



MedStar Union Memorial Hospital

Helping Older Adults Stay Healthy

As we get older, the odds of developing a wide range of health conditions increases. Regular exercise has been proven to help older adults stay in good health, so they can remain independent. It plays a role in reducing the risk of diseases that are more common as we age including diabetes, heart disease, and osteoporosis. And it's essential to preventing falls. It even helps lower dementia risk by increasing blood flow to the brain.

One of the ways MedStar Union Memorial Hospital encourages more older adults to exercise regularly is through its free Fitness for 50s exercise program. Held every Tuesday, from 10 to 11 a.m. at the Hampden Family Center, a hub for community activities, the class was developed for those 50 years of age and older.

Led by a trained professional from MedStar Union Memorial, the program offers a complete workout that includes low impact aerobics, strength training, and stretching. Since it began five years ago, many of the area's older residents have benefitted—getting in better shape and getting healthier, too.



Letter From the President

At MedStar Union Memorial Hospital, we recognize that health plays an important role in building strong communities. That's why when we identify a critical community health need, we work to address it.

In this report, you'll read about two initiatives we conduct in partnership with a couple of local community-based organizations. Working collectively, we are helping improve the health outcomes of many more area residents than we could do on our own. We are proud to play a part and will continue to do so for many years to come.

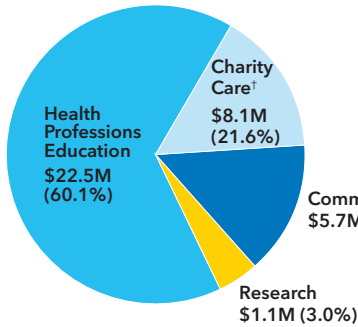
Sincerely,

Bradley S. Chambers

President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health

Regular exercise helps reduce the risk of diseases that are more common as we age including diabetes, heart disease, and osteoporosis.

2018 Community Benefit Contribution: \$37.4M



*Includes Medicaid assessments

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

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Promoting Healthy Habits

Today, the number of children in the United States struggling to maintain a healthy weight is on the rise. In fact, the American Academy of Pediatrics calls it a national health emergency. The high-calorie foods many children eat, combined with their sedentary lifestyles, are key factors. With these extra pounds comes an increased risk for cardiovascular disease, diabetes, and other chronic health conditions.

MedStar Union Memorial Hospital has been doing its part to address this problem for the past 20 years through its participation in health events hosted by schools and community-organizations such as the Y. Most recently, in partnership with the Weinberg Y in Waverly, the hospital became a sponsor of the annual Healthy Kids Day. Held every April, Healthy Kids Day promotes healthy habits for kids and their families and encourages physical activity.

In addition to helping with planning and organizing this free event, which features arts and crafts, a moon bounce, and a variety of fitness activities, associates from MedStar Union Memorial also offer free dental, vision and asthma screenings, making access to these services more convenient for families in the area. Referrals are provided for children with abnormal results. As in prior years, the 2018 event was a huge success with more than 350 attending.