



MedStar Health

MedStar Good Samaritan Hospital

Good Samaritans Give from the Heart to Fight Hunger

For the last eight years, MedStar Good Samaritan Hospital associates have participated in the Warm Hearts project, providing holiday meals to 100 families in partnership with CARES through Govans Ecumenical Development Corporation (GEDCO). This food pantry and emergency financial assistance center was started in 1993 by a group of volunteers primarily from churches in the Govans area. CARES has subsequently expanded to serving neighbors throughout Northeast Baltimore, including our immediate community.

Using a shopping list, teams of associates filled a MedStar Health tote bag with groceries, featuring instant mashed potatoes, Stove Top® stuffing, canned gravy, candied yams, cranberry sauce, canned corn, carrots, green beans and cookies. The hospital provided each family with a coupon for a turkey, ham or other protein. In addition, recipients received health information and hand gel.

The goal was 100 bags; however, Good Samaritans filled 132 bags plus donated five boxes of groceries to CARES.

The project was also expanded this year to MedStar Union Memorial Hospital with the Shepherd's Clinic and Joy Wellness Center to benefit Grace Baptist Church. The goal of 100 bags was surpassed with a total of 146 bags.

Letter From the President

At MedStar Good Samaritan Hospital, we remain centered on taking care of our community, which has been the hallmark of our Catholic heritage for nearly 50 years. Whether it's providing high quality inpatient rehabilitation in partnership with MedStar National Rehabilitation Network, geriatrics care through the Center for Successful Aging, or wellness and disease management from the Good Health Center, MedStar Good Samaritan is committed to our neighbors and our vision—to be the trusted leader in caring for people and advancing health. Along with MedStar Union Memorial Hospital, MedStar Good Samaritan remains focused on providing our communities with the right care, in the right setting, at the right time. By working collaboratively, we're able to provide access to care for our local communities and throughout the region.

Sincerely,

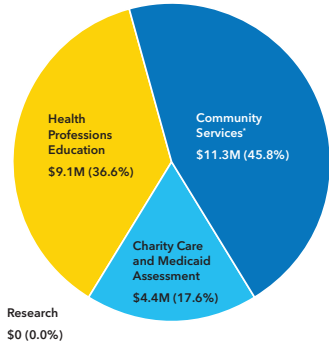
Bradley S. Chambers
 President, MedStar Good Samaritan Hospital
 President, MedStar Union Memorial Hospital
 Senior Vice President, MedStar Health

From both hospitals, a total of 278 tote bags filled with groceries were donated to our community. These bags were delivered the week of Dec. 19 so needy families had meals for the Christmas holidays.

MedStar Good Samaritan Hospital Warm Hearts Project

Number of Years Helping Neighbors with Warm Hearts:	8
Tote Bags Filled in 2016:	132
Total Number of Groceries Donated in 2016:	3,000

Total Community Benefit 2016: \$24.8M



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

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Change Your Lifestyle with Diabetes Prevention Program

More than 86 million people have prediabetes. The concerning news is about one-tenth of those at risk know they have it. And, within five years, nearly 25 percent of those with prediabetes will develop type 2 diabetes.

With healthy lifestyle changes, prediabetes can be reversed, according to Debbie Bena, MA, BSN, health ministries coordinator for MedStar Good Samaritan Hospital. To help area residents learn to manage prediabetes before it becomes more serious, MedStar Good Samaritan launched the Center for Disease Control and Prevention's National Diabetes Prevention Lifestyle Change Program two years ago. The curriculum features trained lifestyle coaches who closely support participants and focus on long-term changes and lasting results. The 16 weekly sessions, followed by six monthly ones, discuss healthy eating, physical activity, weight loss and behavioral changes.

Since the program's inception, 60 people have enrolled. One participant, Leslea Jackson, had a family history of diabetes and was told by her doctor that she would develop the disease if she didn't improve her health. After the program, Leslea lost 51 pounds and both her cholesterol and A1C levels are now normal.

"A goal of the program is to help patients lose five to seven percent of their body weight to help cut their risk of diabetes by more than 50 percent," says Bena. "It doesn't take a drastic weight loss to make a big impact on your health."

SIGNS OF PREDIABETES

Many times, there are no clear symptoms of prediabetes. Sometimes people with prediabetes may have some of the symptoms of diabetes. They include:

- Increased thirst, dry mouth and increased hunger, especially after eating
- Nausea and vomiting
- Fatigue or weakness
- Increased urination

A person who loses five to seven percent of their body weight can cut their risk of developing type 2 diabetes by 58 percent.

