



MedStar Health

MedStar Montgomery Medical Center

Addressing Vital Nutritional Needs

Throughout the year, MedStar Montgomery Medical Center, partners with the Manna Food Center on several unique programs to address the nutritional needs of underserved children and families in the community.

"These programs are designed to make sure they have enough to eat, and are eating well," explains Wendy Smith, the clinical nutrition manager, who serves as program coordinator, at MedStar Montgomery.

One program, the Karen Goldberg Smart Sacks Program, provides children receiving free and reduced meals at elementary schools in Montgomery County with a sack of food on Fridays to ensure they get the nourishment they need over the weekend. To support the program, MedStar Montgomery sponsors regular "Food and Funds Drives" at the hospital. More than 2,600 children benefit from the program every year.

Another initiative, Cooking Matters at the Store, teaches area residents how to shop strategically during food tours led by MedStar Montgomery nutritionists. Held monthly in cooperation with Giant Food, the tours help participants learn how to use nutrition information to guide their food choices.

"The Manna Food Center is a wonderful organization," notes Smith, who adds that many MedStar Montgomery associates also sort food at the food bank monthly. "It's humbling. We are fortunate to be able to help."

Letter From the President

MedStar Montgomery Medical Center has a long history of service to the community ... more than 95 years. In fact, we were founded as a not-for-profit to ensure that all area residents have access to essential healthcare services.

Today, we remain committed to enhancing our community's health and well-being and advancing overall population health through a wide variety of initiatives. You'll read about two of them in this 2016 Report to the Community. While there is still much to do, we are making an impact. I am thankful for your ongoing support.

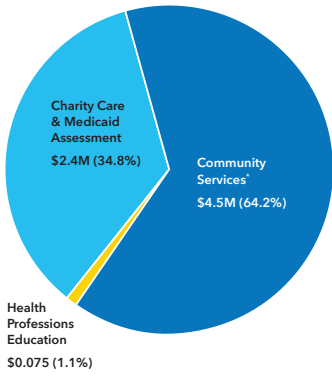
Sincerely,

Thomas J. Senker, FACHE
President

"It's amazing that hunger is so prevalent in Montgomery County. By partnering with the Manna Food Center, we're hoping to change that."

Wendy Smith, Clinical Nutrition Manager

Total Community Benefit 2016: \$7,024,732



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

*Includes Medicaid assessments

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Promoting Healthy Aging

As people age, maintaining strength and flexibility is key to the ability to function on a day-to-day basis. It also helps with health problems such as high blood pressure and obesity. That's why MedStar Montgomery Medical Center began its free Senior Strength and Balance Classes three years ago.

Offered three times a week, the classes are held at three local community centers. About 35 to 50 older adults—with an average age of 70—attend each class. Many are regulars.

"My goal is to get them back to doing the things they enjoy," explains Mary-Jo Cosgrove, the certified group fitness instructor who teaches the classes.

Each session involves a mix of sitting and standing exercises, all with one objective—to help make help everyday life better.

It works. In the words of several participants:

"It was easier to garden this year."

"My lung volume has improved."

"I was able to get up after falling."

"My blood pressure went down."

Since the free classes began, hundreds of area residents have participated—improving their health and improving their lives.

