



MedStar Montgomery Medical Center

Equipping Young Caregivers With Essential Skills

Babysitting has long been a first job for many young teens and is a great way for them to develop important life skills. Experienced sitters are in high demand in Maryland, where an unattended child law requires supervision for children younger than 8 years of age.

Recognizing the importance of providing youth ages 12 to 15 with the training every parent wants a sitter to have, including safety and injury prevention, MedStar Montgomery Medical Center has offered a class called Babysitting + CPR since 2008. Taught by an instructor certified through by the American Heart Association, the full day class is held once a month and covers basic CPR training plus topics such as the characteristics of a great babysitter, the parent's responsibilities, safety and emergency guidelines, a babysitter's guide and checklist, first aid facts, and more.

"Babysitting + CPR prepares these young people to not only care for others, it equips them to better care for themselves," says instructor Megan Milota. "It helps them grow and sets them up for success later in life."

Letter From the President

I am honored to present MedStar Montgomery Medical Center's 2018 Report to the Community, which highlights some of the work we are doing to improve the lives of those in the communities we serve.

While many may think of us as a place for medical treatment, we view ourselves as a community health resource. From our wellness classes to our community lectures to the free screenings we offer, we are proud to be here for every member of our community—in sickness and in health—every day of the year.

Sincerely,

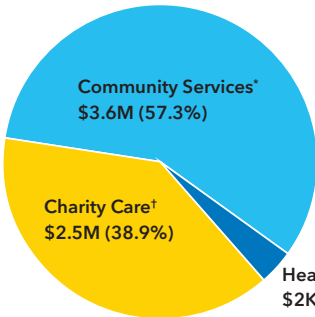
Thomas J. Senker, FACHE

President, MedStar Montgomery Medical Center

"Babysitting + CPR prepares these young people to not only care for others, it equips them to better care for themselves."

Megan Milota, instructor

Total Community Benefit 2018: \$6.3M



*Includes Medicaid assessments

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

Board of Directors

Katherine Farquhar,
Chair

John Ferguson,
Vice Chair

Kenneth A. Samet, FACHE
*President & CEO,
MedStar Health*

Thomas J. Senker,
*President,
MedStar Montgomery
Medical Center*

James Bonifant

Karen Nordstrom

Debbie Ellinghaus

Joseph Bell

Richard Hoffman

Sujithra Jayaraj, MD

Marc Kozam, MD

Richard Kurnot, MD

Ana Maldonado, MD

Alok Mathur, MD

Steven Shimoura, MD

Wendy Walker, DVM

Richard Weinstein

Healing Bodies and Minds

The cancer journey is not an easy one. MedStar Montgomery Medical Center understands the toll cancer can take and is dedicated to supporting patients with cancer physically and emotionally before, during, and after treatment by offering a wide range of free educational and wellness services both on and off campus.

One of the ways MedStar Montgomery is helping cancer patients and survivors prevent or manage adverse effects from their diagnosis or treatments, as well as feelings of stress and anxiety is through its Gentle Flow Yoga for Cancer Patients class.

Research has shown that yoga improves overall quality of life for cancer patients and survivors. This class, led by a certified instructor trained to address the unique needs of these individuals, combines breathing exercises, slow arm stretches, and gentle yoga sequences to help participants improve balance, strength, and flexibility, and regain their mental focus while reducing fatigue, anxiety, and other effects of treatment.

The class also serves as a support group for participants with many developing life-long friendships. They are highly invested in keeping each other active, strong and supported, particularly when faced with challenges. In short, since the class began five years ago, hundreds of cancer patients and survivors have benefited from the healing power of yoga.

