits."



care navigation and how to access available resources, and much more," she notes.

"The event also provided us with the opportunity to identify potential barriers to care and work with families to reduce those barriers. Part of the mission of Care Transformation is to improve the health and wellbeing of our hospitals' local communities. We look forward to working with Northwood Elementary on an ongoing basis."

The relationship between the organizations continues to flourish. Most recently, MedStar Health supported a back-to-school event for students and their families. "We offered a variety of educational resources including Be the Beat Hands-Only CPR training, blood pressure screenings, information about

To learn more about the Community Health programs offered at MedStar Health visit, [MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth). If you are in need of resources, visit [SocialNeeds.MedStarHealth.org](https://www.SocialNeeds.MedStarHealth.org).

Connecting with our community.

Population and Community Health teams throughout the Baltimore region are dedicated to connecting neighbors with programs and services. Whether it's providing health information about tobacco cessation, diabetes prevention, or mental health—printed in English and Spanish—or sharing resources that can help with food disparities, legal services, or housing, our teams are bringing support to your neighborhoods.

Below are some of our recent outreach events.

► Associates from MedStar Good Samaritan Hospital learned about local ways to volunteer during Community Give Back Day, a project of MedStar Health's Equity, Inclusion & Diversity (EI&D) program. The event included presentations by local non-profit organizations during a lunch and learn. Pictured are volunteer manager Melissa Sharlat and an associate filling a hygiene bag for the homeless.



▲ MedStar Health associates Juanita Brown Coleman, Kimberly Floyd, Lauren Emshwiller, Eunice Acheampong, and Daniel Douglas prepare to share health resources with attendees at the Happy Healthy Seniors Day at the Waverly branch of the Y of Central Maryland.



▲ Women own their wellness at the Baltimore Ravens annual event, one of the Purple Ticket to Health activities in which MedStar Health participates. Pictured are Samantha Sailsman, regional Community Health manager; Nancy Rozgony, dietitian for Food Rx at MedStar Harbor Hospital; and Torna Anderson Morgan, dietitian for Food Rx at MedStar Franklin Square Medical Center.

Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms and clinical breast exams for women ages 40 and older who live in Baltimore City. Free pap tests for women between ages 21 to 39 who live in Baltimore City.

Call **410-350-2066** for details.

Colon Cancer Screening

Free colon cancer screenings for uninsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.



Lung Cancer Screening

Free lung cancer screenings for uninsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years, and live in Baltimore City or Anne Arundel County.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.



DIABETES PREVENTION AND EDUCATION

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose

monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

This class will assist gestational diabetic women with maintaining blood sugar control through monitoring, diet, exercise, and medication instruction (if needed) for a safe pregnancy.

Call **443-777-6528** to learn more.

HEART AND LUNG HEALTH

Cardiac Rehabilitation

Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia Support Group

Aphasia is a language disorder due to illness.

Email kate.c.gerber@medstar.net for details.

Concussion Support Group

Email kate.c.gerber@medstar.net for details.

Diabetes Support Group

Email debbie.kavanagh@medstar.net for details.

Stroke Support Group

Email kate.c.gerber@medstar.net for details.



WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts.

Free virtual or in-person classes.

Call **855-218-2435** or visit MedStarHealth.org/StopSmoking.

PARKINSON'S DISEASE FITNESS

Aquatics for Parkinson's Disease

Parkinson's Exercise Class

Rock Steady Boxing

Call **443-444-4600** for details.



BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our virtual tours by scanning this QR code with your mobile phone camera feature:



IN-PERSON CLASSES AT MEDSTAR FRANKLIN SQUARE MEDICAL CENTER

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.

Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes can be taken separately or together with CPR (discount applies if taken at the same time).

Classes meet the State requirement for daycare providers.

Breastfeeding Support Groups

Facilitated by breastfeeding specialists, these groups provide clinical support to new moms while providing a place to build relationships with other new moms.

Virtual and in-person support groups held weekly.

Virtual support group: Wednesdays, 11 a.m. to noon

In-person support groups, 11 a.m. to 1 p.m. at these locations:

Tuesdays in Brooklyn - City of Refuge

Wednesdays in Essex - Essex Library

Thursdays in Dundalk - North Point Library

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Topics include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit

MedStarHealth.org/BirthandFamilyClasses.

For questions on any of these classes, contact **beth.kegley@medstar.net**.

To register online, visit: **MedStarHealth.org/BirthandFamilyClasses** or call **888-746-2852**.

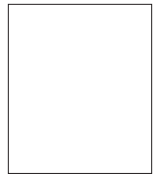




MedStar Health

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MARYLAND MEDICAID RENEWAL IS NOT AUTOMATIC THIS YEAR.

- ✓ Make sure your contact info is up to date so that you can receive your renewal notice for your health insurance.
- ✓ Once you receive it, you'll have 45 days to renew.



Get started at **MarylandHealthConnection.gov/Checkin** or call **855-642-8572** and check in with Medicaid today.

SCAN THE CODE