Face of Philanthropy
Board Member Bobby Ourisman and his wife Deborah are dedicated MedStar NRH supporters. Read more about our committed donors on page 4.

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Exercise Your Brain!

Surf the web. Switch on your television. Most likely you will find someone urging you to exercise your brain, and purchase a program to do it. It’s true that our brains can benefit from a “workout” just like our bodies. But MedStar NRH Neuropsychologist Penny Wolfe, PhD (left), says you don’t have to pay to play!

“You could purchase online brain training programs,” she says. “But there is no clear evidence that these are any more effective than other less expensive ways to help keep our brains functioning well.

While we can’t prevent dementia or ‘cure’ brain injury, we can take some action to boost our ability to learn new information and improve our memories,” Dr. Wolfe adds.

“An active brain may help nurture brain plasticity. This is the brain’s amazing capacity to change and adapt, and make new neural connections, even as we age,” Dr. Wolfe says.

“These activities will help improve our physical health, as well. Good physical health and brain health go hand-in-hand.”

| Exercise. Moving your body keeps blood flowing to the brain—and that’s essential to keeping our brains functioning. Blood delivers glucose and oxygen to “feed” your brain and use as energy. Exercise can reduce stress, and elevate your mood, too. |
| Manage chronic health conditions. If you have a chronic illness, such as diabetes or high blood pressure, take your medications regularly as prescribed. Skipping doses or taking the wrong dose can have consequences that affect your physical health and your ability to think clearly. |
| Maintain an active social life. Interacting with other people helps keep our brains active and our minds sharp. Face-to-face socialization is best, but even social media connections are better than none at all. |
| Read and play games. Read a book, a magazine, the newspaper – and play cards or games. Complete a crossword puzzle or Sudoku. Listen to music. Learn a new language. Do anything that helps you use your brain in new ways. |
| Eat healthy food. Good nutrition is critical to keeping the body’s cells healthy—including brain cells. Some research suggests that diet may have an effect on memory and emotions. Brain cells—our neurons—need healthy fats, proteins, complex carbohydrates, vitamins and minerals to function well. |
| Improve your sleep hygiene. Getting a good night’s sleep is very important to your ability to concentrate and think clearly. Chronic sleeplessness can affect mood, impair memory and cause a decline in your physical performance. Some research has shown that sleep gives your brain cells time to rest, allowing them to make connections that help you think clearly, learn and remember when you are awake. If you have serious problems with exhaustion, get checked out by your physician to determine if you have a sleep disorder that requires treatment. |
| Try meditation. Mindfulness meditation is increasingly popular in the U.S. and for good reason. It can reduce stress, which is the enemy of our ability to think clearly. It can help you feel calm and centered. But some research has shown that meditation may actually boost brain plasticity and have a positive effect on the part of your brain that processes information and allows you to connect to people. You don’t have to take a course. There are plenty of online resources and phone apps that can guide you through the process. |

All of these activities stimulate the brain, Dr. Wolfe explains. “Keeping engaged in life is critical to our brain health. This is true for children and adults, as well as for the patients we treat at MedStar NRH who have suffered brain injury,” she adds.

“These activities may be more difficult to do after a stroke or traumatic brain injury, but the big part of my job is helping patients adjust to changes, and find ways to cope well despite them. I work with patients to help them keep their brains active—and to boost those important neural connections.”

To learn more about the MedStar NRH Brain Injury Program, visit MedStarNRH.org.
The American Philanthropic Impulse

Philanthropy is an integral part of the culture of America. People with a shared purpose come together voluntarily to attack a problem, create a new venture—or keep an existing organization growing. Despite economic downturns—or because of them—people continue to support organizations and causes close to their hearts.

This has been true throughout the 30-year history of the MedStar NRH Rehabilitation Network. We’ve been blessed with the generosity of people throughout our community who share our belief that this is a special—and necessary—health care organization. They were with us when we first opened our doors. They now understand that to keep pace with the ever-expanding need for rehabilitation services, this institution must grow as well.

Faithful Donors

Our donors are as diverse as the population we serve. They are grateful patients and families, business leaders, advocates. Many of them have been supporters for decades. Some have just been introduced to the network. In this issue of MedStar NRH Today, we take an opportunity to thank all of them for their generosity.

We also highlight three donors whose support is helping us build for the future. The Adding Life to Years® Capital Campaign is a five-year effort to raise $25 million to build an addition to the hospital and create the National Center for Brain Injury and Stroke Rehabilitation & Research.

The center will focus on highly specialized clinical care for patients with stroke and brain injuries. It will build on our already progressive clinical program and thriving neuroscience research. We are the recognized experts in one of medicine’s most exciting and fast-changing fields.

Preparing for Tomorrow

The new center will harness all of our capabilities in a single location in a state-of-the-art, healing environment. The center’s 32-bed, inpatient unit will be staffed by a team of neuro-rehabilitation physicians and therapists.

The center will also bring together all of our neuroscience researchers—both basic scientists and clinicians—under one roof. This will help to more quickly bring innovation from the bench to bedside. You can read more about our plans for the center on page 7.

Neuroscience Expertise

An integral part of the proposed center is a unique collaborative effort between MedStar NRH and Georgetown University Medical Center—the Center for Brain Plasticity and Recovery. On page 8, we introduce you to one of the co-directors of the center, the much-celebrated neuroscientist Elissa Newport, PhD.

This year she was awarded the prestigious Franklin Institute Medal. We are proud of her groundbreaking work, and of the leadership she and Alexander Dromerick, MD, vice president of research at MedStar NRH, have demonstrated since the inception of this remarkable research initiative.

Their work, the strides made by our patients, and the work of our Team Members continue to inspire me every day.

Thank you for your commitment to MedStar NRH and your generosity, which keeps us moving forward.

“We’ve been blessed with the generosity of people throughout our community who share our belief that this is a special—and necessary—health care organization.”

— John D. Rockwood, President, MedStar National Rehabilitation Network; Senior Vice President, MedStar Health
Face of Philanthropy

A 30-Year Blessing

When MedStar NRH was just a fledgling hospital with grand ambitions, Bobby Ourisman stepped up. The accomplished businessman lent his expertise to help MedStar NRH become—and stay—a strong and viable institution. During nearly three decades as a member of the Board of Directors and chair of the board’s finance committee, he has been a vigorous supporter—and generous donor, as well.

Edward Eckenhoff, founder of MedStar NRH and President Emeritus, sings Ourisman’s praises. “Every once in a while, a hospital becomes blessed by having recruited a wonderfully talented and generous board member,” Eckenhoff says. “Bobby has served for years, selflessly and tirelessly. He has been our advocate, carrying the mission of the hospital into the community. He has also frequently provided significant philanthropic support through the years so our mission can be met.

“Now after 27 years of continuous service to MedStar NRH—and hardly ever missing a meeting—Bobby is retiring from the board,” Eckenhoff adds. “He has been asked to serve on the board of our parent company, MedStar Health, and I know how fortunate it is to have him.”

Both Ourisman and his wife Deborah—who will continue to serve on the MedStar NRH Board of Associates—have long known the value of this unique institution. “When it first got underway, the community desperately needed this hospital and the specialty services it provides,” Ourisman says. “I wanted to contribute to its becoming a beacon in our community for all those suffering from disabling conditions. I thought that if I could help make that happen it would be a worthwhile goal,” he adds.

Today, the Ourismans are helping to ensure that MedStar NRH continues to thrive in the future by making a contribution to its Adding Life to Years® Capital Campaign. The campaign is well on its way to raising $25 million to build the National Center for Brain Injury and Stroke Rehabilitation & Research, expand outpatient services, and move the hospital to all private rooms.

“All of us understand what a blessing it has been to have had the Ourismans associated with our fine institution for so long.”

— Edward Eckenhoff

“All of us understand what a blessing it has been to have had the Ourismans associated with our fine institution for so long.”

— Edward Eckenhoff

“Bobby has always been an unassuming and humble person,” Eckenhoff continues. “It took pressure to allow us to recognize him for all that he has accomplished. But the board understands his significant contributions and twice bestowed him with the coveted Board of Directors Annual Award during his tenure,” he says.

“All of us understand what a blessing it has been to have had the Ourismans associated with our fine institution for so long.”

— Edward Eckenhoff

“Bobby and Deborah Ourisman

Bobby and Deborah Ourisman
Ben Rothenberg calls himself a lucky guy—despite the day in November 2009 when his life took an unexpected turn.

Ben was driving on a familiar road close to home in the rain when his car slid and hit another vehicle. The impact was so great that Ben was thrown to the passenger’s side. When the police reached the scene, they didn’t think he would make it to the hospital.

But he outwitted the first responders and the doctors who thought Ben’s traumatic head injury was likely fatal. When his parents, Stu and Elaine, reached the hospital ICU, they were warned to prepare for the worst.

Ben pulled through those first critical days, defying the odds. Despite the seriousness of his injury, his brain wasn’t swelling and he didn’t require a craniectomy. And within days, doctors removed respiratory support and he was breathing on his own. “Just lucky,” says Ben, now 33-years-old.

“Once he came out of the coma, we were told to find a hospital for his long rehabilitation,” says Stu. “Fortunately we chose MedStar NRH.”

When Ben arrived at the hospital, he was so weak he couldn’t lift his head, his left arm and leg were paralyzed, and “his speech was just a mumble,” Elaine remembers. But within days of the start of his intensive therapy, Ben made tremendous progress.

“He was admitted the day before Thanksgiving and his mind was cloudy and his speech inarticulate,” says Stu. “And when I walked into his room the following Monday, he looked up at me and said very clearly, ‘Hi Dad.’ It was amazing.”

After that breakthrough, his recovery moved forward rapidly. “The therapists worked me so hard, I was exhausted at the end of the day,” Ben says. “But they were great. I gained strength quickly, moving from a wheelchair, to a walker, to a cane.”

By the end of his two month inpatient stay, Ben threw the cane away and walked out of the hospital without assistance. Ben’s luck held as he quickly graduated from outpatient therapy. By the end of 2010, he was back to work on a political campaign, and back behind the wheel.

“We became close to everyone at MedStar NRH from security, to the techs, aides, and nurses. They were really terrific and we felt like family,” says Elaine.

“I’m sure Ben’s recovery was the result of a combination of things—Ben’s luck, youth—and maybe even a little supernatural influences,” says Stu, laughing. “But I’d put the MedStar NRH team at the top of the list.

“That’s why we became donors—we’ve been contributing to the hospital for years. It’s a unique hospital, and we will forever appreciate the care Ben received.”

“We became close to everyone at MedStar NRH—from security, to the techs, aides, and nurses. They were really terrific and we felt like family.”

– Elaine Rothenberg

Ben, Elaine and Stu Rothenberg
When other little boys were playing firefighter, Chris Vincent was planning his future. By the time he was 15, he was learning the ropes at the firehouse near his Maryland home. By 19, he was officially a volunteer fireman.

He was living his dream until one day in April 2012. While on his way to a firehouse meeting, the then 29-year-old’s motorcycle slammed into a car, throwing him in the air and hard onto Route 28. He was in critical condition when a helicopter transported him to Shock Trauma in Baltimore. His parents, Kathy and George, rushed to his side—and stayed with him for weeks. He had suffered a serious traumatic brain injury and broken bones in one leg. The doctors had put him in an induced coma and his prognosis was guarded.

In the days that followed, his fellow firefighters stood vigil, along with his family. He awakened after weeks in the ICU with no memory of the accident, and with months of recovery still ahead of him.

“We wanted him to be close to home in suburban Maryland,” says his mom Kathy. “So we transferred him to MedStar NRH for rehabilitation. When he arrived, he couldn’t walk or speak,” she recalls. “It was tough in the beginning. But as soon as he could, he began daily therapy. I remember the doctor telling me, ‘oh yes, Chris is going to walk again.’ He worked hard and he did walk out of the hospital after five months.”

Chris continued his recovery in the Day Program at MedStar NRH, with Kathy and George sharing carpool duties. He spent hours in physical, speech and occupational therapy. While he gained physical strength, he was suffering aphasia—a disorder that effects a person’s ability to communicate.

But Chris is determined to recover, and has been open to every opportunity that MedStar NRH has to offer. He joined the Aphasia Mentoring Program and participated in aphasia research.

Today, he spends two days a week at the hospital in speech and physical therapy. His busy schedule includes working with a personal trainer and acupuncture. And he is back in his own apartment, made ADA compliant with recent renovations.

“I get frustrated,” Chris says, struggling to find the right words. But he isn’t giving up. His goal? To help others with aphasia by posting short videos of himself online.

In the meantime, Kathy and George have shown their gratitude to MedStar NRH with a generous donation to the Adding Life to Years® Capital Campaign. “This is an important initiative to help improve care for people suffering from brain injury,” says George. “Chris and our family feel like we are part of the MedStar NRH family now—and this is one way to say ‘thank you’ for helping Chris come so far in his recovery.”

“Supporting MedStar NRH is one way to say thank you for helping Chris come so far in his recovery.”

– George Vincent
Funds raised from the campaign will help to expand MedStar NRH’s nationally-ranked programs in brain injury and stroke through the establishment of the National Center for Brain Injury and Stroke Rehabilitation & Research.

The center will be housed in a new 60,000 square foot addition to MedStar NRH, which will include comprehensive inpatient and outpatient clinical care services for patients with stroke and other brain injuries, all in close proximity to an expanded neurosciences research program.

**Specialized Inpatient Care**

The addition will house a state-of-the-art 32-bed patient care unit with all private patient rooms—and allow for all private rooms throughout the hospital. The new unit will include dedicated family support spaces, as well as areas for physical and occupational therapy, speech-language pathology. Neuropsychology services will promote each patient’s optimal recovery.

This new patient care area will feature the most advanced hospital design elements to promote healing, safety and comfort. A perimeter of windows encircling the exterior and skylights will bring natural light into therapy areas.

Patients will be able to walk in a continuous loop with secure reference points and no dead ends. The plan also includes multiple staff monitoring areas surrounding patient rooms, which will give the care team high visibility and easy access to patients, as well as foster close interaction between rehabilitation experts, patients and families.

**Rooftop Garden, Therapy Pool, Gym**

The addition will also include a rooftop garden to provide a natural environment and a respite for patients, families, and team members. The rooftop will offer private sitting areas as well as group gathering spaces, therapy areas, and natural vegetation along the perimeter to buffer any surrounding noise.

The addition’s open atrium design allows for a unique two-story aquatic therapy pool. An inpatient therapy gym will provide a dedicated, low stimulus environment for brain injury rehabilitation. Clinicians will be able to test intensive new therapeutic regimens, and examine the value of patient navigators to help high-risk patients adopt healthy habits once they return home.

**Leading Edge Research**

The center will also help expand MedStar NRH’s already robust neuroscience research program, which is among the largest and most advanced in the nation. MedStar NRH’s strong inpatient neurological rehabilitation programs and unique multisite outpatient network provide the large population base needed to support clinical research, which can quickly translate into improved interventions for patients.

The research component of the new center also includes a unique collaboration already underway between Georgetown University Medical Center and MedStar NRH—the Center for the Study of Brain Plasticity and Recovery. The center combines basic and clinical research to better understand neuroplasticity, the biological process underlying the brain’s ability to learn and develop. The long-term goal is to harness brain plasticity to enhance recovery from stroke and other brain injuries. [See page 8.]

To learn more, contact Emily Riffle, vice president of philanthropy, at 202-877-1784 or Emily.A.Riffle@MedStar.net.
Elissa Newport, PhD, professor of neurology and co-director of the Georgetown University/MedStar NRH Center for Brain Plasticity and Recovery, was named the 2015 Benjamin Franklin Medalist in Computer and Cognitive Science. The prestigious annual award by The Franklin Institute honors Dr. Newport’s “illustrious contributions to understanding the nature of human language.” Dr. Newport is one of a distinguished group of honorees including Thomas Edison, Marie Curie, Stephen Hawking, Jane Goodall and Bill Gates. MedStar NRH Today sat down with Dr. Newport to talk about the award and her work.

Q: The award recognizes your decades of work in understanding how humans develop language skills. How did this research lead you to the Center for Brain Plasticity and Recovery?

A: I am a basic scientist and spent many years studying human language, including how children acquire spoken and signed languages. I also studied the ability of children and adults to learn languages at different ages, to characterize whether there are critical periods for language learning. This research helped us understand that children are better learners than adults of many fundamental abilities, such as motor skills and language fluency. Of course adults are better at acquiring academic skills, but there is something in the young brain that makes languages easier for children to learn. Part of this research included teaching both adults and children to speak miniature languages we created. The children far exceeded the adults in their abilities even in learning these small languages in the lab.

Q: Do we know why they are better learners?

A: Research conducted by other scientists has shown that there are changes in the brain over age, on a cellular and molecular level that makes learning easier during early development. Children’s brains also recover better from brain injury, such as stroke. Even when infants suffer a stroke, they often recover fairly normally, acquiring language as any child would. Their brains have amazing plasticity—the ability to learn, adapt, and change.
I wanted to know whether it would be possible to harness this special capacity of children’s brains, to reproduce it in adults to improve the recovery of speech and motor skills after stroke.

Q: Is this what jump-started your decision to switch career paths after several decades of “award-winning” work?

A: Yes. I was reading the literature on children’s recovery and became fascinated. I took a sabbatical from the University of Rochester and began observing patients in clinical environments. I came to D.C. and worked with Dr. Alex Dromerick, going on rounds at MedStar NRH, MedStar Georgetown University Hospital and Children’s National Health System to observe stroke patients—both children and adults. I was impressed by the differences and began to work with colleagues to try to better understand this process.

Then I was offered the position as co-director of the Center for Brain Plasticity and Recovery, working with Alex. We wanted to build a research program to learn more about brain plasticity—and about how to harness brain plasticity to improve rehabilitation techniques and boost recovery from stroke and other brain injuries.

Q: What’s unique about the center?

A: We take a very collaborative approach to research, bringing together a strong group of basic and clinical researchers from MedStar NRH, Georgetown University, and across the country. We have developed a collaborative give and take of information and ideas that yields better results. A number of renowned researchers have been recruited to join the center’s faculty and research staff. And we have developed affiliations with researchers in institutions across the country—from Harvard University to the University of Texas. They are a very diverse group of outstanding scientists in a variety of fields all relevant to understanding recovery.

More than 30 of us from several area universities meet every Wednesday at MedStar NRH to review our own progress and talk about other research that may have an impact on our work.

Q: Are we making some progress?

A: Absolutely. We know that the most important thing in learning a language, restoring language after injury, or acquiring new motor skills is developing appropriate connections between neurons in the brain. It’s the communications network of signals between nerve cells in the brain that is critical for acquiring skills and also for recovering skills we lose after injury.

In the first two years of life, we have a big burst in the formation of these connections. But as we age, the spontaneous development of new networks of neural connections declines.

One of our affiliate researchers, Dr. Takao Hensch at Harvard, has been doing groundbreaking research with mice in his laboratory to better understand this change in the formation of signaling networks as we age. He has discovered that as we move toward adulthood neurons develop a kind of protective glove that solidifies existing networks, but also prevents new connections from being formed. Remarkably, he has bred mice that don’t have this protection as adults, and he also developed a drug intervention that removes this protection.

These adult mice appear to develop new connections quite readily and show much better recovery from brain injuries. It’s very early in the research, but learning how to reinstate the plasticity of the young brain may be one very promising piece of the puzzle.

Ultimately, we hope to develop interventions that will boost the formation of these new connections in human stroke patients and improve their recoveries. It’s a very important area of research. Despite finding methods to prevent and treat stroke, nearly 800,000 people in the U.S. have a stroke every year. And I’m afraid that number will continue to grow in the future.

I’m grateful to the Franklin Institute for the recognition of my work. But it’s important beyond the gold medal and the accolades. I hope that it will help us spread the word about what we are doing at the Center, and stimulate interest and support of our investigations.

“Ultimately, we hope to develop interventions that will boost the formation of these new connections in human stroke patients and improve their recoveries.”

— Elissa Newport, PhD
Updates from MedStar NRH

MedStar Health Spine Center at Chevy Chase Opens: Offering Multispecialty Care in Single Location

In August, the doors opened on the new MedStar Health Spine Center at Chevy Chase, Maryland—the area’s first and only multispecialty center for people suffering back and neck pain. The center’s staff of neurosurgeons and orthopedic spine surgeons from MedStar Georgetown University Hospital and MedStar NRH physiatrists and physical therapists work collaboratively to provide comprehensive evaluation and treatment for spinal problems from common back pain to complex congenital deformities.

The center is housed on a single floor to give patients convenient access to a multidisciplinary team of experts in a single location—and in an emergency situation, during a single appointment.

The site also offers imaging services and interventional spine procedures—and a central telephone line to streamline scheduling for appointments. Triage specialists respond to calls, review the patient’s history and direct them to the right specialist.

Physicians work in close partnership to provide the most appropriate services, including the latest minimally invasive procedures, advanced non-surgical treatments, and physical therapy.

Patients can see a specialist and receive a physical therapy evaluation during a single visit. When it’s needed, referral to another member of the medical team is streamlined, saving patients weeks of delay.

After an initial therapy evaluation, patients for whom physical therapy is the best treatment option—and those who require therapy after surgery—can receive their follow-up sessions at any one of the 50 MedStar NRH outpatient locations.

For an appointment, call 855.605.BACK (2225).

SAVE THE DATE: REGISTER NOW!
Super H 5K Run, Walk & Wheel • SUNDAY, SEPT. 20, 2015, 8 A.M.

Step up, roll in, run—or just mosey over—to the area’s most fun-packed 5K on Sunday, Sept. 20 at the Sport & Health Club in Tysons Corner, Virginia. Everyone is welcome to this celebratory event—from serious competitors with and without physical challenges, to families with their beloved pets!

All proceeds from the Super H 5K benefit the fantastic MedStar National Rehabilitation Network Adaptive Sports Program and its winning teams. The MedStar NRH program allows people of all ages the opportunity to participate in paralympic sports including wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, sit volleyball, hand cycling, rowing, paralympic archery and much more.

Registration begins at 7 a.m. on race day and the race begins at 8 a.m. Your registration fee includes a Super H t-shirt, a water bottle, and post-race party with food and entertainment. Registration fee is $35.

To register go to MedStarNRH.org/SuperH5K, or call 202-877-1781.

MedStar NRH Board Awards Recognize Exceptional Leadership

Two members of the MedStar NRH Board of Directors were recently celebrated and honored for their long-standing commitment to the network.

The 2015 Community Award was presented to the Steuart Family—Leonard and Guy, along with their wives Carol and Peggy and their children Elizabeth, Brad, Guy III, Carter, Hugh, Holly and Skip. The award recognizes MedStar NRH supporters who have made significant contributions to the network either through donations or their activities on behalf of MedStar NRH.

Leonard Steuart was a member of the board for 12 years, and served as Chairman for three. He donated many hours of his time to help build MedStar NRH, and his family has been a frequent and generous contributor to MedStar NRH fundraising efforts.

The Board Award was presented to Bobby Ourisman in recognition of his outstanding leadership. He has been a board member for 27 years and has served as chairman of the Finance Committee for the past 12 years. He and his wife Deborah have been extremely generous supporters, most recently donating to the ambitious Adding Life to Years® Capital Campaign. [Learn more on page 7.]
Thank You to Our Generous Donors

Our most generous supporters during the year 2014 are recognized through The Victory Society. The Victory Society is one way we demonstrate our commitment to use every dollar our supporters entrust to us with thought and care.

Each philanthropic gesture confirms our shared belief in the overriding goal of MedStar NRH to help our patients reach their highest functioning level. Our donors make it possible for us to continue to expand our services and provide the best medical rehabilitation care to people throughout the region, help our researchers develop innovative advancements and quickly translate these into clinical care, while growing our team of top rehabilitation professionals.

The Victory Society recognizes any individual, trust, corporation, or family foundation who donates $1,000 or more to MedStar NRH during a calendar year. The first letter of the word for each giving level of the Victory Society spells out the word ABLE.

It’s a fitting representation of the true meaning of MedStar NRH. Everything we do is focused on helping people re-learn the skills of day-to-day life after suffering a disabling injury or illness—to make them ABLE to live fully and independently.

The Victory Society levels:  
- Achiever’s Circle—$1,000 - $2,499  
- Believer’s Circle—$2,500 - $4,999  
- Leader’s Circle—$5,000 - $9,999  
- Edward A. Eckenhoff Founder’s Circle—$10,000 and more

No matter what supporters are ABLE to give, they are a very important component of our success. And we are grateful for the steadfast devotion.
MedStar National Rehabilitation Network Victory Society

All contributions–small or large–combine to become a powerful force for change.

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The Benefactor Society was created to recognize donors who have made substantial gifts to MedStar NRH, which cumulatively amount to $50,000 or greater. We proudly acknowledge the following loyal friends whose generosity has had a significant impact on the lives and health of the community we serve.

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The Renoir Society recognizes donors who have included MedStar NRH in their estate planning.

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Renoir Society

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“The pain ends, but the beauty endures.” —Pierre-Auguste Renoir
Philanthropy has played a critical role in enabling MedStar National Rehabilitation Network (MedStar NRH) to create, enhance and sustain vital services and programs for our patients and their families. We are so grateful for those who, year after year, support the incredible work done within our hospitals walls, outpatient facilities, and in the community.

There are many ways to provide philanthropic support to MedStar NRH, including personal contributions of cash, appreciated stock and certain personal property. Additionally, grateful patients and their families may give in honor of a physician, nurse or therapist, or in memory of a friend or loved one. We also recognize estate gifts through our Renoir Society, which support the future of MedStar NRH. Individuals, corporations and foundations may also contribute through sponsorship of our special events.

To learn more about the many ways you can support MedStar NRH, please visit our website at MedStarNRH.org or contact the Philanthropy Office at 202-877-1772.
MedStar National Rehabilitation Network
Financial and Statistical Highlights

**Statistics 2014**
- Inpatient Admissions: 2,221
- Average Length of Stay: 17.2
- Average Daily Inpatient Census: 104.9
- Outpatient Visits: 405,551

**Average Length of Stay – Days**

<table>
<thead>
<tr>
<th>Year</th>
<th>Length of Stay</th>
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<tbody>
<tr>
<td>2002</td>
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<tr>
<td>2012</td>
<td>17.6</td>
</tr>
<tr>
<td>2013</td>
<td>17.6</td>
</tr>
<tr>
<td>2014</td>
<td>17.2</td>
</tr>
</tbody>
</table>

**Disability Class**

- Amputee: 4.2%
- Stroke: 28.4%
- Cardiac: 7.3%
- Other Neurological: 13.3%
- Head Trauma: 21.3%
- Spinal Cord Inj: 5.2%
- Other: 7.8%
- Orthopedic: 12.5%
- Total: 100.0%

**Financial Class**

- BlueCross: 19.5%
- Medicaid: 10.7%
- Medicare: 33.3%
- Other: 3.0%
- Workers Comp: 2.7%
- Managed Care: 25.7%
- Commercial: 3.5%
- International: 1.6%
- Total: 100.0%

**Patient’s Resident States**

- Virginia: 8.2%
- Other States: 2.7%
- Foreign Countries: 0.4%
- Maryland: 47.4%
- D.C.: 41.3%
- Total: 100.0%

**Consolidated Revenue and Expense Statement FY2014**

**Revenue:**
- Gross patient care revenue:
  - Inpatient services: $102,540,876
  - Outpatient services: $78,124,283

- Gross patient service revenue: $180,665,159
- Less contractual allowances and charity care: $64,815,041

- Net patient service revenue: $115,850,118
- Less provision for bad debts: $3,122,122
- Net patient service revenue, net of bad debts: $112,727,996
- Other operating revenue: $2,172,235

- Net operating revenue: $114,900,231

**Operating Expenses:**
- Salaries and related expenses: $72,302,593
- Supplies: $5,108,542
- Purchased services: $10,932,653
- Other expenses: $12,832,653
- Interest expenses: $1,938,786
- Depreciation and amortization: $4,553,108

- Total operating expenses: $107,668,335

- Earnings (loss) from operations: $7,231,896

**Non-Operating Gains (Losses):**
- Investment income: $390,491
- Grant revenue: $2,151,181
- Grant expenditures: $(2,151,181)
- Net gain on sale of investments: $1,398,891
- Other non-operating losses: $(422,114)

- Total non-operating income (expense): $1,367,268

- Excess of revenues over expenses to reinvest into physical plant and patient care operations: $8,599,164
- Unrealized gain on investments held for physical plant improvement: $2,062,178

- Income tax provision: $(600)

- Excess of expenses over revenue: $10,660,742
Current and Ongoing
MEDSTAR NRH RESEARCH GRANTS and AWARDS*

Stroke
Reach Forward: Mechanisms of Practice-Induced Reaching Improvement after Stroke
January 20, 2010 – December 30, 2014
Funding Source: Eunice Kennedy Shriver National Institute of Child Health and Human Development, National Institutes of Health; National Institute on Disability and Rehabilitation Research, U.S. Department of Education

Interdisciplinary Comprehensive Arm Rehab Evaluation (I-CARE) Stroke Initiative
July 1, 2007 - July 31, 2014
Funding Source: University of Southern California; National Institute of Neurological Disorders and Stroke, National Institutes of Health

SISTERS: Spasticity in Stroke - Randomized Study
September 19, 2012 – September 18, 2017
Funding Source: Medtronic International

Left Lateralization Using Transcranial Direct Current Stimulation
July 1, 2012 – June 30, 2015
Funding Source: Doris Duke Charitable Foundation

Stroke National Capital Area Network for Research – SCANR
September 1, 2013 - August 31, 2018
Funding Source: National Institutes of Health

Assistive Technology

Spinal Cord Injuries

Rehabilitation Research and Training Center on Secondary Conditions in SCI
October 1 2009- September 30, 2014
Funding Source: National Institute on Disability and Rehabilitation Research, U.S. Department of Education

The Impact of Self-Management with Probiotics on Urinary Symptoms and the Urine Microbiome in Individuals with Spinal Cord Injury (SCI) & Spina Bifida (SB)
October 1 2014- September 30, 2017
Funding Source: PCORI – Patient-Centered Outcomes Research Institute

*Research grants and awards ongoing and pending January 1, 2014 to Dec 31, 2014.
Save the Date:

30th Anniversary Gala Victory Awards® April 20, 2016

Join friends and colleagues for a joyous celebration of the Victory of the Human Spirit at the 2016 MedStar NRH Gala Victory Awards®. This event will be held on Wednesday, April 20, 2016, at the Smithsonian National Portrait Gallery in Washington, D.C., to commemorate the 30th anniversary of MedStar NRH’s founding and recognize several outstanding individuals whose lives have demonstrated the resilience of the human spirit.

Over the years, dozens of people including celebrities and everyday men, women and children, have been honored at the event, which has helped raise public awareness of important issues of the physically challenged—as well as funds to support the programs and services of the MedStar NRH Rehabilitation Network.

For more information about sponsorship opportunities and tickets, contact Leslie Concha at Leslie.Concha@MedStar.net or 202-877-1781.