



MedStar Health

MedStar Southern Maryland Hospital Center

Health Happy Hour

In response to a community needs assessment that identified heart disease and stroke as health priorities in the southern Maryland community, the Health Happy Hour program was developed in 2014. By the end of FY 2016, this free wellness program has helped more than 75 attendees.

The Health Happy Hour program involves once per month meetings where Health Happy Hour participants can learn about signs and symptoms of heart disease and stroke, nutrition information, risk factors and treatment. In addition to discussions on these topics, attendees are provided the opportunity to undergo a monthly assessment of their blood pressure, weight and health. During some sessions, attendees may observe a cooking demonstration or meet with a nutritionist or life coach, which help attendees learn how they can reduce controllable risk factors and build sustainable healthy habits that have the power to positively transform their health.

Since the launch of the Health Happy Hour program, participants have reported weight loss, lowered blood pressure and decreased reliance on medication.

Letter From the President

2016 has been a remarkable year for MedStar Southern Maryland Hospital Center. Each year, in our Report to the Community, we choose two of our successful programs to highlight, which show how we are reaching out to meet the needs of the area we serve.

For our 2016 report, we are featuring the Health Happy Hour program and our thriving Adult Volunteer Program.

Our Health Happy Hour program offers attendees free classes on how to eat healthy on the go, how to reduce stress, how to make heart healthy choices, how to reduce sugar intake, how to deal with diabetes, and how to cook so that you are "eating clean."

MedStar Southern Maryland Hospital Center's Adult Volunteer Program offers an exciting opportunity for community members to work in our facility helping our patients and their families in an administrative capacity.

For more information on these and all of our programs, visit MedStarSouthernMaryland.org.

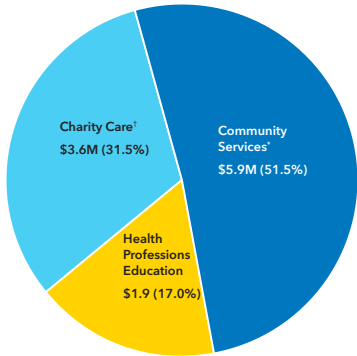
Kindest regards,

A handwritten signature in black ink that reads "Christine R. Wray".

Christine R. Wray, FACHE

President, MedStar Southern Maryland Hospital Center

Total Community Benefit 2016: \$11.4M



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

*Includes Medicaid assessments

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MedStar Southern Maryland Hospital Center's Volunteer Program

Each day, our hospital relies on a team of volunteers who work together with hospital associates to serve our patients and the community. Volunteers help staff our front desk, solarium waiting area and vital departments throughout the hospital. They are able to answer questions for patients and visitors, perform clerical duties and assist with the general operations of the hospital.

In fiscal year 2016, 127 individuals volunteered at MedStar Southern Maryland Hospital Center, donating a total of 13,714.34 hours for the year.

Volunteers are eligible for a daily meal in our cafeteria and are regularly treated to learning opportunities with physicians, who host informative, interactive luncheon talks. Volunteers are also feted at an annual Volunteer Banquet, where they are recognized for their valuable contributions to MedStar Southern Maryland Hospital Center. The hospital's monthly associate newsletter regularly features profiles of our volunteers as well.

During the summer months, adult volunteers partner with young Candy Striper volunteers, who are high school-age students volunteering their time in order to learn what it is like to work in a health care facility.

The hospital employs a fulltime Volunteer Coordinator who trains and schedules volunteers.

