



Making the healing powers of yoga **accessible.**

The ancient practice of yoga has many proven physical and mental benefits. It's also an exercise that anyone can do. Unfortunately, yoga is often inaccessible to individuals who may truly benefit—individuals living in underserved areas with limited financial resources.

Ensuring that everyone in the communities MedStar Health serves can experience the healing powers of yoga is the goal of a partnership between MedStar Union Memorial Hospital and the Joy Wellness Center at Shepherd's Clinic. Here, individuals of all ages from all walks of life come together regularly to participate in a practice that is known to not only improve flexibility, strength, and balance, but also alleviate anxiety, depression, and stress. Plus, with the support of MedStar Union Memorial as well as many other individuals and organizations, classes are offered at no charge, though small donations are welcome.

"Our goal is to help the underserved live healthier lives. This initiative is one way we're working to do that," says Kerry Martinez, yoga instructor and owner of Yoga Path. "Through this partnership, we're addressing important unmet needs," she adds.

"Our goal is to help the underserved live healthier lives. Through our partnership with Joy Wellness Center, we're addressing important unmet needs."
—Kerry Martinez, owner of Yoga Path

Letter from the president.

We know what area residents experience out in the community is just as important to their health as what they experience within our walls. So, every year, MedStar Health invests in a wide range of community programs and services at MedStar Union Memorial Hospital—providing needed resources to help residents get healthy and stay healthy. We highlight two of them in this report.

Caring for the community is what we do. But we couldn't do it without the support of others, especially our many partners. We are eternally grateful. Thank you.

Sincerely,

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

Opening pathways for opportunities in health care.

Maryland is among five states with the highest rates of opioid-related overdose deaths. MedStar Health is working to address this trend in the Baltimore region through its Opiate Overdose Survivor Outreach Project (OSOP).

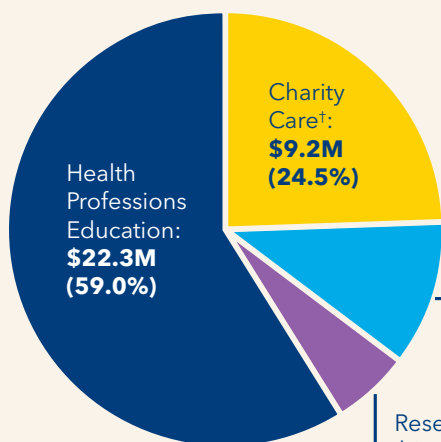


OSOP is part of a larger effort to identify patients at risk for drug overdose and get them into treatment. If a patient screens positive for substance use in the emergency department, a hospital-based peer recovery coach—an individual who has had personal experience with addiction—engages with that person, providing support and overdose prevention education.

These patients are then offered the services of a community recovery coach, a person who also has experience with addiction, who works with them once they leave the hospital, linking them to recovery support services and treatment as requested.

Vicky Stewart, a community recovery coach at MedStar Union Memorial Hospital, survived seven overdoses before she finally got the help she needed 11 years ago. Now, she uses her experience to help others by first explaining that she has walked in their shoes. Individuals who agree to participate in the program meet with her regularly, getting the encouragement they need to recover.

“This disease impacts individuals from all walks of life. Programs like OSOP are critically needed, and they are saving lives,” she notes.



2019 Community benefit contribution: \$37.8M

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

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It's how we treat people.