



Keeping seniors active during the COVID-19 pandemic.

Research proves that social interaction and physical activity are keys to living a long and healthy life. However, the public health crisis has stalled many in-person activities within the community, making it harder for aging adults to safely participate in exercise and social programs crucial to their physical and mental well-being.

MedStar Montgomery Medical Center has offered senior fitness classes at Longwood Community Center for years. When COVID-19 began to affect the community, class instructor Mary-Jo Cosgrove knew she had to find an alternative way to safely stay connected and engaged with class participants, many of whom were isolated from family and friends.

Cosgrove began offering three class options virtually: two focused on strength and balance and one yoga class. Nearly 150 seniors join the classes each week, and many have extended gratitude for Cosgrove's dedication to giving them the tools to improve their overall activity level with less pain. Beyond the physical advantages, class participants appreciate the social benefits which have positively affected their quality of life.

Class participant Vicki Schellhase says, "I have enjoyed [Mary-Jo's] exercise classes from the first one, but during the pandemic, the virtual classes have become a lifeline for me. I continue to learn from [Mary-Jo], sometimes new information and sometimes reminders of things I need to hear again."

Don Hartngraft adds, "On the one-year anniversary of my coronary artery bypass graft, I wrote to my cardiothoracic surgeon. His reply included details as to what led up to the decision to accept me, a 90-year-old, for open-heart surgery. All but one on his team were in

agreement. [After meeting me], the dissenter came back and said that I was healthier than everybody on the surgical team. That's where Mary-Jo comes in. Her exercise class saved my life. For that, I will be eternally grateful."

Letter from the president.

The COVID-19 pandemic has stretched us in ways we could have never imagined. Yet, I continue to be proud of the resiliency I witness inside MedStar Montgomery Medical Center and throughout the surrounding community.

In this report, you'll read an inspiring example of this resilience as our senior generation learns and embraces new ways to stay healthy despite challenges. We are grateful that technology allows us to remain engaged with one another. It is your dedication to caring for yourself and others that offers us hope.

Thank you for the overwhelming support you continue to show our frontline health care workers and each other. You are the reason we remain encouraged for today and what's ahead.

Sincerely,

A handwritten signature in black ink, appearing to read "Thomas J. Senker".

Thomas J. Senker, FACHE
President,
MedStar Montgomery Medical Center

Giving Tree at MedStar Montgomery goes virtual in 2020.

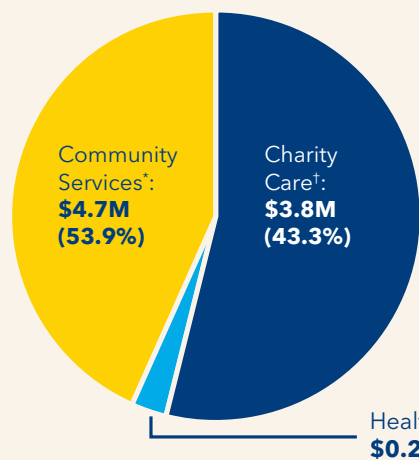
In 2020, MedStar Montgomery associates continued their annual tradition of adopting Harmony Hills Elementary School students through an online gift drive. Instead of collecting toys, games, and clothing, associates donated \$25 gift cards to support 125 students and their families. Parents used these gift cards to purchase items from their children's wish lists.



"Our families, like many, had difficulty making ends meet and giving their children a special holiday celebration. Thanks to your generosity, our families were able to provide their children with a holiday gift during this special time of the year," says Adriano Toro, director of Linkages to Learning.

MedStar Montgomery's partnership with Linkages to Learning benefits elementary school students and their siblings at Harmony Hills Elementary School and other area schools.

Linkages to Learning is a collaborative partnership between the Montgomery County Department of Health and Human Services, Montgomery County Public Schools, and EveryMind, a non-profit partner that identifies and addresses the needs of at-risk children and their families.



2020 Community benefit contribution: \$8.7M

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

†Includes Medicaid assessments

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