



# Offering more options in medically underserved areas.

MedStar Health wants to help ensure the youngest members of our community have the healthiest start possible. In 2019, we extended our reach at MedStar St. Mary's Hospital by offering our Parents-to-Be workshop in a second location giving families the option to take the class closer to home.

In response to input received from our community about our existing Parents-to-Be class offerings, new sessions were created that combine four free-standing classes into an abbreviated, one-day workshop. This allows for both partners to attend all of the Parents-to-Be classes in one sitting versus one evening a week over four weeks. The families are receiving the full range of services in a condensed, more convenient offering, especially benefitting our working families.

"I thought it was very effective, and the staff were great! We were very happy to get all of the classes completed in one day, and it was still VERY informative," says a participant in the Parents-to-Be Program.

## Letter from the president.

Dear Friends,

At MedStar Health, we're committed to helping improve the health of everyone in our community, including our youngest members.

The 2019 Report to the Community for MedStar St. Mary's Hospital features the Parents-to-Be workshop. In 2019 we added a second session of the workshop in a new location to reach more families close to where they live and work.

We are working to break down barriers to good health such as access to care, and we are committed to seeking out new ways to keep our community healthy.

Kindest regards,

A handwritten signature in black ink that reads "Christine R. Wray". The signature is written in a cursive style.

Christine R. Wray, FACHE  
Senior Vice President, MedStar Health  
President, MedStar St. Mary's Hospital



The one-day workshop teaches skills in baby care basics, infant CPR, childbirth techniques, and the basics of breastfeeding. Holding the class at the East Run Center in Great Mills offers expecting parents in one of the most medically underserved areas of the county greater access to a program designed to help ensure they are well prepared to meet the needs of their newborns.



This workshop is just one of multiple programs, support groups, and classes being offered at the East Run Center, which also includes a primary care office, behavioral health services, and a dental clinic. The center's location has made it a key component in MedStar St. Mary's Hospital's goal of increasing access to care in the southernmost regions of St. Mary's County.

## Board of Directors

**Jennifer Blake**

**Christine Boom Via**

**Anna H. Choi, MD**

**Micheline Lopez-Estrada**

**Karen Garner**

**Tracy Harris, PhD**

**Dr. John Harvey**

**Kristina Jayaraman**

**Tara Saggar, MD**

**Kenneth A. Samet**

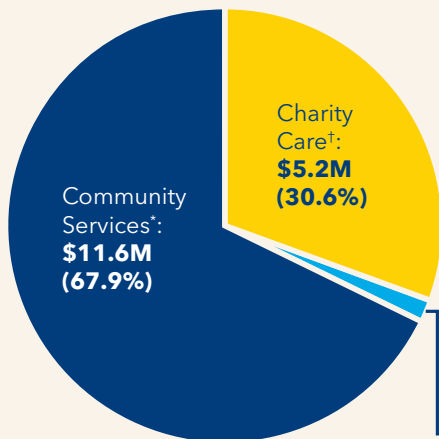
**Stephen Schmeiser**

**Avani D. Shah, MD**

**Frederick A. Tepel**

**Vincent Whittles**

**Christine Wray**



## 2019 Community benefit contribution: \$17.0M

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

†Includes Medicaid assessments

Health Professions Education: \$0.3M (1.5%)



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