



MedStar National Rehabilitation Hospital

Passion to Win: MedStar National Rehabilitation Hospital Para-Rower Soars to Top of Field

Hallie Smith is strong, persistent, and focused—three essential characteristics of a competitive athlete. Her meteoric rise in para-rowing is proof she has the right drive to be a champion.

It was just two years ago that Hallie thought she'd give the sport a try. She was working out at the MedStar National Rehabilitation Hospital fitness class when she eyed the indoor rowing machines. "It looked interesting and I knew MedStar NRH had a team, so I decided to go to a training session," Hallie said. With just two sessions under her belt, she competed in a mid-Atlantic indoor sprint—earning first place in her category. It's been a straight upward trajectory ever since.

Between those first and second sprints, Hallie shaved more than two minutes off her time, and participated in several U.S. trials on water. In August 2017, she came in first place in the U.S. Nationals Singles Sculls Paralympic race, winning a spot on the championship team in the World Championship.

"I competed in Sarasota, Florida, in September, against nine rowers from around the world," Hallie said. "It was amazing to be there—to open up my drawer and see the team shirt. It's been a crazy ride."

Among a field of far more experienced rowers on a course of 2,000 meters, Hallie kept pace to qualify for her first final.

(continued on next page)

Letter From the President

Our mission is to help people with disabling illness or injury reach their highest level of functioning, so they may return to their active lives. We understand that providing rehabilitation only begins the recovery process—we strive to increase their independence, confidence, and self-esteem.

Hallie Smith is one shining example of the success of our adaptive sports program, which includes seven sports and adaptive fitness. Our programs provide safe sports and fitness training by specialized professionals for individuals with physical disabilities.

Sincerely,

John D. Rockwood

President, MedStar National Rehabilitation Network
Senior Vice President, MedStar Health



Passion to Win (continued)

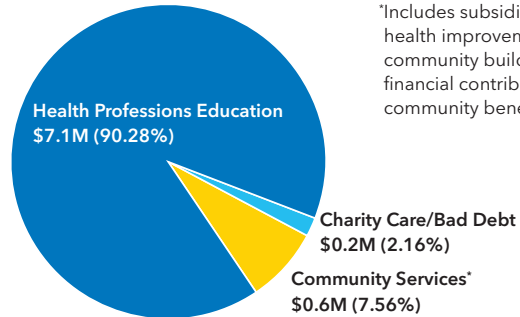
Although she didn't win, the positive experience made Hallie even more determined. She has since stepped up her one-on-one training with coach Irene Walsh—and bought a rowing machine to work out at home.

Hallie was diagnosed with hereditary spastic paraplegia just a few years ago, but has attacked life in a wheelchair with the same spirit she brings to rowing. **"I used to think about what my body can't do. Now I think about what my body can do."**

That feeling of control is a significant benefit that adaptive sports gives people with physical challenges, explains Christy Medema, recreational therapist and manager of the MedStar NRH para-rowing team. "It's not necessary to be a strong competitor," Christy says. "I see the transformation in team members who may not ever win a race. While they may doubt their abilities at the start, the more they practice, the stronger and more confident they become." As for Hallie, Christy adds, "She is on her way. Her passion pushes her to practice and train—and excel."



2017 Community Benefit Contribution: \$7.9M



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

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