



MedStar Health

## MedStar St. Mary's Hospital

### Support Groups Keep Community Connected

MedStar St. Mary's Hospital continues to meet the needs of its community by hosting free support groups for those facing a variety of chronic or life-limiting conditions, including Alzheimer's and Parkinson's disease.

"My emotions and my health were going down quite a bit because I felt trapped," said Brenda, 68, of California, Maryland.

Brenda is the primary caregiver for her husband, Elliot, who has Alzheimer's disease. She began attending the hospital's Alzheimer's support group and was able to connect with others and share her experiences.

"The support group gave me an outlet to be able to talk about my experiences," said Brenda.

The hospital's Parkinson's disease support group connected Carol Frazier and her husband, Will, who was diagnosed with Parkinson's in 2012, with valuable resources.

"We weren't aware of any specialized programs in the area," said Carol, but through speakers brought into the meetings, they have learned about programs such as a special physical therapy for Parkinson's patients offered at the hospital.

"We wouldn't have been aware of this without this support group and it was nice to hear from other people who had participated in the therapy."

The hospital continues to tailor support group offerings to community needs and requests, and works to make meetings more convenient and timely for participants.

## Letter From the President

Dear Friends,

At MedStar St. Mary's Hospital, we take pride in helping to improve the health of our community.

This year's community benefits report confirms our ongoing efforts to stay informed about the healthcare needs of our growing population and offer services to meet those needs in areas of our county that need them most.

The Community Needs Assessment survey guides our collaboration with a number of community partners. Together, we are improving access and increasing options for health services because we all deserve quality and convenient care throughout each stage of our life.

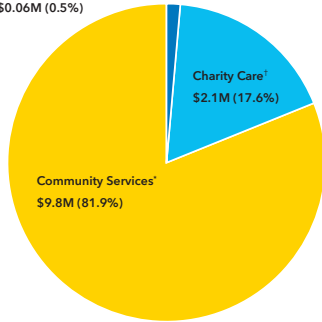
Kindest regards,

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



## 2016 Community Benefit Contribution: \$12M

Health Professions Education  
\$0.06M (0.5%)



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

†Includes Medicaid assessments

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## Senior Wellness and Staying Informed

Staying informed on health-related issues is vital to keeping healthy in our golden years.

For more than 15 years, members of the Senior Gold Card Club have been meeting once a month at MedStar St. Mary's Hospital's Health Connections. Typically, people 55 and older come to enjoy a light lunch at 12:30 p.m. followed by a one-hour discussion on a health-related topic. Featured presentations include information on a variety of topics such as managing medications, lowering blood pressure, building a better diet and choosing the right exercises.

"Many of our seniors are interested in continuing to learn ways to improve their health," said Lori Werrell, director of the hospital's Population and Community Health department. "The Senior Gold Card Club encourages them to stay proactive and informed about their health."

The club is free to participants and goes beyond the benefits of a person's physical health. Designed as a senior wellness program, many members enjoy socializing and forming friendships while learning healthy tips to keep them feeling young at heart.

