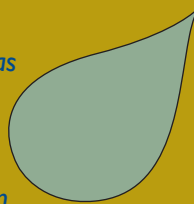





It's often said that what happens outside our walls at Suburban Hospital is just as important as what happens inside. Suburban stands out for its strong tradition of reaching out to our neighbors, seniors, parents and youth, and particularly to those in need, who collectively make up our community.



GROWING
RELATIONSHIPS
THAT CONNECT
US TO OUR
COMMUNITY



Caring for One Another: Suburban provides blood pressure screenings, health counseling and education seminars at Alpha Phi Alpha meetings.

“Becoming involved with Suburban’s programming has helped us fulfill our mission and make a difference in the lives of both our brothers and neighbors.” 

Cooperation

Camaraderie is a Two-Way Street

One of the hallmarks of Alpha Phi Alpha fraternity is community outreach and service. Five years ago, when the fraternity reached out to Suburban Hospital to get involved in helping to serve the Montgomery County community, their cooperative concept was embraced and a valuable partnership was born. Working hand-in-hand, the hospital brings its health expertise to the fraternity and the fraternity supports an important hospital community program.

Every year, Suburban Hospital offers blood pressure screenings, health counseling and lectures to the fraternity. Every September, Alpha Phi Alpha provides volunteers for the hospital’s prostate cancer screening event. Since prostate cancer occurs more often in African American men than men of other races, Alpha Phi Alpha’s reach is critically important.

Suburban’s prostate screening program was originally made possible by public funding, however, long after funds have been exhausted, the program remains in place today. The need to educate men and reduce barriers to access is the driving force behind the continuation of this program. During the past five years, Suburban has been able to reach more than 1,500 men with the message of early detection.

“As the first and oldest fraternity for black college men, we take seriously our commitment to community service,” says Michael Smith, M.D., a radiologist at the Washington Hospital Center and Alpha Phi Alpha leader in Montgomery County. “Our involvement with Suburban has grown through the years. We feel like part of their team and we definitely consider them part of our fraternal family.”



Dr. Michael Smith volunteers as the MC at the 6th Annual G.O.S.P.E.L. Heart Health Symposium held at Suburban Hospital.

Community Contribution

One Community Helps Another Succeed

In the sanctuary of Crossroad Christian Church in St. Leonard, Maryland, stands a first aid station that includes an automatic external defibrillator (AED) donated in part by the NIH Heart Center at Suburban Hospital. Though Crossroad is far from the hospital in miles, it is connected by a common mission to keep members of this rural community healthy.

Suburban Hospital is part of the Calvert County Health Ministry Team, a collaboration organized by Calvert Memorial Hospital. The Health Ministry Team, currently consisting of 23 area churches, promotes health and wellness by linking the faith communities to appropriate health services and free educational materials. The NIH Heart Center at Suburban Hospital contributes to the Ministry's mission by supporting ongoing cardiovascular activities.

Since 2008, the NIH Heart Center at Suburban Hospital and the Health Ministry Team have partnered to monitor the blood pressure of parishioners in five congregations. In 2011, 1,238 blood pressure screenings were completed using blood pressure kits provided by Suburban. At Crossroad Christian Church alone, 274 parishioners had

their blood pressure screened, thanks to the kits and a dedicated team of volunteer nurses at the church. In 2011, more than 500 events focused on improving the heart health of Southern Maryland residents.

The Heart Center also provided five churches with digital scales for the volunteer nurses to conduct weekly weigh-ins as part of a countywide health initiative. The goal of the initiative is to reduce obesity for all ages by encouraging county residents to move and walk more.

"The tools made possible by Suburban Hospital have helped people pursue healthier lifestyles and keep track of their health," says Ginger Sauer, a nurse volunteer and head of the Health Ministry at Crossroad. "The partnership with Suburban is a benefit to all of us."

In 2011, more than 500 events focused on improving the heart health of Southern Maryland residents.

Supporting the Health Improvement of Our Community

