

Population and Community Health News

Advancing Health

MedStar Franklin Square Medical Center

Expanding access to care.

Mobile Health Centers go where services are needed the most.



INSIDE: A hands-on approach to saving lives. | Connecting with our community.

Letter from the President.



At MedStar Health, our goal is to make sure everyone has access to the care they need where and when they need it. To that end, we have been working tirelessly to meet the healthcare needs of the greater Baltimore area by expanding our services throughout the region.

For example, in this issue of *Advancing Health*, we feature our newest Mobile Health Center, the second in our fleet, which is now visiting locations in North Baltimore regularly. Through this outreach, we are making it possible for more people to easily obtain medical care for both urgent and chronic health issues...individuals who often face significant barriers to seeing a healthcare provider. We also highlight two initiatives that provide members of the communities we serve with the skills they need to help save lives in the event of an emergency.

In addition, this issue includes a special insert honoring the legacy of Bob Romadka, a longstanding community leader, who has long been dedicated to ensuring our communities had core community services such as health care and higher education. Through his efforts, MedStar Franklin Square and Essex Community College have experienced tremendous growth and become dedicated partners in meeting the region's needs.

We hope to ensure the health and well-being of everyone who lives and works in our region through these efforts and many others like it. *It's how we treat people.*

In good health,

Stuart M. Levine, MD, FACP

President, MedStar Franklin Square Medical Center

Senior Vice President, MedStar Health

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At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations. We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Franklin Square Medical Center is proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: The new Mobile Health Center team, pictured from left to right: Tanika Jackson, MA, medical assistant and Community Health advocate; Theresa Medicus, NP, nurse practitioner; Shorronta Martin, driver and patient access coordinator; and Stanley Zheng, MHA, BSN, regional program manager.



Expanding Access to Care.



MedStar Health is doing its part to bring much-needed healthcare into communities that have been traditionally underserved with the expansion of our mobile health services across the Baltimore region. In September, a second Mobile Health Center was introduced that is now visiting several North Baltimore neighborhoods regularly.

Our two Mobile Health Centers offer a solution, making it possible for more people to access medical care. Core clinical services available on both include primary care, urgent care, chronic disease management, cancer screenings, vaccine administration, mental health care, wound care, women's health services, HIV and Hepatitis C testing, and sexually transmitted infection screenings.

"We know there are people in our communities who need to see a provider, but face transportation challenges that make it difficult, if not impossible, for them to get to their appointments," says Phyllis Gray, assistant vice president of Care Transformation for MedStar Health, Baltimore region.

"This service is designed to eliminate that barrier. Our Mobile Health Centers bring medical care out into the communities that need us the most. We are striving to make it easy for people to access care and make their health and wellness a top priority."

Plus, prospective patients can utilize the services available on the Mobile Health Centers regardless of their insurance status. MedStar Health's financial assistance program offers free or reduced-cost care for some individuals and families who need to see clinical providers but may not have the means to pay for services.

"This is about people taking care of people, and providing a valuable service to communities that are vulnerable," Gray notes. "We are proud that we can provide these resources for people and families who otherwise may not be able to see a healthcare provider."

Walk-ins are accepted but appointments are encouraged and can be scheduled by calling **410-350-7511**.

Together, our two Mobile Health Centers serve neighborhoods across Baltimore!

Mobile Health Center—North Baltimore

Franciscan Center
101 W. 23rd St.
Baltimore, MD 21218
Mondays, 10 a.m. to 4 p.m.

Community Assistance Network
7900 E. Baltimore St.
Baltimore, MD 21224
Tuesdays, 10 a.m. to 4 p.m.

Govans Farmers' Market
5104 York Rd.
Baltimore, MD 21212
Wednesdays, 11 a.m. to 5 p.m.

St. Stephens AME Church
1601 Old Eastern Ave.
Essex, MD 21221
Thursdays, 10 a.m. to 4 p.m.

Mobile Health Center—South Baltimore

City of Refuge Baltimore (CORB)
3501 7th St.
Baltimore, MD 21225
Mondays, 9 a.m. to 3 p.m.

The Transformation Center
3701 4th St.
Baltimore, MD 21225
Tuesdays, 10 a.m. to 4 p.m.

Drink at the Well
4710 Pennington Ave.
Baltimore, MD 21226
Wednesdays, 10 a.m. to 4 p.m.

Middle Branch Fitness & Wellness Center
201 Reedbird Ave.
Baltimore, MD 21225
Thursdays, 10 a.m. to 4 p.m.

For more information about the Mobile Health Centers, visit [MedStarHealth.org/MobileHealthCenter](https://www.MedStarHealth.org/MobileHealthCenter).

A hands-on approach to saving lives.

Emergencies can happen at any time to anyone. You may find yourself at the scene of an accident, cardiac arrest, or other life-threatening situation. But do you know what to do, or how to help? With basic education, anyone can have the information they need to help save a life before first responders arrive.

MedStar Health offers the following training programs throughout the region to ensure members of the communities we serve are prepared to respond in the event of an emergency.



▲ MedStar Franklin Square's Community Health team offered Hands-Only CPR training at Rosedale Senior Center in June.

Be the Beat®

According to the American Heart Association (AHA), about 90% of the 350,000 people who experience a cardiac arrest outside of the hospital each year do not survive. Cardiopulmonary resuscitation (CPR), especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

Be the Beat is a program developed by the AHA to encourage more individuals to learn how to properly perform CPR in an emergency. MedStar Franklin Square Medical Center has joined with the AHA in helping to promote the training by reaching out to the communities surrounding our hospitals at health fairs, school events, and other venues.

"Be the Beat is designed to teach members of the general public to use compression-only CPR, also known as Hands-Only CPR, which involves compressions without mouth-to-mouth breaths," explains Karen Polite-Lamma, MSN, CTTS, RN program manager for Care Transformation at MedStar Franklin Square.

Hands-Only CPR has just two simple steps:

- Call 911 if you see a teen or adult suddenly collapse.
- Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute. Some examples are *Stayin' Alive* by the Bee Gees, *Crazy in Love* by Beyoncé featuring Jay-Z, *Hips Don't Lie* by Shakira, or *Walk the Line* by Johnny Cash.

"Keeping the blood flowing—even partially—extends the opportunity for a successful resuscitation once trained medical staff arrive," Polite-Lamma notes.

Stop the Bleed®

Traumatic injuries that cause uncontrolled bleeding are a leading cause of preventable death for people of all ages throughout the country.



▲ MedStar Health's hospital responders conduct a Stop the Bleed training at a community health and wellness center.

"Injuries that cause severe bleeding can happen anytime and become life-threatening in minutes," says Samantha Sailsman, CCHW, regional program manager for Care Transformation, Baltimore region. "The Stop the Bleed program was developed by the American College of Surgeons to empower individuals to learn simple techniques to help control bleeding before professional help arrives."

MedStar Franklin Square offers the program during which participants are taught to follow three simple steps after ensuring that the scene is safe and calling 911:

- Apply direct pressure to the wound.
- Pack the wound with gauze or clothing.
- Apply a tourniquet if the injury is to an arm or a leg and the wound continues to bleed.

"These techniques help control bleeding and can save lives by preventing catastrophic blood loss," Sailsman says.

To request a community health education or wellness program, visit [MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth) or scan the QR code with your smart phone.



Reflecting back...

The historical steps that shaped what eastern Baltimore County looks like today.



In 1969, Franklin Square Hospital officially relocated from Baltimore City to eastern Baltimore County. It's a move that was made possible because of the dedication, compassion, and commitment to the community that was demonstrated by a number of local leaders, including Bob Romadka, a young lawyer who was passionate about seeing his hometown grow. Mr. Romadka believed firmly that the addition of core community services in the Essex, Rosedale, and surrounding areas could and would inspire people to move their families to eastern Baltimore County.

And, he was right. People did start seeing new reasons to call eastern Baltimore County home, and the area began achieving its potential.

The stars aligned perfectly as Franklin Square Hospital opened its doors on December 9, 1969, positioned directly next door to

Essex Community College (now known as CCBC Essex), another organization that was growing and thriving with advocacy and support from Mr. Romadka, who saw the value in bringing higher education to Baltimore County. Over time, both organizations have experienced tremendous growth, each evolving to become major cornerstones of service for the people of eastern Baltimore County. That growth has paved the way for tremendous



partnership opportunities between the hospital and the college, too. Today, many of the nurses providing care for patients at MedStar Franklin Square Medical Center were educated and trained at CCBC Essex. It's a collaboration that benefits and serves the local community in creative and impactful ways.

With Mr. Romadka's endorsement, leaders at MedStar Franklin Square and CCBC Essex have shared their



phenomenal story; a reflection back on the collective vision, foundation, growth, partnership, and service that have shaped what eastern Baltimore County looks like today.

We invite you to enjoy the video by visiting [MedStarHealth.org/FranklinSquareLegacy](https://www.MedStarHealth.org/FranklinSquareLegacy) and scrolling down when you land on the page. You can also link directly to the video on your phone, using the QR code.



Working together to cultivate new generations of clinical care providers.

Where higher education and health care meet.

MedStar Franklin Square Medical Center and the Community College of Baltimore (CCBC), Essex Campus, are next door neighbors. More importantly, they are strategic and collaborative partners, working together to continuously build future generations of healthcare workers to serve Eastern Baltimore County.

Partnership efforts between the hospital and the college date back to decades ago, after both organizations settled into their permanent homes at the intersection of Franklin Square Drive and Rossville Boulevard. As CCBC Essex built and grew its allied health and nursing programs, the hospital's need for well-trained, highly-skilled staff grew, too. Leaders from both organizations came together and created a unified vision: the college could educate students, and the hospital could offer clinical training, and later, employment opportunities. That collaborative spirit continues today with strong synergies between the two organizations.

"There is an extraordinarily high level of respect and camaraderie between the Community College of Baltimore and MedStar Health, and we could not prepare our students fully without the hospital's



willingness to serve as our clinical partner," said Sandra Kurtinitis, PhD, president of Community College of Baltimore County. "Because of this, we are able to give our community the gift of well-trained and well-educated nursing and allied health personnel."

Brittany Soeun, RN, LBSW, pictured above, represents a current example of the good that has come from the collaborative partnership between MedStar Franklin Square and CCBC Essex.

As a CCBC nursing student, she had the opportunity to complete her fundamental clinical training at MedStar Franklin Square. She built new skills, made meaningful connections, and learned about programs that would allow her to continuously prepare for her career, such as the Nursing Extern Program. It pairs a nursing student with a tenured nursing professional, to create a truly dynamic and hands-on learning opportunity. Soeun's story is one of many that demonstrates the impact of MedStar Franklin Square's relationship with CCBC Essex, and how it is improving the education and health of the community, today.





“As a nurse extern, I learned so much—from doing clinical assessments and writing notes, to attending IMOC (interdisciplinary model of care) rounds and administering medications,” said Soeun. “I was able to gain confidence in my skills and abilities, and I learned how to communicate with patients. I knew I wanted to work at MedStar Franklin Square because of my externship experience.”

Soeun graduated from CCBC Essex in May 2024 with an associate degree in nursing, and officially began employment as a nurse at MedStar Franklin Square, two weeks later. As she began her career, working for a hospital that has built an extraordinary reputation for excellence in nursing was important to her. This gave Soeun even more reasons to choose MedStar Franklin Square as her employer. The hospital has earned Magnet® designation four consecutive times from the American Nurses Credentialing Center (ANCC).

“Being Magnet designated for so many consecutive years means that the organization values the work and voice of nurses, and that we are continuously changing our practices to make things better for our patients as well as our nursing team,” said Heather Cox, MSN, RN, NPD-BC, CMSRN, GERO-BC, pictured above in next column on left, a professional development specialist who works closely with nursing students and new-to-practice nurses.



Cox says that having the opportunity to support new-to-practice nurses is one of the most important aspects of her job at MedStar Franklin Square.

“It takes a special person to get into health care, and we know the work can be really hard,” she said. “I want to honor the years of work that it takes to go to nursing school, graduate, and be hired as a new nurse. I am proud to be part of that process, and to be in a position where I can impact the experience new nurses have, so they will love it here and want to stay.”

MedStar Franklin Square Medical Center...today.

Facts and figures that demonstrate how far we have come.

354 

licensed beds are available



2,650 people are employed, many of whom reside in eastern Baltimore County



933

physicians are part of our hospital medical staff



1,027

nurses are part of our clinical care team

2,148 

babies were born



61,054

people visited our Emergency Department

18,723

patients were admitted for care



19,048 

surgeries were performed



Recent notable accomplishments

Designated as a **Comprehensive Stroke Center** by The Joint Commission and the Maryland Institute of EMS Systems (MIEMSS)

Earned 4th consecutive Magnet designation from the American Nurses Credentialing Center

Opened a state-of-the-art Cardiovascular and Interventional Radiology Procedures Unit, to expand our cardiac service

Connecting with our community.

Population and Community Health teams throughout the Baltimore region are dedicated to connecting neighbors with programs and services. Whether it's providing health information about tobacco cessation, diabetes prevention, or mental health—printed in English and Spanish—or sharing resources that can help with food disparities, legal services, or housing, our teams are bringing support to your neighborhoods.

Below are some of our recent outreach events.



▲ MedStar Health partnered with Under Armour to provide nearly 700 free sports physicals for students. There were sports bra fittings, and back-to-school resources for student athletes, as well. Our Community Health team provided free blood pressure screenings, a wellness wheel, education about healthy foods and beverages, Hands-Only CPR, 988 information, and more. The event was made possible through Project Rampart, an ongoing six-year partnership designed to elevate the high school student athlete experience and improve academic performance through the power of sports.



▲ More than 10,000 area residents attended the 49th Annual Essex Day Festival, where associates MedStar Franklin Square Medical Center engaged with community members providing a wellness wheel with giveaways, health education, referral information and more. Shown chatting with an attendee is Joyce Johnson, Community Health Advocate II.

How much do you know about sepsis?

Sepsis is a medical emergency. It's important to recognize the signs and symptoms to educate those you love and act quickly. With early diagnosis and immediate action, you can help save a life.

Know the signs and symptoms of SEPSIS

Sepsis, a life-threatening medical emergency, is the body's extreme response to an infection. An estimated 81% of Americans do not know all of the signs and symptoms of sepsis, which takes a life every two minutes in the U.S.

S

Shivering, fever, or very cold



E

Extreme pain or discomfort



P

Pale, discolored, clammy, or sweaty skin



S

Sleepiness, confusion, or disorientation



I

"I feel like I might die"



S

Shortness of breath



Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms, clinical breast exams, PAP and HPV testing for women ages 40 and older who live in Baltimore City.

Free PAP and HPV testing for women between ages 21 to 39 who live in Baltimore City.

Call **410-350-2066** for details.



Colon Cancer Screening

Free colon cancer screenings for uninsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties.

Have Medicaid or Medicare? We can pay your out-of-pocket costs and help you get screened.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

Lung Cancer Screening

Free lung cancer screenings for uninsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years, and live in Baltimore City or Anne Arundel County.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

DIABETES PREVENTION AND EDUCATION

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

In-person and virtual classes will assist gestational diabetic women with blood sugar control, diet, exercise, and medication instruction for a safe pregnancy. Call **443-777-6528** for details.

HEART AND LUNG HEALTH

Cardiac Rehabilitation

Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia Support Group

Aphasia is a language disorder due to illness.

Email kate.c.gerber@medstar.net for details.

Concussion Support Group

Email kate.c.gerber@medstar.net for details.

Diabetes Support Group

Email lorraine.p.giangrandi@medstar.net at MedStar Franklin

Square and melissa.a.santini@medstar.net at MedStar Good Samaritan for details.

Stroke Support Group

Email kate.c.gerber@medstar.net for details.

WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts.

Free virtual or in-person classes.

Call **855-218-2435** or visit MedStarHealth.org/StopSmoking.

PARKINSON'S DISEASE FITNESS

Aquatics for Parkinson's Disease

Parkinson's Exercise Class

Rock Steady Boxing

Call **443-444-4600** for details.



BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our birthplace virtual tours by scanning this QR code with your mobile phone camera feature and scrolling to the bottom of the page.



IN-PERSON CLASSES AT MEDSTAR FRANKLIN SQUARE MEDICAL CENTER

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.



Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes cover allergic reactions, sudden illness, head, bone and joint injury, wound care, shock, burns, and more. Classes can be taken separately or together with CPR (discount applies if taken at the same time).

Classes meet the State requirement for daycare providers.

Moms, Babies, and Breastfeeding Support Group

Facilitated by breastfeeding specialists, these groups provide clinical support to new moms while providing a place to build relationships with other new moms. Professional infant scale for weigh-ins available. FREE lunches provided. Expectant moms, support partners, and siblings are welcome.

Virtual and in-person support groups held weekly.

Virtual support group: Tuesdays, 10 to 11 a.m.

In-person support groups, 11 a.m. to 1 p.m. at these locations:

First Monday of each month - MedStar Franklin Square Medical Center 3rd floor Wellness Center

Tuesdays in Brooklyn - Curtis Bay Elementary School Judy Center (starting Dec. 3)

Wednesdays in Essex - Essex Library

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Classes include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit

MedStarHealth.org/BirthandFamilyClasses.

For questions on any of these classes, contact **beth.kegley@medstar.net**.

To register online, visit: **MedStarHealth.org/BirthandFamilyClasses** or call **888-746-2852**.

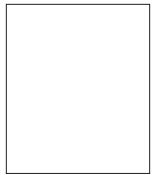




MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

MedStarHealth.org/CommunityHealth
855-218-2435



MedStar Health **Social Needs Program**

Find the resources you need and get connected...all in one place.

Education, employment, food security, housing, safety, social support, and transportation are all factors that affect health and well-being. Yet many individuals and families struggle to address these needs on a daily basis. The MedStar Health Social Needs program can help.

SocialNeeds.MedStarHealth.org is an online tool used to easily and quickly connect those in need with free or low-cost resources and services in their community. This publicly accessible tool allows community members to search for various services for themselves or on behalf of family members, friends, or neighbors. Meal delivery, medical care, rent, ride-share programs, and utility assistance are just a few of the search options available by zip code in a wide range of languages.



Social Needs program.

Find the resources you need and get connected... all in one place!



Scan the QR code, visit **SocialNeeds.MedStarHealth.org** or call 211.