



MedStar Health

MedStar St. Mary's Hospital

Stand Down to Support Vets

In support of our veterans and the community, approximately 25 MedStar St. Mary's Hospital associates provided free health screenings and program enrollment assistance this summer at the Southern Maryland Higher Education Center. The community Stand Down event provided veterans, as well as business and educational opportunities, with health information.

"MedStar St. Mary's Hospital seeks to partner with community resources and the Veterans Administration to help close the gap in the military-to-civilian transition for veterans in our region," said Denise McDowell, RN, director of Outpatient and Pulmonary Services and retired U.S. Navy captain, Nurse Corps.

"Being able to provide health screenings for conditions such as diabetes, high blood pressure and peripheral artery disease to all community members who may not have access to regular health care is important to us."

Clinicians came from multiple departments throughout MedStar St. Mary's Hospital to provide services, including Health Connections, Clinical Resource Management, Laboratory Services, Radiology, Nursing, and Outpatient and Pulmonary Services. In addition to clinical services, veterans received information on eligibility and enrollment for those living in the Health Enterprise Zone, an underserved area of the community targeted for increased primary care, outreach and other programs.

Letter From the President

Dear Friends,

Whether we're adding new programs and services or hiring new specialty physicians, MedStar St. Mary's Hospital is working to meet the priority health needs of our community.

Guided by a Community Health Needs Assessment, we focus our resources where you need them most. Through collaboration with a host of community partners and the Healthy St. Mary's Partnership, this report demonstrates our commitment to filling gaps in areas of care and health disparities.

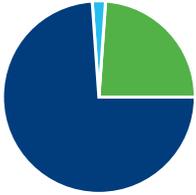
We believe everyone deserves quality, accessible health care. You have our promise to provide our very best to you and yours.

Kindest regards,



Christine R. Wray, FACHE

President, MedStar St. Mary's Hospital
Senior Vice President, MedStar Health



Community Services*	\$7,305,111
Health Professions Education	\$219,006
Charity Care**	\$2,342,079
TOTAL	\$9,866,196

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

**Includes Medicaid assessments

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Small Steps in the Right Direction

Diabetes is a disease that affects individuals of all ages and for Kirsten Knokey, 33, of Leonardtown, Maryland, prevention quickly became an important part of her life.

Referred by hospital Dietitian Becky Sutay, Kirsten began the program this spring after her A1C levels indicated she was not only pre-diabetic, but 0.1 percent away from diabetes.

"That's what scared me the most," she said. "My mom is diabetic and I didn't want to go down that road."

The focus of the program is to take small steps to obtain a larger goal.

"It's been a struggle, but I'm determined to lose the weight."

Kirsten notes that the support group associated with Simple Changes is half of what makes the program thrive.

"Writing down what I eat and knowing someone would read it is really the motivation I needed because you want to prove to them and yourself that you can eat correctly," she said. "My self-esteem is also a lot better now that I can talk to other people and hear other points of view."

Rounding out her 16-week journey, Kirsten has made tremendous progress and has since lost 25 pounds, a full 9.43 percent of her weight, and successfully lowered her A1C levels.

"Simple Changes is such a positive program. I really enjoy this class."

