



## Staying healthy physically and mentally **during the pandemic.**

MedStar Union Memorial Hospital has been partnering with the Hampden Family Center for several years—offering free fitness classes to encourage more older adults to exercise regularly.

“As we get older, the odds of developing a wide range of health conditions increases. Regular exercise has been proven to help older adults stay in good health, both physically and mentally, so they can remain independent,” explains Debbie Bena, MA, BSN, RN, a trained exercise professional.

For years, one of the most popular weekly classes held at the Hampden Family Center was the Senior Fitness class. Developed for those 50 years of age and older, the class offers a complete workout that includes low impact aerobics, strength training, and stretching. So, when the pandemic hit and classes had to be cancelled, it left a void in the lives of many area residents.

But with technology, the classes resumed through Zoom—enabling participants to virtually reconnect with their former classmates, improving their physical and mental health during these difficult times.

“Regular exercise has been proven to help older adults stay in good health, both physically and mentally, so they can remain independent.”  
—Debbie Bena, MA, BSN, RN

### Letter from the president.

MedStar Union Memorial Hospital has a long tradition of service to the community. It’s a tradition built on ensuring the good health of all residents of the area, especially those who face barriers to care.

Throughout this pandemic, we have remained committed to enhancing our community’s health and well-being through a wide variety of initiatives in partnership with many other community-based organizations. You’ll read about two of them in this report. We thank all of you for helping us impact so many lives in a positive way through this work.

Sincerely,

Bradley S. Chambers

President,  
MedStar Union Memorial Hospital

President,  
MedStar Good Samaritan Hospital

Senior Vice President and Chief Operating Officer,  
Baltimore Region, MedStar Health

# Offering help and healing in tough times.

The Shepherd's Clinic and the affiliated Joy Wellness Center have been addressing the healthcare needs of many low-income Baltimore residents for decades—primarily individuals who cannot afford insurance, yet do not qualify for government assistance. In addition to primary care and related healthcare services, the facility provides patients with a variety of wellness services to ensure truly integrative health care.



While private donors make much of what the clinic offers possible, partnerships with MedStar Union Memorial Hospital and other healthcare professionals ensure continuity of care for patients. When the pandemic hit, it cut off a critical lifeline for the approximately 1,000 individuals who relied on the clinic every year. But not for long.

By ramping up the use of telehealth and other technologies, the clinic was able to continue providing its much-needed services—services that were critically needed by many during these toughest of times. The Joy Wellness Center, which provides patients with classes in healing arts, movement therapy, nutrition education, stress reduction, and more, was also able to resume many of its activities virtually, providing participants with much needed relief from the daily challenges of dealing with COVID-19.

In short, through this partnership, we've been able to positively impact many more lives than we could have on our own.

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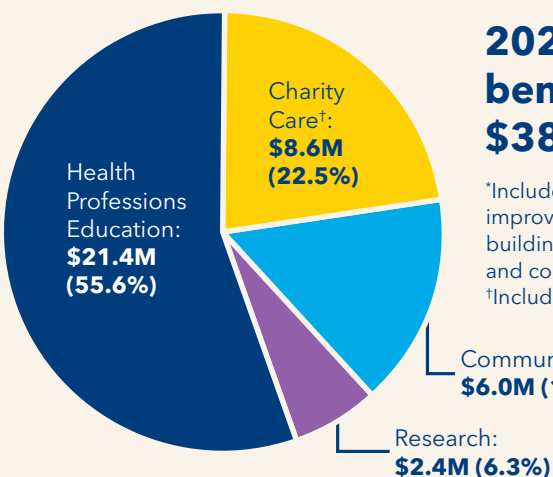
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## 2021 Community benefit contribution: \$38.4M

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

**It's how we treat people.**