

Population and Community Health News

Advancing Health

MedStar Harbor Hospital



Recovery in the aftermath of violence.

Hospital responders help promote healing.

Letter from the President.



Here at MedStar Health, the challenges of the past few years have strengthened our commitment to ensure the communities we serve have access to the resources they need to live healthier and happier lives. To that end, 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. 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 the Cherry Hill Senior Center, we are providing vital information and resources to help these older adults make better health decisions. More importantly, we are encouraging them to stay abreast of what they need to be doing to stay healthy as they get older.

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,

Jill Donaldson, FACHE

President, MedStar Harbor 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 Harbor Hospital is 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: Neil Majmundar, MD; Alfie Mingo, MD; and Faisal Mohammad, PA, were in the midst of their shifts in the Emergency department at MedStar Harbor Hospital when a mass shooting wounded 28 individuals. They were among the providers who worked through the night to help treat the victims.



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 neighbors for their annual Brooklyn Day celebration.

On Sunday, July 2 at 12:36 a.m., 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 dropped off by friends and families desperate to save their lives. The last patient was brought in by the police. Most of those injured were teenagers, some as young as age 13.

“I’ve never experienced 19 people coming in with gunshot wounds. And a lot of them had been shot more than

once,” says Alfie Mingo, MD, whose shift in the Emergency department was just about to end. “I knew I was not about to leave.”

The hospital went into lockdown due to security concerns. In the meantime, medical teams led by Dr. Mingo, Neil Majmundar, MD, and physician assistant Faisal Mohammad immediately started treating patients. Across the city, at MedStar Union Memorial Hospital, Matt Sasser, MD, was also busy treating wounded from the same shooting, then came to MedStar Harbor to assist.

Other providers called in to help, including Mark Gosnell, MD, director of the hospital’s ICU; along with emergency physicians Hania Habeeb, MD; Jennifer Nichols, MD; and Robert Yacynych, MD. 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, 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.”

Christopher Wilbert, MD, the chair of MedStar Harbor’s Emergency department 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.

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

“Our goal is to improve health outcomes in our communities through an approach that emphasizes prevention, builds awareness, and encourages independence—especially in communities impacted by disease, health disparities, and other barriers,” explains Tracy Holcomb, MSN, RN program manager for Population and Community Health at MedStar Harbor Hospital. “Community partnerships are critical to achieving this goal.”



Angelia Morrison, center manager of the Cherry Hill Senior Center, meets with Tracy Holcomb, RN program manager for Population and Community Health at MedStar Harbor Hospital.

Holcomb serves as the liaison with numerous community partners for MedStar Harbor Hospital. One of those organizations that she speaks fondly of is the Cherry Hill Senior Center.

“The Cherry Hill Senior Center is one of 13 centers in Baltimore City offering programs and services for older adults,” says Angelia Morrison, center manager. “This includes fitness and wellness programs, dining services,

classes of a variety of topics, health screenings, and vaccines. Our community partnerships are essential to our ongoing success.”

A partnership that has endured for many years, Holcomb says she enjoys working with the group because they are not shy about letting her know what they are interested in. “Most of the individuals that spend time at the Cherry Hill Senior Center are active in the community. They are lifelong learners who truly appreciate the services we provide,” Holcomb says.

Holcomb and her team visit the center at least once a month, delivering accessible, evidence-based education and wellness services. Classes are designed to provide information and resources for informed health decisions. “We focus our educational outreach on health topics that are most likely to impact these individuals...such as heart disease and diabetes. We offer a variety of health screenings as well.”

In addition, MedStar Harbor hosts live DocTalk sessions monthly, during which a resident from the hospital will make a presentation on the topic of the day then answer questions from those in attendance. “They really enjoy our Q&A part of the session. Most find interacting with the residents the best part of this event.”

The senior center has also proven to be a great resource for the hospital when it conducts its Community Health Needs Assessment (CHNA) every 3 years.

“The CHNA helps us identify the most important health priorities in our hospital’s service area...input that is then used to develop community-based programming that effectively addresses the health needs of our most underserved and vulnerable populations.” Holcomb notes. “A big part of that involves information gathering in the community. When we need focus group participants, the seniors at the Cherry Hill center are always willing to participate. They are well connected and very engaged.”

“Attending the senior center provides these individuals with the opportunity to interact with people of the same age while keeping abreast of what they need to be doing to stay healthy as they get older,” Morrison says. “Through the support of MedStar Harbor Hospital and our other community partners, we are helping them take charge of their health and remain independent and active in the community.”

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 Harbor Hospital prepare to provide free flu shots to members of the communities surrounding the hospital during its annual Drive-Through Flu Clinic. A total of 29 associates volunteered, providing vaccines to 106 individuals.



▲ For the past 3 years, the Mayor's Office of Neighborhood Safety and Engagement has promoted peace and public safety across Baltimore City through its Safe Summer program by hosting events, activities, and providing resources for residents. In this photo, Morning Kimborough, CHA from MedStar Harbor Hospital, engages participants at a Safe Summer event held at the Transformation Center providing health resources and encouraging area residents to complete the hospital's Community Health Needs Assessment survey.



▲ 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**.

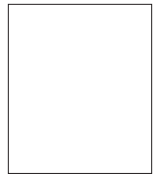




MedStar Health

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855-218-2435



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.



SCAN THE CODE

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