

Population and Community Health News

Advancing Health

MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

The Food Rx program is providing local patients with support and resources to improve their health and wellness.



Letter from the President.



We want the community to view MedStar Health as a place they can trust and turn to for the very highest quality medical care, when facing an illness, injury, or chronic health condition. At the same time, we want our friends and neighbors to know about the many services and resources we have available—both inside and outside of the walls of our hospitals—to guide people toward better, safer, healthier, and happier living. The establishment and growth of these programs, designed to improve the overall health and wellness of our community, is at the heart of everything we do.

This issue of *Advancing Health* puts the spotlight on a few of those programs, and showcases how they are impacting people's lives for the better. We are working hard to extend our reach out into the community; it's all about increasing access to care, and helping the people who need us in special and meaningful ways. *It's how we treat people.*

Wishing you good health and wellness in the New Year!

Thomas J. Senker, FACHE

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

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Contents

3 Food Rx program

4 Car Seat Assistance program

5 Connecting with our community

6 Community class schedules

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—**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 Food Rx program is helping to combat food insecurities across the Baltimore region, and supporting many families who are experiencing hunger.



Food Rx program: connecting the dots between healthy eating and health improvement.

According to Feeding America, one in eight people, and one in six children are struggling with food insecurity in the state of Maryland. This means families are living with limited access to food, or uncertainties about where their next meal will come from. Parents and their children are going to bed hungry at night, or facing health risks because they are eating the cheaper foods rather than the nutritious ones. The United States Department of Agriculture (USDA) defines households with food insecurity as “those with multiple indications for disrupted eating patterns and reduced food intake”—and the unfortunate result is hunger.

This is where the Food Rx program comes in. It provides support, solutions, and sustainable foods for people who need extra help in making their health and wellness a key priority. Over a period of six months, program participants meet regularly with a registered dietitian, receive boxes of wholesome, healthy meals delivered to their homes, and visit hospital-based or sponsored food pantries to pick up food to feed themselves and their families.

“We focus on helping each person understand the value of healthy eating in line with their medical needs and wellness goals,” said Angela Roberson, RD, CDCES, regional clinical manager of the Food Rx program. “We believe that food is medicine, and that people can better manage chronic health issues such as hypertension and diabetes when they make healthy lifestyle choices.”



Angela Roberson, RD, CDCES, regional clinical manager of the Food Rx program, has guided patient Magdalene Khare on how to better manage her Type 2 diabetes.

The Food Rx program is available for individuals whose A1C (blood sugar test) results are 7.1 or greater, and who face personal barriers when it comes to their health. The services and food are provided at no cost. Education is a key program priority, with focus on teaching people how to change their eating habits while still being able to enjoy the foods they love.

Magdalene Khare knows the value of the Food Rx program, first-hand. Diagnosed with Type 2 diabetes, she knew she needed to make changes when it came to her eating habits, but lacked the education and support to understand exactly what to do. Then her endocrinologist told her about the Food Rx program, and the many ways it could help.

“I learned a lot about how to use vegetables to make good meals that

are also healthy,” said Khare. “I also learned how important portions are and how the amount of food I eat impacts my sugar levels.”

Khare met with Roberson on a regular basis to continuously monitor her health and take advantage of the food pantry available to Food Rx program participants, on-site at MedStar Good Samaritan Hospital. Additionally, she received a shipment of healthy foods at her home, every other week, courtesy of the program.

“As a result of the Food Rx program, I lost 30 pounds, reduced my medications, have much less pain in my back, and greatly improved my mental health,” said Khare. “This program lifted me up and made me feel loved and cared for. I will take what I learned from it and use it for the rest of my life.”



For a list of community partners whose support makes this program possible, and to confirm if you are eligible to enroll, please visit MedStarHealth.org/FoodRx.

Car Seat Assistance program supports families in need and keeps babies safe.



New babies come with a fairly long list of “essential items” their families need to have on hand to keep them warm, comfortable, nourished, and safe.

Along with diapers and wipes, bottles and blankets, and a supply of teeny tiny little outfits, babies need car seats to ensure they can travel safely—whether they are riding in a personal vehicle or using public transportation.

But not all families have the means to purchase a car seat, or even borrow one from someone they know. MedStar Health’s Car Seat Assistance Program, facilitated through a partnership with the Maryland Department of Health’s “Kids in Safety Seats” program, provides a solution. It ensures that a safety-approved car seat is available for families in need, when the time comes to be discharged from the hospital after the birth of a baby.

“This program is built to support families who are in crisis, when they come to the hospital to deliver a baby but without a car seat to leave in,” said Naima Holland, MSN, RN, program manager, who serves as a liaison between MedStar Health and the Joy Wellness Center, located within Shepherd’s Clinic—a free healthcare program serving uninsured adults in Baltimore. “Many people do not realize that babies cannot be discharged from the hospital without a car seat, even if the family does not own a car. Through this program, we have a small supply of infant and convertible car seats that can be distributed as needed.”



Holland and her colleague, Aliza Aamrin, a community health program coordinator, are committed to ensuring underserved women who are new to motherhood have access to special resources, including donated car seats, when needed. They work to proactively to ensure those who typically receive medical care at MedStar Good Samaritan Hospital or MedStar Union Memorial Hospital know that Shepherd’s Clinic provides valuable resources that can support them. They also point some families to the MileOneCares Car Seat Community Program, which provides a car seat for up to 250 families every month, and has gifted nearly 3,600 seats since the program officially launched in May 2024.

“We ask expectant mothers to try to have a car seat available by the time their baby is born, but we also want them to know there are programs and resources available to help them if they are unable to secure a car seat on their own,” said Holland. “Our ultimate goal is to make sure each mom has what she needs to take care of her baby.”

Educating new moms and dads about how to safely position their babies into a car seat is a key priority, too.

“Our ultimate goal is to reduce barriers and minimize stress for new parents who are struggling,” said Holland. “We believe that when you have a happy mom, a happy dad, and a safe baby, the family can thrive once at home.”

For more information, visit MedStarHealth.org/CommunityHealth.

Connecting with our community: snapshots demonstrating our impact.



MedStar Health recently provided Narcan training to 25 people, in partnership with VFW Post 3065 and the St. Mary's Outreach Center, located in Hamden. In addition to Narcan kits, participants also received home HIV testing kits and information about various local healthcare resources. One participant of the event shared that Narcan saved his life, and he was there to learn how to be of service to someone else in need, in the future!



A resource fair was recently held at the St. Mary's Outreach Center, providing a wealth of health and wellness resources for the community. Attendees were encouraged to spin the wellness wheel, register for Stop the Bleed training, participate in a pre-diabetes screening, and gather information about various MedStar Health programs and services—from the Mobile Health Center to the BE FAST initiative to boost awareness about stroke signs and symptoms, and much more!

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 wellbeing. 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



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

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 and surrounding areas. 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 and underinsured 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 and underinsured 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 Medical Center and alexandra.orlan@medstar.net at MedStar Good Samaritan Hospital 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 smartphone camera 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, this group provides 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—Join from the comfort of your home!

Tuesdays, 10 to 11 a.m.

Contact susanna.k.derocco@medstar.net for a private link.

In-person support group, 11 a.m. to 12:30 p.m.

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

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



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

For details on classes, tours, support groups, and eClasses, scan the QR code with your smartphone 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.



Moms, babies, and breastfeeding support group

Alternative location, offered in partnership with B'more for Healthy Babies Cherry Hill



In-person support group

Tuesdays, 11 a.m. to 12:30 p.m. at William J. Myers Pavilion (across from Curtis Bay Elementary) 4300 West Bay Ave. Baltimore, MD 21225

Spanish speaking facilitator on premises! **¡Facilitador de español en las instalaciones!**

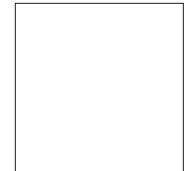
To register, contact Mayra Corea, **410-980-9889**.



MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

MedStarHealth.org/CommunityHealth
855-218-2435



Our mobile health services.

Two healthcare centers on wheels,
serving neighborhoods across Baltimore.

Being able to see a provider when you need one is important. MedStar Health's two mobile health centers offer a solution! We visit communities across Baltimore every week, making it easier for you and your loved ones to get the medical services you need—regardless of your insurance coverage.



Your health is our priority. You can turn to our mobile health centers for:

- Primary care
- Urgent care
- Chronic disease management
- Cancer screenings
- Vaccines
- Harm reduction supplies
- Mental health
- Wound care
- HIV and Hepatitis C testing
- Sexually transmitted infection (STI) screenings
- Women's health

Walk-ins are accepted but appointments are encouraged and can be scheduled by calling **410-350-7511**. Learn more at MedStarHealth.org/MobileHealthCenter or by scanning the QR code using your smartphone camera.



Mobile Health Center— North Baltimore

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

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

Govans Farmers' Market
5104 York Rd.
Baltimore, MD 21212
Wednesdays, 10 a.m. to 4 p.m.

Community Assistance Network
7900 E. Baltimore St.
Baltimore, MD 21224
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.

We are deeply grateful to our philanthropic partner, the Baltimore Ravens.

