Beyond bricks and mortar and technology, both Sinai Hospital and Northwest Hospital are committed to reaching beyond their walls to serve the community. They do this through the efforts of community health educators who collaborate with local organizations to provide the residents of northwest Baltimore city and Baltimore County with a rich variety of programs, screenings, classes and additional services. These services and activities are designed to address community health needs primarily through disease prevention, health promotion and education, improving access to services, and working with others to improve individual and community health status.

**Community benefit activities highlighted in Reaching Out include:**
- Charity Care
- Mission-Driven Health Services
- Contributions
- Health Professions Education
- Community-building Activities

### Sinai Hospital of Baltimore

**Charity Care** $10,634,840

**Community Health Services** $2,166,984
- Includes patient and community health education, free health screenings, community clinics, counseling and ongoing group and individual health care support services.

**Health Professions Education** $6,716,378
- Includes education and training of medical residents, scholarships for professional education, training and continuing education of nurses and nursing students.

**Mission-Driven Health Services** $7,712,341
- Includes the Park West Clinic, adult outpatient psychiatry clinic, intensive outpatient/urgent program, and Sinai Hospital Addictions Recovery Program.

**Research** $475,364

**Community Benefit Operations**
- Includes cash donations, leadership development, coalition building, and physical and support system enhancements.

**Total** $30,633,922

### Northwest Hospital

**Charity Care** $5,295,000

**Community Health Services** $501,089
- Includes patient and community health education, free health screenings, community clinics, fitness classes and other health care support services.

**Health Professions Education** $224,785
- Includes education and training of nurses and nursing students and scholarships for professional education.

**Mission-Driven Health Services** $2,593,036
- Includes subsidized health services, including emergency room services.

**Contributions, Community-Building Activities and Community Benefit Operations** $2,593,036

**Total** $8,842,633

*Amounts are for the period July 1, 2008 - June 30, 2009.*
Health Screenings

Reaching out to the community is a critical part of the LifeBridge Health mission. LifeBridge Health is committed to serving the community’s health needs and providing a wide variety of programs, screenings, classes and preventive health care services. These screenings and services, which are either free or offered at a low cost, are offered at various locations in northwest Baltimore and Baltimore County.

Screenings and education programs in 2009 included:

- Arthritic Knee
- Balance
- Blood pressure
- Breast health
- Diabetic eye
- Glaucoma
- Knee
- Prostate cancer
- Skin cancer
- Stroke
- Senior depression
- Women’s heart health
- Wound care for diabetics

Support Groups

Support groups sponsored by LifeBridge Health can be a positive experience for those who share a common experience or medical concern. These groups meet regularly either at a LifeBridge Health center or within the community.

Some of these groups sponsored by LifeBridge Health include:

- Sinai Return! Brain Injury Support Group
- Hydrocephalus Community Support Group
- Neonatal Intensive Care Unit Parent Support Group
- Cancer Support Group
- ThyCo Thyroid Cancer Support Group
- Breast friends Support Group (for women under age 40)
- HIV for Women
- Breast Cancer Support Group
- Caregiver Education and Support Group
- Narcotics Anonymous
- Alcoholics Anonymous
- Bereavement

Screenings Support Groups

What was once a dilapidated schoolyard - 1.4 acres of crumbling concrete - is now a beautiful playground and learning center for students at Fallstaff Elementary and Middle School and the surrounding community. Dozens of Sinai employees rolled up their sleeves to help a neighbor in need by volunteering to aid in the construction of this playground last summer.
Health Education Programs
sponsored by LifeBridge Health

• Look Good, Feel Better: A trained cosmetologist leads this American Cancer Society program for women undergoing chemotherapy or radiation therapy. Women learn makeup techniques and hair styling.

• Fitness Classes: Yoga and step aerobics are offered throughout the year.

• AARP’s Driver Safety Class: This driver safety review course is focused on the older driver, but is open to all ages.

• Living With Grief: This Hospice Foundation of America yearly teleconference is designed for health care professionals.

• Diabetes Self-Management: This program includes educational presentations by health care professionals (doctors, nurses, dietitians). Each class has an average of 40 people, the majority of whom report improvements in blood pressure, glucose, loss of weight and visits to a physician.

• Handling Medical Emergencies: This one-hour interactive program teaches all age groups from elementary school to seniors how to handle medical emergencies. The curriculum includes burns, falls, cuts, nosebleeds, plus the signs and symptoms of a heart attack or stroke.

• Health Education Talks: Topics for groups of at least 15 include health care emergencies, healthy heart, toxic soup (what’s in a cigarette), medical emergencies, healthy eating and meal planning, physical activity, and a variety of cancer topics. A registered nurse or health educator leads the discussion. In 2009, LifeBridge Health educators led talks at locations that included senior centers and complexes, schools, businesses and malls.

• Nutrition Classes: These classes cover a wide range of topics and are held throughout the year.

• Cosmetic Surgery Series: This three-part series covers a variety of cosmetic surgery topics presented by cosmetic surgeons.

• I’m In Charge: A trained volunteer is available to visit schools, libraries and other organizations to teach kids personal responsibility about their bodies. With the use of hard-scented dolls that can “scream” to show the internal organs, the 30- to 60-minute program helps preschoolers and young children learn about the human body.

• Healthy Eating for Healthy Kids: This one-hour program teaches children the basics of healthy eating and how to apply these guidelines at school and at home.

For more information about our screenings, support groups and health education programs, call 410-601-WELL (9355).
Community Sponsorships

LifeBridge Health supports other organizations that demonstrate a commitment to health and well-being. Organizations that have benefited from this financial support include:

- Abilities Network
- Academy for College and Career Exploration
- Agape Christian Fellowship
- Alzheimer’s Association
- American Diabetes Association
- American Heart Association
- American Urological Association Foundation
- Art with a Heart
- Associated Black Charities
- Bais Yaakov School for Girls
- Baltimore Business Journal
- Baltimore Hebrew University
- Baltimore Hispanic Chamber of Commerce
- Baltimore Police Department
- Beth Tikvah/Dahan Community School
- Brav Jacobs Shavi Shalom Congregation
- Brain Injury Association of MD, Inc.
- Career Support Foundation
- Catholic Charities
- Comprehensive Housing Assistance Columbia Association
- Cybersweets Association
- Downtown Partnership of Baltimore
- Dyslexia Tutoring Program
- Edward A. Myerberg Senior Center
- Edward S. Friedman Foundation, Inc.
- Emergency Education Council of Region III
- Girl Scouts of Central Maryland
- Greater Baltimore Committee
- Hadassah of Greater Baltimore
- House of Ruth, Maryland
- Hydrocephalus Association
- Jamaican Association of Maryland
- James Dupree
- JHH (Joseph Recovery House)
- Juvenile Diabetes Research Foundation
- Krieger Schoeller Day School
- Levindale-Sunset Community Association
- Liberty Road Business Association
- Living Classrooms Foundation
- Lupus MD-Atlantic
- Maryland Department of Aging
- Maryland Mentoring Partnership
- Maryland Public Television
- Maryland/Israel Development
- Medical Yearbook of Johns Hopkins University
- Mount Olowo United Methodist Church
- Mount Washington Elementary School PTA
- Mt. Washington Village
- MMICA (MD Washington Minority Contractors Association, Inc.)
- Ner Israel Rabbinical College
- Pancreatic Cancer Action Network
- Pikesville Elementary/Middle School
- Red Devils
- Resist Inertia, Inc.
- Sinai Hospital Harbin Alumni
- Sinai Hospital Pinchot Leadership Development Institute
- Sojourner-Douglass College
- TEAM 13
- The Children’s Cancer Foundation, Inc.
- The Family Tree
- United Way of Central Maryland
- Urban League
- Villa Julie College
- Yeshivat Rambam
In partnership with the Baltimore County Health Department, Northwest Hospital conducted a free seasonal flu vaccination clinic in late October. The clinic operated without a glitch as 300 vaccinations were administered within the first hour. A total of 562 flu shots were given. Vaccines were offered to anyone who needed one with a primary focus on the Randallstown community.

LifeBridge Health supports other organizations that demonstrate a commitment to health and well-being.