A day in the life of a HeartWell nurse is always changing. Mr. Wally Brockway went to visit Leni Barry, RN, for his weekly blood pressure check. During his visit, Wally casually mentioned the persistent indigestion he was feeling in his chest. Concerned about possible angina and heart disease, Leni probed further about his symptoms, and after a 45-minute one-on-one consultation, Wally was immediately referred to his primary care physician. Wally’s stress test revealed abnormalities and without delay, he was referred for a cardiac catheterization. With blockages in his coronary arteries and little time to spare, Wally underwent quadruple bypass surgery. While at Suburban Hospital, he received regular follow-up visits from nurse Leni. He was grateful for her persistency and compassion, but above all for being an advocate for his health and answering all of his questions. One year later, Wally is doing well—exercising every week and never missing a regular checkup with nurse Leni to ensure his heart is healthy.

From the MobileMed/NIH Heart Clinic at Suburban Hospital to worksite wellness seminars in Rockville to free monthly blood pressure screenings in Silver Spring and ongoing Senior Shape classes in Gaithersburg, the road to health and well-being starts with prevention and education. Along with the HeartWell clinic that helped save Wally’s life, Suburban Hospital conducted 2,729 community improvement programs, seminars, classes, and screenings that served 86,610 individuals in FY13. Dedicated to caring for the community throughout the Zip codes of Montgomery County, Suburban Hospital provided $22,791,642 in community benefit contributions to support the needs of county residents.

Zip codes 20874 & 20895
In spring 2013, Judy Macon from Suburban Hospital’s Cancer Outreach and Education Department, journeyed around the county to area schools such as Northwest High School and Academy of Holy Cross and educated 3,106 young women on breast health through the Check It Out program.

20814 | Brothers from the Alpha Phi Alpha fraternity lent their support to check in participants for the 10th Annual Men’s Health Symposium, which featured Dr. H. Ballentine Carter, director of adult urology at Johns Hopkins School of Medicine. Dr. Carter presented information on what every man, at every age, needs to know about maintaining optimal prostate health.

Let perseverance be your engine and hope your fuel.

— H. Jackson Brown, Jr.

20850 | Fighting Colorectal Cancer! On National “Wear Blue” day, Suburban Hospital staff and the Montgomery County Cancer Crusade saturated social media outlets to create awareness for colorectal cancer and promote early detection.
Healthy citizens are the greatest asset any country can have.

— Winston Churchill

Life is not merely to be alive, but to be well.

— Marcus Valerius Martial, poet

Health is a relationship between you and your body.

— Terri Guillemets, writer
A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

— Spanish Proverb

Seniors across Montgomery and Prince George’s counties are able to improve their cardiovascular health while keeping their bodies and minds in shape. More than 12,500 residents of Prince George’s, Calvert and St. Mary’s counties have participated in free cardiovascular health initiatives provided by the NIH Heart Center at Suburban Hospital.

The nurse is in! Active senior community members visit several of the HeartWell clinic locations to get professional guidance on medication management and key markers of heart health.
A true friend is the one who holds your hand and touches your heart.

— Gabriel García Márquez

Taking laps around Lakeforest Mall for years, community members have developed lifelong friendships while having their blood pressure checked and improving their overall physical, emotional, and mental wellbeing.

Community members have the opportunity to attend free seminars featuring health experts on a range of topics, from parenting techniques to understanding our behaviors.

Caring for Our Community

Community Benefit Dollars

- FY 2005: $6,303,496
- FY 2006: $7,704,071
- FY 2007: $10,080,545
- FY 2008: $11,822,389
- FY 2009: $15,783,345
- FY 2010: $18,566,759
- FY 2011: $18,280,913
- FY 2012: $20,408,406
- FY 2013: $22,791,642

Community Health Services: $2,679,250
Financial Contributions: $1,351,603
Community Building Activities: $749,426
Health Professions Education: $4,757,650
Charity Care: $5,177,296
Foundation Funded Community Benefit: $296,217
Mission Driven Health Services: $6,531,949
Medicaid Assessment: $1,109,275
Community Benefit Operations: $138,976

Montgomery County, Maryland

20852 | With her substance abuse box in tow, Beth Kane-Davidson, director of Suburban’s Outpatient Addiction Treatment Center, educates adolescents on the dangers of illicit drug use and addiction.

20877 | Taking laps around Lakeforest Mall for years, community members have developed lifelong friendships while having their blood pressure checked and improving their overall physical, emotional, and mental wellbeing.

20814 | Community members have the opportunity to attend free seminars featuring health experts on a range of topics, from parenting techniques to understanding our behaviors.