For more than 30 years, GEICO has been a dedicated supporter and friend of MedStar NRH, including three decades of critical underwriting for the GEICO Driver Training Program.

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Up Close and Personal with a Personal Trainer

Once considered a luxury for the fittest among us, personal trainers are taking on anyone with the desire to get and stay healthy. “I see people of all ages and levels of fitness,” explains Sheila Weingard, a personal trainer in private practice who now provides services at NRH Rehabilitation Network at Friendship Heights. “My clients are kids, young and older adults, and people who have completed rehab and want to stay on course—you just need to be motivated to take that step to a healthier life.”

Once you make the decision to work with a trainer, Weingard says choosing the right person to meet your needs is critical to your long term success. “It’s important to select someone with the correct training and solid experience,” she says.

HOW CAN YOU HELP ENSURE THAT YOU AND YOUR TRAINER ARE A GOOD MATCH?

Check for PROPER CERTIFICATION— the National Federation of Personal Trainers, NASM and ACE Fitness are three organizations that teach and test trainers for certification.

Be certain the trainer’s CERTIFICATION IS UP TO DATE— trainers need to keep learning year after year.

Ask about the trainer’s LEVEL OF EXPERIENCE— years of service and types of exercises in which the trainer is proficient (i.e. yoga, Pilates, aerobics)

Ask about the COST of a training session.

MEET WITH THE TRAINER to be sure your personalities mesh!

What can you expect from your first training session?

Weingard says that the first visit with a trainer should be primarily a consultation. “The trainer will want to learn more about you and your health history, fitness level and goals,” she explains. “Sometimes I may engage in some exercise with a client, but just so that I can make good and safe recommendations for their personalized training regimen.

“My job is to evaluate my clients’ needs, help them develop goals, and motivate them to keep moving forward toward those goals,” she adds. “For a lot of people, a trainer is a way to incorporate accountability into their exercise routine. Some people don’t need that extra push, but others benefit from a partnership with a trainer.”

How often should I see the trainer—and for how long?

Weingard says that frequency of training sessions is really up to the individual. “It’s often a matter of finances—and personal preference. I see some clients three times a week, and other clients once a month. Some work with me for years—others for months.”

Weingard also recommends one-hour long sessions, although some clients select half hour workouts, as well. “If you have been sedentary, then it may be best to start slow and build up over time as you get stronger.”

The bottom line?

A personal trainer’s job is to help clients build a healthy lifestyle—and sustain it through the years, Weingard adds. “I’m not going to push someone beyond their capacity—or put them at risk. My job is to understand their lives beyond exercise, too. I often ask clients to keep a food diary, because getting in shape is 80 percent about diet.”

Finally, Weingard notes, “The ultimate responsibility of a personal trainer is to help clients be successful!”

For information about personal training at NRH Rehabilitation Network at Friendship Heights, call 855-546-1795.
Message from the President

Refining Our Model of Care

Throughout MedStar Health, an exciting new initiative is underway. We’re implementing an innovative method of healthcare delivery called the Interdisciplinary Model of Care (IMOC). It’s a highly coordinated approach that features true collaboration between members of the healthcare team, patients and families. The objective? Achieve the best possible outcomes for the people in our care.

The model of care puts an emphasis on close interaction between medical, nursing and allied health professionals. It features a dedicated interdisciplinary care team in a partnership with patients and families, who are engaged in all aspects of daily care and discharge planning.

Everyone on the team, including the patient and family, comes together at the same time each day in “rounds” to discuss the patient’s treatment goals and progress. With the entire caregiver team present during rounds, everyone receives the same information at the same time, leading to better understanding of the patient’s plan of care. As a result, patients are able to return home or to the next level of care sooner and better prepared for a fuller recovery.

MedStar NRH Pilot Program

I’m proud to say that MedStar National Rehabilitation Hospital is one of four MedStar Health facilities that are piloting the care model. Nursing units at MedStar Harbor Hospital in Baltimore, MedStar Washington Hospital Center, and MedStar Georgetown University Hospital are also part of the demonstration project.

The demonstration units represent a wide range of care settings to test the new model of care—feedback from teams will help us improve the process. Over time, this model will extend to other hospitals and outpatient facilities to ensure a truly connected system of care wherever our patients access MedStar Health.

Preparing for the Next Decade

Throughout MedStar Health the goal of this initiative is to enhance quality and safety in the delivery of services across the board. It is among one of a number of ongoing efforts that are part of MedStar 2020 Performance Transformation, a systemwide, multi-year effort focused on performance and operational excellence. MedStar Health is working to reinvent and reposition its care delivery systems and business operations to achieve ongoing effectiveness and efficiency.

At MedStar NRH, we’ve always put an emphasis on a team approach to care delivery. We understand that when the hearts and minds of clinicians are fully engaged, they build true and open relationships with our patients and their loved ones. During our 30 years of delivering rehabilitation services, we have seen how important these relationships are to our patients’ ultimate independence—and their return to active lives in the community and with their families. And that is the bottom line with which we measure the quality of our care.
More than 700 friends of MedStar NRH gathered together on April 20 to celebrate three decades of extraordinary rehabilitation care at the 30th anniversary Victory Awards® Gala, which raised over $630,000 for its Adding Life to Years® Campaign.

It was the largest crowd ever in the history of the Victory Awards®, which were created in 1986 to celebrate the Victory of the Human Spirit and to honor individuals who best exemplify exceptional strength and courage in the face of physical adversity.

The event was held in the historic Mellon Auditorium, with NBC4 anchor Doreen Gentzler ably serving as emcee. Olza (Tony) Nicely, chairman and CEO of GEICO, served as Honorary Corporate Chair. The evening also saluted Brazilian culture with our honorary International Chairs His Excellency the Ambassador of Brazil Luiz Alberto Figueiredo Machado and Mrs. Maria Angelica Ikeda.

This year’s Gala paid tribute to four unique individuals who triumphed over adversity—and overcame physical challenges to survive and thrive: Bensten Schone, former
MedStar NRH pediatric patient; Mark French, president and CEO of Leading Authorities; RJ Mitte, actor from TV’s Breaking Bad; and Renato de Oliveira Leite, Brazilian Paralympian, competing in sit volleyball at the Paralympics in Rio.

The evening also celebrated the courage and skill of Paralympians and all adaptive athletes. MedStar NRH’s active adaptive sports program has been promoting sports and exercise for adults and children with physical challenges for decades. One of the highlights of the Gala was an exciting 10-minute, cell phone rally that raised more than $135,000 to support the MedStar NRH athletes, teams and unique fitness classes.

Left: NBC4 Anchor Doreen Gentzler, emceed the event.
Above: Ambassador of Brazil Luiz Alberto Figueiredo Machado served as the Gala’s Honorary Chair.
Right: Stephen Evans, MD, MedStar Health chief medical officer, led a spirited cell-phone fundraising effort.

Below far left: John Rockwood, MedStar NRH President
Below left: The Schone Family
Below right: James Reyes, MedStar NRH Board Chairman

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“GEICO’s steadfast friendship with MedStar NRH began at the very start when we were selecting our first board of directors,” Eckenhoff remembers. “Stephen Ailes—our wonderful first chairman—introduced us to Jack Byrne, who was GEICO’s CEO at the time. Jack said, ‘I tell you what I’m going to do. I’m going to assign a member of our senior staff to your board.’ Noel Chandonnet was the first, and there has been a GEICO executive on our board ever since.

“And when I told Noel about the development of our unique occupational therapy space, Independence Square, and the pressing need for a driver education program for people with physical challenges, he and GEICO didn’t hesitate. They sent a check and have been supporting the program every year since,” Eckenhoff says, with much gratitude.

**Promoting Independence**

GEICO’s contributions to MedStar NRH now total in the millions of dollars—and the GEICO Driver Training Program continues as a fully-equipped adaptive driver training program, able to accommodate a wide range of individuals with significant disabilities.

Today, the hospital’s Independence Square is named in honor of Noel Chandonnet. In the center of the square sits a tangible representation of GEICO’s long-time support.

“The partnership between GEICO and MedStar NRH is the best kind—one that benefits everyone involved and supports the extraordinary healing work the Network does day in and day out.”

— Tony Nicely, GEICO Chair and CEO
MedStar NRH Founder Ed Eckenhoff (left) and GEICO CEO Tony Nicely seal a 30-year old partnership at the inauguration of the GEICO Driver Training Program in 1998.

support—a demonstration vehicle outfitted with adaptive equipment and wrapped in a colorful display of GEICO’s famed gecko.

The new VW Passat Demonstration Car—a generous gift from GEICO and Volkswagen—is a stationary vehicle designed to help patients recovering from a variety of disabling injuries and illnesses learn to safely transfer in and out of a car. It also plays an integral role in the Driver Training Program.

“We know that for many people with physical challenges being able to drive a car is the pathway to independence and to a full life. That’s why we began supporting the Driver Training Program from the start—and continue to underwrite it today,” says Tony Nicely, GEICO’s chairman and CEO.

“I met Ed Eckenhoff early on in GEICO’s relationship with MedStar NRH,” Nicely adds. “I was extremely moved by his passion and energy to make the hospital a vital asset in the community. He certainly accomplished that for the thousands of patients who have benefited from the hospital’s care and services.

“The partnership between GEICO and MedStar NRH is the best kind—one that benefits everyone involved and supports the extraordinary healing work the Network does day in and day out,” he adds.

Continuous GEICO Leadership

Greg Kalinsky, senior vice president and chief information officer, is the sixth GEICO executive to serve on the MedStar NRH board. “I’ve been a director for several years and have gotten to know MedStar NRH as a board member. But I really came to understand how special this institution is when I became the dad of a child who was a patient,” he says.

Three years ago, Kalinsky’s then-17 year-old daughter Tori was diagnosed with a brain tumor. “Initially my wife and I were told there was nothing they could do. But we persisted and found a surgeon who took on the challenge,” Kalinsky adds. While the large tumor was removed successfully, the surgery left Tori with significant physical, cognitive and sensory impairments.

“At first she had lost words and her memory—and unfortunately she suffered permanent loss of her sight,” he explains. “But I called MedStar NRH President John Rockwood and asked if he could do anything to help. And of course he said ‘yes.’”

Tori completed a rigorous regimen of physical and occupational therapy at the McLean, Va., outpatient center. “Today she is in college, has won several scholarships, has a 4.0 GPA, and just completed guide dog school,” Kalinsky says.

“She is so strong—my whole family has been amazed by her toughness through this challenging experience. And the experience has really brought home what fantastic things MedStar NRH does for children like Tori—and so many other people.”

Stepping up for the Future

Throughout the years and with every important new campaign to expand clinical services and research initiatives, GEICO has stepped up with significant contributions. “It’s really been a marriage made in heaven,” says Eckenhoff. “Most recently, GEICO pledged a generous lead gift of $500,000 in support of our Adding Life to Years® Campaign to build the MedStar NRH National Center for Brain Injury and Stroke Rehabilitation & Research,” he adds.

“Every day at GEICO, we’re reminded in our claims handling of the devastating injuries people sustain. And every day, MedStar NRH helps people recover from those terrible injuries.

“That’s why the partnership we’ve had with the Network for more than 30 years is so critical. It can change lives for the better,” says Nicely.

“We certainly share the same goal: To help those who sustain these kinds of injuries return to independent living and regain as much of their former lives as possible. And while our role in this process pales in comparison to the life-saving and life-restoring work being done by MedStar NRH personnel, we are proud of the small part we play,” he adds.

“That’s why we contribute every year to support the work of MedStar NRH doctors, nurses, therapists and support staff—and why GEICO remains committed to supporting their efforts in the future.”
Robert Chernikoff’s “Washington creds” are indisputable. Five generations of his family have played in Stanton Park, blocks from the Capitol. His grandfather owned a grocery store in Northeast, and Robert rode streetcars up and down the city’s streets. His childhood memories are filled with baseball games at Griffith Stadium, and his beloved Washington Senators.

But memories of more recent years have evaporated from Robert’s mind, the result of a sudden and devastating illness—limbic encephalitis.

In 2006, sleepless nights and daytime fatigue began to take their toll. And when his sleeplessness lapsed into disorientation and memory loss, Robert’s office assistant and his wife, Bonnie, were more than a little concerned.

“We had no idea what was happening,” says Bonnie. Month after month, doctor visit after doctor visit proved frustratingly fruitless. “It wasn’t until we were referred to Sloan Kettering Hospital that we were given the frightening diagnosis.”

Limbic encephalitis is an autoimmune disease in which the body produces antibodies that attack the brain, causing dangerous inflammation. The limbic region of the brain controls memory and emotion. The disorder can sometimes be caused by a brain tumor, but several annual PET scans showed fortunately that wasn’t the case for Robert. “That meant there was treatment and I began immunotherapy right away,” he explains.

Unfortunately, some damage had already occurred. “I was bothered by the memory loss, and some other cognitive issues,” Robert explains. “I couldn’t find any hospital to treat me, until I came to MedStar NRH in 2007.”

That’s when he met Michael Yochelson, MD, a brain injury expert and now-vice president of medical affairs and medical director at MedStar NRH. “Dr. Yochelson told me he had previously treated a patient with the disorder and understood the issue well. It didn’t take long for Bonnie and me to understand that he is the best,” Robert adds. “No one is a bigger fan of Dr. Yochelson than I am.

“He does two things that make him an excellent doctor,” Robert notes. “He listens. He observes. Honestly, I’d do anything he asks me to do because he has helped me so much.”

The Chernikoffs are so grateful to Dr. Yochelson and the whole team at MedStar NRH that they have decided to give something back. “We’ve left a bequest to the hospital in our will,” Robert says. “We just want to help sustain this fantastic institution for other patients who need the superior care it offers—and in a small way help to secure its future,” Bonnie adds.

“We just want to help sustain this fantastic institution for other patients who need the superior care it offers—and in a small way help to secure its future.”

~ Robert and Bonnie Chernikoff
The Ohio River ambles through the small town of Beaver in Western Pennsylvania. Rich in history dating back to the French and Indian War, it’s been home to generations of hard working families, including the De Luigis.

“The house I grew up in—and my mother and grandparents lived in all of their lives—still stands,” says Arthur Jason De Luigi, DO, MedStar NRH director of sports medicine. It’s emptier these days with only Dr. De Luigi’s dad Art living there part-time since the death of his wife Shirley three years ago. But this home is steeped in memories of difficult times, joy and achievement that tell the quintessential American success story.

“My dad and mom were just kids when they were married and started a family,” says Dr. De Luigi. “They had to put their dreams aside to provide for my brother Corey and me. My dad worked in the steel mills until they closed, and then mom and dad took whatever jobs they could get to take care of us,” he remembers.

His parents were rightfully proud when armed with scholarships Dr. De Luigi was the first in his family to go to college. They were prouder still when their son graduated medical school—and served his country in Iraq. Then his marriage to Beata and the birth of grandchildren Oscar and Cyan completed this loving family portrait.

In every family’s history, however, sorrow is unfortunate and inevitable. In January 2013, 55-year-old Shirley was feeling unwell. A trip to the Emergency Room, a series of tests and weeks of frustration revealed the troubling diagnosis: Lung cancer. Shirley’s father had been just 55 when he died of the disease, as well.

She started treatment and fought hard, but ultimately lost the battle just six months later. “After she died, I wanted to do something to honor her memory,” Dr. De Luigi says. “I knew I wanted to give a gift to MedStar NRH and I wanted my donation to be meaningful.”

Dr. De Luigi decided to give a contribution in support of the Cancer Rehabilitation Program at MedStar NRH—a rapidly expanding service in an exciting new field that is helping cancer patients live more fully during treatment.

“The Network has created a cutting-edge program that is really making a difference for patients and families,” he adds.

“My mom gave up a lot to raise me and my brother. She was always very strong, and I feel this donation in her memory is one way to recognize her fighting spirit. While she didn’t survive cancer, I know she would be happy to think that our gift will help other patients fight and win,” Dr. De Luigi says.
MedStar NRH Network Expands to 52 Outpatient Centers

Five new MedStar NRH outpatient centers have recently opened in locations throughout the Washington, D.C., and Baltimore region. “We are continuing to expand to serve new communities—and grow existing services,” explains John Brickley, vice president for ambulatory services and network development. “Visits to our outpatient centers continue to increase and we’re responding to the region’s demand for convenient, high quality, customer-service driven rehabilitation care.”

**Bel Air, Md.**

In the north, a second Bel Air, Md., center is now serving the growing Harford County area. “Our original location—MedStar NRH Rehabilitation Network, Bel Air Athletic Club—continues to provide a variety of services, but will ultimately be dedicated to orthopaedic and sports medicine rehabilitation,” Brickley says.

“The second site—MedStar NRH Rehabilitation Network, Bel Air—offers comprehensive Speech-Language Pathology, and Physical and Occupational Therapy services,” he explains.

“It’s located in the newly completed 100,000 sq. ft. MedStar Bel Air Medical Campus, where our rehab specialists are working closely with MedStar Health orthopaedic surgeons, neurosurgeons, sports medicine physicians, oncologists, primary care physicians and other specialists. We also have an urgent care center on site,” he adds. “Co-locating so many MedStar services under one roof provides the community easy access to a variety of health care providers who work collaboratively to best meet patient needs.”

“The center offers a broad range of musculoskeletal and neurologic rehabilitation, as well as sports medicine,” says Jill Anderson, assistant vice president of outpatient rehab, Baltimore region. “We have a Running Injury Clinic, as well as baseball injury screening, prevention and performance enhancement.”

In addition, the center features cancer rehab services, pediatric rehabilitation, foot/ankle and hand therapy, an arthritis program and comprehensive spine pain rehab. “In just a few short months since its opening, the new site has been very busy. Both Bel Air sites will continue to provide important services to area children and adults,” Anderson adds.

**Hunt Valley, Md.**

In northern Baltimore County, MedStar NRH is now providing sports medicine, physical therapy and orthopaedic services in the new U.S. Lacrosse administrative headquarters in Hunt Valley, Md. “This center has a large performance enhancement component,” Brickley notes. “We are serving the community and U.S. Lacrosse athletes. It’s an exciting addition to our sports medicine program and was spearheaded by Richard Hinton, MD, orthopaedic surgeon and co-medical director of MedStar Sports Medicine.”

**Southern Maryland**

The largest site to date in Southern Maryland opened in Brandywine, Md., in late July. “The site is being developed as a hub of comprehensive services,” Brickley adds. “We’re offering a broad range of therapy services, as well as the expertise of medical specialists including physiatrists, orthopaedic surgeons, neurologists and primary care physicians.”

“We are expanding our Sports Medicine services—and will have the latest technology, including the AlterG Anti-Gravity Treadmill,” says Kristin Sheehan, PT, OCS, regional director-Southern Maryland. “Our team includes an athletic trainer in addition to physical therapists and occupational therapists, including certified hand therapists. We are also doing a good deal of community outreach and providing performance evaluations for area high school athletes—a service we hope to grow.”

Also in Maryland, MedStar NRH rehabilitation therapists are providing services at MedStar Health’s urgent care center MedStar Prompt Care in Hyattsville, Md. The center, which is located close to the University of Maryland campus, provides urgent and primary care and rehabilitation services.

**Washington, D.C.**

In downtown Washington, D.C., two Lafayette Centre buildings are now housing 120,000 sq. feet of MedStar Health medical specialty services. MedStar Health at Lafayette Centre will ultimately be a state-of-the-art medical facility providing comprehensive, coordinated medical care with expert specialists from MedStar Georgetown University Hospital, MedStar Washington Hospital Center and MedStar NRH.

“One building is being developed as MedStar Sports Medicine’s flagship site in Greater Washington dedicated to orthopaedics, sports medicine, physical therapy, hand therapy, performance enhancement and sports medicine-orthopaedic specialty evaluations,” Brickley explains. “We’re creating a one-of-a-kind center for the prevention and treatment of sports injury, and other musculoskeletal injuries—and for the improvement of athletic performance for professional, collegiate, high school and club athletes, as well as weekend warriors. The site has been a long-time vision of Orthopaedic Surgeon Dr. Wiemi DouoGuih, co-medical director for MedStar Sports Medicine, and we’re excited to see this come to fruition.”

To learn more, visit MedStarNRH.org/locations.
Gift Planning: Leaving a Lasting Legacy

For more than 30 years, donors have helped to sustain and grow the MedStar National Rehabilitation Network. “Philanthropy has always served an important role in fulfilling MedStar NRH’s vision for the future of rehabilitation care in our nation’s capital,” says Emily Riffle, vice president of philanthropy.

“There are many ways to give—and a direct investment to support our programs is among the most popular,” explains Robert Marsteller, senior philanthropy officer. “But gift planning is also increasing in popularity among our contributors because it not only helps to secure the future of the Network, but it may also provide important advantages for donors as well,” he explains.

“Gift planning can enable grateful patients and families to act on their personal values in ways that are meaningful for them, while also benefiting MedStar NRH,” Riffle adds.

“Through estate, financial and tax-planning strategies, donors can provide for the success of MedStar NRH for many years to come,” Marsteller explains. MedStar NRH established the Renoir Society to recognize these donors. The society is named for impressionist painter Pierre-Auguste Renoir, who struggled with Rheumatoid Arthritis, but continued to create his art.

“We think Renoir’s passion for life mirrors the passion of MedStar NRH Team Members, patients and their families—and our generous donors. It’s their courage and dedication that allows people to rebuild their lives after devastating injury or illness,” Riffle says. “And gift planning can be a way for MedStar NRH supporters to help sustain this important legacy,” Riffle says.

For those donors who need some assistance with estate planning, MedStar NRH offers the services of an independent charitable estate planning firm. “It’s a confidential service with experts for those supporters who want to take advantage of it,” says Marsteller. “And we encourage those donors who decide to include MedStar NRH in their plans to let us know. We want to recognize them as members of the Renoir Society. In addition, a good understanding of the scope of such intentions helps us plan strategically for the future.”

To learn more, contact Robert Marsteller in the Philanthropy Office at 202-877-1772.

There are a number of GIFT PLANNING OPPORTUNITIES for donors, including:

- Bequests in a will
- Retirement plan assets
- Charitable gift annuities
- Life insurance
- Stock and securities
- Trusts
- Real estate
- Life insurance
- Trusts
- Real estate

Face of Philanthropy

Just two degrees of separation. Sometimes that’s all it takes to turn a friend of a friend into a devoted supporter—and a tireless champion for MedStar NRH. In 2001, Jeremy FitzGerald’s nephew’s good friend and tennis partner was hit by a car and thrown into another vehicle. He landed hard on a downtown D.C. street and suffered a paralyzing injury. The man was Robert Marsteller, now senior philanthropy officer at MedStar NRH.

“He’s an inspiration,” says Jeremy. “The way Robert lives his life is a testament to the power of rehabilitation and an individual’s strength and courage. And it’s something we see at MedStar NRH every day.”

It wasn’t a tough decision for Jeremy when a friend asked if she would help raise funds for the Network. “I was happy to do it.” That was the beginning of Jeremy and her husband Jerry’s long association with MedStar NRH. Currently, Jeremy serves on the Board of Directors—a position she has held for the last 10 years.

“I sit on some other boards, as well,” she says. “And I’m not one to simply attend meetings. I like to get involved.” For Jeremy, that has meant visiting patients, volunteering her beloved dog “Fitzy” for the PALS Pet Therapy program to visit hospitalized patients—and coaxing support for MedStar NRH from her wide circle of friends.

“MedStar NRH is a hidden gem. All you have to do is walk through the doors to understand how special it is. Our research program is a one of our best assets, as is the high caliber of our resident training program. We’re providing services people really need—especially our growing cancer rehab services. As a cancer survivor myself, I know the real value of this program.

“Throughout MedStar NRH there is an amazing sense of purpose to help people live fully and with independence. That’s why my husband and I have left a bequest in our will to MedStar NRH. We think it’s a very valuable investment in the future of health care for our community—and hope that in some small way we can keep this remarkable institution thriving for years to come.”
New Adaptive Fitness Classes in Northern Virginia

MedStar NRH free adaptive exercise classes have crossed the Potomac and are now available at a new Fairfax location on Chain Bridge Rd. The MedStar NRH Peer Mentor & Wellness Program features accessible circuit training, sports conditioning and boxing-based fitness for people with physical limitations.

The program, funded in part by a grant from Gordon S. and Marilyn C. Macklin Foundation, is a critical lifeline for people who want to continue their recovery, stay physically active and maintain fitness.

“We have been thrilled by the response to the program,” says Joan Joyce, director of therapeutic recreation and community outreach. “We are delighted to be able to expand the program to Northern Virginia.”

The program has been established with help from Devon Palermo, LPTA, CPT, founder of DPI Adaptive Fitness, and former MedStar NRH Team Member.

“We’re offering the free class on Saturdays from 3 to 5 p.m.,” Palermo says. “We’re located in a ground floor accessible suite in a building with lots of accessible parking. The gym is staffed with two trainers and offers a range of equipment, including cardio and balance machines, boxing fitness and a ‘cage’ that adapts to 15 different exercises,” he explains. “We are excited to welcome individuals with accessible training needs to this wonderful new facility.”

To learn more and to register for classes, visit dpiadaptivefitness.co/.

MedStar NRH Adaptive Fitness Classes | 3545 Chain Bridge Rd. Suite 101, Fairfax, VA 22030