



## Transforming lives through real-world experience.

For many talented young people in our community, economics restricts their access to a quality college-preparatory education. Baltimore's Cristo Rey Jesuit High School has been working to change this since 2007 through a work-study program for high school students called the Corporate Internship Program—a program MedStar Good Samaritan Hospital has sponsored from its inception.

The program's goal is to make college-preparatory education affordable to underserved young people by providing them with the means to finance their education. Through the program, four students share a full-time, entry-level job in the Admitting department at MedStar Good Samaritan during the school year, alternating workdays so they don't miss classes. The hospital pays an annual fee, which is applied toward the students' tuition. Several of the students have returned to MedStar Good Samaritan after college to become associates.

"MedStar Good Samaritan is grateful for the opportunity to provide these students with a positive working experience that supports their studies."  
—George Farley, assistant vice president for Mission Integration and Volunteer Services

### Letter from the president.

Here at MedStar Good Samaritan Hospital, we have never wavered from our mission of improving the health and well-being of those we are so privileged to serve—the very purpose for which this hospital was founded. So, it is with great pride that I present our FY2020 Report to the Community, which highlights two unique community outreach initiatives—both of which are impacting people's lives positively.

While we are fortunate to address the community's needs in many ways, we couldn't do it without your support. Thank you.

Sincerely,

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

# Making exercise accessible to those with chronic conditions.

Individuals living with chronic conditions often find it difficult to get enough exercise for a whole host of reasons. Yet, research has shown that physical activity can mitigate the progression of some chronic diseases and even reverse existing diseases in certain cases.

MedStar Good Samaritan is working to encourage individuals with chronic diseases such as arthritis, diabetes, high blood pressure, and other long-lasting illnesses to get more exercise through its Phase III Exercise Program.

Offered Monday through Friday from 7 a.m. to 4:30 p.m. in the hospital's Good Health Center, the program provides participants with affordable access to an on-site fitness center under the supervision of exercise specialists. The only requirement to sign up is a physician's referral, and the Good Health Center accepts patients referred from any healthcare facility, not just MedStar Good Samaritan.

According to Steven Whiteford, the health and fitness specialist who works directly with the patients in the Good Health Center, an average of 30 patients normally visit the Good Health Center daily. However, visits have been somewhat restricted during the pandemic. "The members are all here because they have health issues, and that makes them feel like a family. They motivate each other, which inspires them to stick with it. That's key to the program's success."



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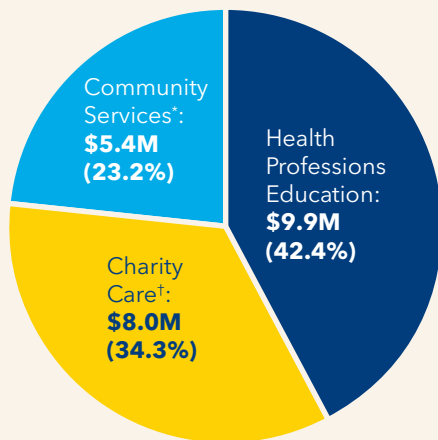
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## 2020 Community benefit contribution: \$23.4M

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

†Includes Medicaid assessments

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