



MedStar Health

MedStar Good Samaritan Hospital

Diabetes Self-Management

People with diabetes have to make choices on a daily basis regarding how best to manage their disease. The community outreach department at MedStar Good Samaritan Hospital is committed to helping those with diabetes make the best possible day to day choices, thereby helping them to become better self-managers of their condition.

Stanford University's evidenced-based "Diabetes Self-Management Program" is offered by the hospital's community outreach nurses in various community settings such as churches, senior centers and senior residence buildings. A group of 12 to 16 participants attend a two-and-half-hour workshop for six weeks where a variety of topics related to diabetes management are presented. Topics include healthy eating, exercise, hypo/hyperglycemia, glucose testing, dealing with difficult emotions, and working more effectively with healthcare providers.

Participants reported they had a better understanding and were more confident in regard to managing their symptoms after completing the six-week program. This program was conducted three times at two locations in 2015 and will be expanded to offer more programs and locations in 2016.

Letter From the President

Building upon MedStar Good Samaritan Hospital's annual community benefits contribution, under new provisions of the Maryland waiver, our programs and services are reaching out further into the community to have a greater impact on health outcomes and overall population health. Our physicians, nurses and clinicians work to improve quality, reduce readmissions, decrease hospital acquired conditions, and address chronic disease management.

In the 2015 MedStar Good Samaritan Hospital Report to the Community, we want to feature our Senior Fitness Class, a neighborhood partnership with Senior Network of North Baltimore. Community partnerships are instrumental in having the greatest impact on population health and showcase the importance of building and maintaining these relationships.

Sincerely,

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

MedStar Good Samaritan Hospital
2015 REPORT TO THE COMMUNITY



Community Services*	\$9,031,968
Health Professions Education	\$7,612,630
Charity Care**	\$4,212,901
TOTAL	\$20,857,499

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

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Senior Fitness

Many seniors think that their days of exercising are behind them. With the Senior Fitness Class led by Parish Nurse Debbie Bena, RN, even those who are in a wheelchair or who cannot stand to exercise are able to get in shape while enjoying social time with their peers. The program, held at Senior Network of North Baltimore, offers low-impact exercises that can be done while standing or sitting. The free program, held every Wednesday, includes aerobics, strength training and flexibility exercise.

Amy Freedman, MD, geriatrician at the Center for Successful aging, says, "Physical exercise is so important in older people to allow them to remain independent at home as long as possible. Maintaining strength and flexibility helps them prevent falls, stay as mobile as possible, and continue doing their daily activities."

Fronnie Sodipo, 80, has regularly attended the Senior Fitness Class for the last two years. "The class has helped with my flexibility and even allowed me to volunteer in Good Sam's garden, she says. "I love spending time with my friends and staying in shape as much as I can."

