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A Continuing Commitment to Our Community

Johns Hopkins Medicine is committed to improving the health and wellness of the residents in the neighborhoods we serve. We seek partners who share our values and mission to empower and educate our patients, staff, neighbors, and communities. As students, educators, physicians, and nurses, our continuing commitment to patient care and discovery is exemplified by our community initiatives. Embracing the diversity of leadership available in the community and recognizing the wealth of existing experience and value it brings, we commit to empowering individuals and strengthening partnerships through open dialogue and collaboration.

We understand that in each community we serve that there are distinctive challenges but also opportunities. At each of the health system’s hospitals – The Johns Hopkins Hospital, Johns Hopkins Bayview Medical Center, Howard County General Hospital, Johns Hopkins Suburban in Montgomery County, Sibley Memorial Hospital in Washington, D.C., and Johns Hopkins All Children’s Hospital in St. Petersburg, Florida – we have developed meaningful partnerships that enhance our ability to improve the health and vitality of our neighbors and the communities we serve.

This report highlights a few of these partnerships and the accomplishments achieved through our collaborations.

At Johns Hopkins, we know that by supporting community institutions – congregations, schools, nonprofit organizations, and neighborhood centers – we reach those with the greatest needs. We are committed to strengthening connections through increased dialogue and collaboration to help strengthen our communities.

The Johns Hopkins Health System is committed to listening and learning from the communities we serve. With the insights gained from listening to our neighbors, we strive to bring innovation, research insights, and peerless health care professionals to improve community health in the neighborhoods we call home.
Johns Hopkins Health System – Overview

Since its founding in 1889, Johns Hopkins has been committed to serving the residents in the communities where it operates. Over the years the health system has grown from its original home at the Johns Hopkins Hospital to include a network of six hospitals operating in Washington D.C., Florida and Maryland. This publication highlights a few of the FY 17 community engagement programs included in the hospitals’ annual community benefit reports.

THE JOHNS HOPKINS HOSPITAL
1800 Orleans Street | Baltimore, Maryland 21287

From the moment it opened in 1889, The Johns Hopkins Hospital has been recognized as a world leader in medicine and continues to be ranked as one of the top three hospitals in the nation as it has been every year by U.S. News & World Report since the ranking system was first implemented in 1990.

The Johns Hopkins Hospital serves as the principal teaching hospital for the Johns Hopkins University School of Medicine and as a major center for medical research. Future health professionals gain world-class knowledge and expertise working with global leaders in their fields. The campus has state-of-the-art technologies and facilities designed to accommodate patients of all ages and needs. The newest additions, the Charlotte R. Bloomberg Children’s Center home to Maryland’s only pediatric trauma center and the Sheikh Zayed Tower for adult care, provides the complete array of surgical, diagnostic, and general care services. The hospital delivers care beyond its East Baltimore campus through a network of outpatient health care and surgical centers. The Johns Hopkins Hospital operates over 300 programs designed to benefit residents in the local community including health education and access to care for those in need.

JOHNS HOPKINS BAYVIEW MEDICAL CENTER
4940 Eastern Avenue | Baltimore, Maryland 21224

Johns Hopkins Bayview Medical Center, a vibrant academic medical center, has been caring for the citizens of Baltimore for more than 240 years. The 130-acre medical campus became part of Johns Hopkins in 1984, and includes world-class services for patients of all ages – from the youngest in the neonatal intensive care unit to older adults receiving nationally renowned geriatrics care. Johns Hopkins Bayview is home to the Johns Hopkins Burn Center, the only facility of its kind in the region specializing in burn trauma and surgery. There are also many centers of excellence, such as the Stroke Center, Memory and Alzheimer’s Treatment Center, hip and knee replacement program, Lung Cancer Program, and the Johns Hopkins Center for Bariatric Surgery, to name a few. Johns Hopkins Bayview remains an integral part of the neighborhood, and is dedicated to community involvement, including revitalization in East and Southeast Baltimore City and Baltimore County.
HOWARD COUNTY GENERAL HOSPITAL
5755 Cedar Lane
Columbia, Maryland 21044
Aligning with the Johns Hopkins Medical system in 1998, Howard County General Hospital (HCGH) is located a few miles west of the Interstate 95 corridor between Baltimore and Washington D.C. Since 1973, starting as just a 59-bed short-stay facility for local residents, HCGH has grown to a 245-bed facility providing comprehensive services from emergency and surgery to specialized women’s and children's care. In the past year Howard County General has provided care to over 200,000 patients and has been presented the Accessibility-Universal Design Award for its innovative design for people with disabilities. Actively engaged in the community, more than 300 volunteers contributed over 23,000 hours of service in Fiscal Year 2017. Howard County General provides a Community Care Team and proactively aims to educate residents about access to services, healthy aging, advanced care and more.

SUBURBAN HOSPITAL
8600 Old Georgetown Road
Bethesda, Maryland 20814
Suburban Hospital is a community-based, not-for-profit hospital serving Montgomery County and the surrounding area since 1943. A member of Johns Hopkins Medicine, Suburban is distinguished by a cutting-edge stroke program; the only Level II trauma center in Montgomery County; and the centers of excellence in cardiac care, orthopedics, neurosciences and oncology, and affiliated with world-class institutions such as the National Institutes of Health. Suburban Hospital is home to over 1,800 employees and over 400 volunteers who provide knowledge and quality care to the surrounding communities.

SIBLEY MEMORIAL HOSPITAL
5255 Loughboro Road
N.W. Washington, D.C. 20016
Sibley Memorial Hospital joined the Johns Hopkins Health System in 2010 and brought a notable history in the Northwest Washington D.C. community dating back to the 1890s. Initially a training school for missionaries presided over by Lucy Webb Hayes, wife of President Rutherford B. Hayes, it turned to nursing education and medical care with a sizable donation for hospital construction from its namesake William J. Sibley in 1894. It has expanded and is now a 318 bed community hospital, with a newly constructed Emergency Department, expanded oncology units, the new Center for Babies and Families, and has dedicated rehabilitation facilities for specific patient needs. In addition it is home to the Grand Oaks assisted living residence completed in 2000. With Johns Hopkins resources Sibley Memorial Hospital offers award winning care – picked by Bethesda Magazine’s readers as “Best Place to Have a Baby.” Sibley offers a variety of resources and classes designed to address the unique challenges of Washington D.C.’s diverse community.

JOHNS HOPKINS ALL CHILDREN’S HOSPITAL
501 6th Avenue South
St. Petersburg, Florida 33701
As a family-centered care facility, parent inclusion and dedicated professionals have together made Johns Hopkins All Children’s Hospital a top 50 children’s hospital as established by U.S. News & World Report. Opening its new 259-bed hospital with input from the community, patients, and parents it is widely considered the most advanced children’s hospital on Florida’s west coast. All Children’s fully integrated into the Johns Hopkins Health System in 2011 expanding its ability to teach, conduct research, and focus on the exact care needed for all of its young patients. With over 3,000 dedicated employees, All Children’s has strived to create holistic strategies for innovation and excellence in patient care. The focus is on developing a culture of innovation – in treatment, research, and education – in the hopes of creating an environment of collaboration with the communities of west Florida.
MARY HARVIN TRANSFORMATION CENTER

The Mary Harvin Transformation Center (MHTC) is a partnership between The Johns Hopkins Hospital, Johns Hopkins Bayview Medical Center and the Southern Baptist Church, created to deliver outreach programs specifically designed to align with the community's requests and address the prioritized needs identified by residents in the Broadway East community via the hospitals' latest Health Needs Assessment.

Sitting directly across the street from Southern Baptist Church, the center is located in the Mary Harvin Senior Apartment building, which is literally a story of hope and opportunity rising from the ashes of its destruction during the unrest in 2015. The building was quickly rebuilt and is part of the neighborhood revitalization vision of Southern Baptist's Bishop Donte Hickman. Today, it offers 61 affordable apartments whose residents were the first participants in the MHTC programs along with Southern Baptist church members. Over 2,500 participated in programs addressing a variety of issues including: diabetic retinopathy and vision testing, hearing tests, foot care, cardiovascular disease, healthy diet, access to healthy foods, flu shots, medication management, depression/mental health, exercise, yoga, workforce development and recruiting, and spiritual health.

For many in this neighborhood, the difficulties that come from socio-economic obstacles contribute to untreated health problems resulting from a lack of care management education and/or access to care. Seniors are especially vulnerable because of mobility challenges and physical impairments, and they are more likely to have multiple chronic health conditions that are exacerbated by their surroundings.

CAMP SUPERKIDS

The Johns Hopkins Hospital sponsors children with asthma from East Baltimore to attend Camp SuperKids, a week-long residential summer camp for children with asthma. The camp is organized by Johns Hopkins Bayview Medical Center's Pediatric Child Life
and Respiratory Care Departments. While attending camp, children enjoy a full range of traditional camp activities as well as learning how to manage their asthma, through identifying triggers, talking about medications, learning breathing techniques and lung anatomy. Children gain a strong support system of friends with asthma and positive reinforcement from clinicians and adults who volunteer their valuable time and services.

In 2017, there were 39 campers, including 12 from the East Baltimore area. The campers participated in a variety of activities including asthma education, swimming, arts and crafts, a special music program with a performance from the campers and counselors, zumba, team building events, and a variety of evening activities, including an annual dance.

Anecdotally, parents of campers and providers have had positive statements on the impact of the camp. One parent said, “I’m glad my daughter had the opportunity to attend camp, my daughter told me this camp changed her life.” The mom stated that her daughter had more confidence, not only in herself but also in her knowledge of asthma.

From a physician – “Thanks for giving my patients an opportunity to learn more about their asthma, while having fun!! This camp helps my patients have a clearer understanding of their asthma and how their medication works, as well as using the medications properly.”

TurnAround Tuesday, led by Terrell Williams and Melvin Wilson and sponsored by collaborative partner Baltimore United in Leadership Development (BUILD), to provide an intensive educational and leadership development program whose goal is to help those seeking jobs overcome obstructive challenges. Participants attend training every Tuesday for eight weeks. They learn new skills such as job interviewing, how to manage interpersonal work relationships, leadership development, conflict resolution, and “telling your public story.” Attendees are assessed on their participation and in order to complete the program agree to fulfill a set of five expectations involving their participation and an assessment by their case manager and the TurnAround Tuesday staff.

The Baltimore Sun, NPR and the PBS NewsHour have all featured the program’s success: the impact it has on participants’ self-confidence and hope and employers’ confidence in the program’s ability to cultivate valuable employees. “Johns Hopkins Health System has hired at least 40 people through the program,” said Michele Sedney, the system’s senior director of recruitment. “She said she feels comfortable picking up the phone and calling Wilson and asking about a job applicant.”

TurnAround Tuesday and The Johns Hopkins Hospital’s efforts are part of the Baltimore Population Health Work Collaborative, a state-funded community health program that multiple hospitals in Baltimore City participate in and is set to continue into 2019.
CARE-A-VAN
There’s a new van in Baltimore – the Johns Hopkins Bayview Medical Center Community Care-A-Van, a 40-foot mobile health clinic that has established Johns Hopkins as a community leader by providing health screenings and mobile care. All services on the Community Care-A-Van are free of charge. The colorful exterior paint makes it the most welcoming, easily recognizable, and memorable clinic on wheels. In many of Baltimore’s underserved communities there are those who are uninsured, have limited mobility, or face language barriers that make access to proper health care challenging. The Care-A-Van is staffed with an English/Spanish-speaking representative and Johns Hopkins Bayview Medical Center health care professionals. Uninsured women and children have access to primary medical care, immunizations, blood pressure checks, and other various screenings. Women can receive STD/STI screenings, as well as pregnancy tests, and staff provide referrals for prenatal care. Over 2,000 adults and children are provided care per year. Johns Hopkins Bayview Medical Center has fielded a mobile health unit since 1999. Starting operation in Nov 2016, the new van was made possible by a generous grant from the France-Merrick Foundation, and is available at rotating locations in East Baltimore, Monday through Thursday.

MEDICINE FOR THE GREATER GOOD
Medicine for the Greater Good gives resident physicians the opportunity to enhance their medical knowledge and skills by engaging in outreach with faith-based organizations and other community groups. Successfully operating at Johns Hopkins Bayview Medical Center since 2013, MGG is expanding to include residents at The Johns Hopkins Hospital. In dynamic ways, MGG offers a curriculum that teaches these aspiring professionals about specific health problems, along with social and economic factors that have a broad impact on access to quality health care. As part of their training the residents develop strategies, structure programs and cultivate
partnerships to extend healthcare education into communities and congregations. Resident physicians provide resources and education to community members by organic grassroots methods. Medicine for the Greater Good provides the tools community leaders need and participants in the program use to get feedback from congregations and community members on what kind of health care they need. Partners like MERIT, Peabody, Centro SOL, Closler, ClearMask, and Pivot all contribute people, resources, and data to the program. Initiatives like the Lay Health Educator program or the Caregiver Cafes which bring in informal caregivers to share their own health concerns are staffed through Medicine for the Greater Good.

THE LAY HEALTH EDUCATOR PROGRAM

The Lay Health Educator program is central to Medicine for the Greater Good and the Healthy Community Partnership goals. The program takes those with no prior health care training or experience and equips them to be a resource for their own congregation and community. Resident physicians from Medicine for the Great Good serve as instructors and cover a multitude of topics that range from addiction to women’s health to how to access the most current and relevant information on many important health conditions. With the support of their clergy and lay leaders, these Lay Health Educators then bring these resources to their congregations and communities through classes, workshops, health fairs, and other special events.

HEALTHY COMMUNITY PARTNERSHIP

Medical-religious partnerships are essential to fulfilling the community benefits goals of the Johns Hopkins Health System. The purposeful alliance of two fundamental community pillars – the hospital and the religious congregation – has proved to be a vital link to communities that often have experienced limited access to health care. These partnerships enable Johns Hopkins Bayview Medical Center to reach well beyond its campus to improve the lives, and especially the health, of Baltimore residents. Leaders of faith communities like Southern Baptist Church and Zion Baptist Church help the medical center gain a better understanding of the needs and concerns of their congregants, and then facilitate the sharing of information and resources that can address many of those needs and concerns. For example, information from the program’s health care agent presentation, “Honoring Your Wishes,” educates people about the value of advance directives, and symposiums on depression and other health-related issues reach people in the communities where they live and congregations where they worship. The dialogue and mutual understanding that flourishes can create sustainable partnerships that benefit the health and well-being of the participants.

Kathleen Littleton and Panagis Galiatsatos answer questions about sports injuries during a visit to Poe Homes.

St. Paul Community Baptist Church’s Pastor Rev. Dr. Gregory Perkins with Johns Hopkins community outreach professionals

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JOURNEY TO BETTER HEALTH

In 2016, HCGH identified healthy weight as a key priority after finding that 60 percent of residents reported being overweight or obese. Additionally, residents reported poor nutrition and a lack of physical activity. Left unchecked, these conditions can lead to chronic illnesses such as high cholesterol, high-blood pressure, and diabetes. As part of HCGH’s approach to address this issue and with funding from the Howard County Health Department, the hospital has partnered with several of the county’s diverse faith-based organizations to launch the Journey to Better Health program. Members of participating congregations are able to receive screenings and attend classes on living with chronic health issues such as diabetes and hypertension. Community Companions are faith community volunteers that provide support through the Member Care Support Network, which is available to Howard County residents. Trained to conduct home and hospital visits, volunteers provide companionship, connection to social resources, personalized support after a hospitalization or health crisis.

“The Member Care Support Network…is the icing on the cake! One morning I received a call…telling me that one of our members was in the HCGH emergency room. That call permitted me to provide a timely response to reaching out to the members.” - Rev. Ostein B. Truitt, Assistant Pastor, St. John Baptist Church

SCHOOL-BASED TELEMEDICINE

Technology is constantly changing how healthcare providers deliver care in the community. Telemedicine, which allows providers to use audio and video connections as well as computer-based screening systems to treat patients remotely, is one way to improve access to care. HCGH has entered into a collaborative partnership with Howard County Public Schools and the Howard County Health Department to offer telemedicine appointments in six Howard County Title 1 elementary schools. Over 1,500 low-income students have been enrolled since the program started in 2015. Students in the program can be diagnosed using “Bluetooth exam tools, like a high-definition stethoscope or otoscope,” and parents are able to participate remotely in appointments. “We try to treat the child's medical issue at the time of the visit,” says David Monroe, pediatric emergency physician at HCGH. The ability to diagnose conditions like fever, bacterial conjunctivitis, or strep throat means faster treatment and less time absent from class. Timely access to care increases time spent on school work and can offset disparities in student achievement.
BEHAVIORAL HEALTH
When surveyed many Howard County residents have reported needing but not having access to behavioral health treatment. Due to the challenges in accessing behavioral health appointments in a timely manner, many residents in crisis come to the emergency department at HCGH for treatment. HCGH launched the Rapid Access Program. This program, in partnership with the Horizon Foundation, Way Station Inc., other local collaborators, connects behavioral health patients presenting to the ED to appointments within 48 hours with a community mental health provider. These appointments offer extended evaluation, two medication management sessions with a nurse practitioner; and up to six psychotherapy sessions with a licensed therapist. The Rapid Access Program also provides assistance for enrollment in health insurance, extended psychological therapy services, and referrals for more advanced services. Of the 589 enrollees in 2017 over 70% took advantage of the available services within two days of discharge.

COMMUNITY CARE TEAM
For anyone, but especially older adults, a hospital stay can be a stressful event. The percentage of those aged 65 or older in Howard County will grow nearly 25% in the next five years. Often faced with multiple chronic conditions, limited mobility and social isolation, many older patients need additional help after a hospital stay. Enter the HCGH Community Care Team (CCT). CCT provides community-based, patient-centered comprehensive support and coordination to patients and family caregivers for 30-90 days following a hospitalization or emergency department (ED) visit. The target population is Howard County residents 18+ years old with insurance coverage through Medicare and multiple visits to HCGH in the past year. Through frequent home visits and phone contacts, a multi-disciplinary team of nurses, a social worker and community health workers provide individualized attention and support while delivering services including health education, disease-specific management, medication reconciliation, connection to(coordination with other health care providers, care plan development and extensive social support/advocacy. CCT staff are knowledgeable about resources across Howard County and have developed strong partnerships with many community organizations, including the Howard County Health Department, the Howard County Office on Aging and Independence and transportation programs like Neighbor Ride. CCT has helped over 600 patients connect to the right supports and reduce their chance of being re-hospitalized. Many of those who participate in CCT lack a support system, or their caregiver is overwhelmed with the patient’s health needs. CCT fills gaps in care and ensures that patients are connected to other long term supports in the community.

“We come to your home, advocate for you, help coordinate services and care, and support you and your family. We want our patients to be happy, healthy, safe and thriving in their community.”
- Megan Cullen, RN, BSN, Community Health Nurse, in Wellness Matters Fall 2017

‘We assess what is working for patients, what is not working, where we might be able to fit in to improve things… We come to your home, advocate for you, help coordinate services and care, and support you and your family. We want our patients to be happy, healthy, safe and thriving in their community.’ - Megan Cullen, RN, BSN, Community Health Nurse, in Wellness Matters Fall 2017.
CHRONIC DISEASE SELF-MANAGEMENT
Dedicated to helping improve the health status of individuals living with chronic diseases, such as diabetes and heart disease, Suburban Hospital is increasing capacity and access to evidence-based self-management programs developed by Stanford University: Chronic Disease Self-Management (CDSM) and Diabetes Self-Management (DSM). Initiated in the fall of 2017, and in partnership with the Health Quality Innovators, the two programs teach participants problem-solving and decision-making in managing their well-being through education on the nature of their condition, the need to exercise, proper nutrition, and appropriate use of medications. Courses also focus on communicating with family, friends and health professionals. Participants set S.M.A.R.T. goals, plan ways to meet these goals, and are required to report progress which is reinforced by group feedback in reoccurring workshops. Emphasis on self-management requires a proactive approach, thus facilitators are trained to lead workshops in English and Spanish, at targeted demographic locations such as senior centers, outpatient medical facilities, clinics, and independent senior living facilities. In 2017, Suburban Hospital trained 17 facilitators, half of which are bilingual. Participants report improvements in glucose control, healthier eating, and increased physical activity.

"I really learned a lot, and I really enjoyed the class. I personally needed that helpful information. It really encouraged and motivated me to take better care of myself...The seminar was very informal with good participation, and I felt I could express myself and get help. I am sure everyone felt the same way."

-Miss Martha Johnson, Chronic Disease Self-Management class attendee

SENIOR SHAPE
Active living is crucial in keeping our aging population healthy and independent. For close to 20 years, Senior Shape has consistently motivated individuals to enhance balance, strength, and flexibility which link to overall improved cardiovascular health. Over 600 older adults exercise year-round. Operating daily at 10 different community and senior centers in Montgomery and Prince George’s County, Senior Shape provides participants the option of low to high-intensity exercises from aerobics, weight training, and stability ball to enhancing one’s flexibility and strength. Participants exercise 1-2 times per week for 45 minutes. To measure improvement, fitness assessments are conducted twice a year which are designed to measure balance, strength and flexibility against national standards of the same age group. The assessments provide not only important benchmarks for evaluation but also keep Senior Shapers

For nearly 75 years, Suburban Hospital has remained committed to improving the health and well-being of our neighbors and the surrounding community. We believe that quality health care should be accessible to all. Through partnerships and programs, we work to identify health priorities and generate solutions to address the growing challenges of preventing chronic disease and building safe and healthy communities.
challenged and engaged. "Most are meeting or exceeding the guidelines for their age group," says Sara Demetriou, Coordinator of Health Initiatives and Community Partnerships. Overall, Senior Shape affords Montgomery and Prince George’s County older adults with consistent support and a haven for individuals to stay active, be engaged and thrive.

VILLAGE AMBASSADOR ALLIANCE

Initiated in 2016, the Village Ambassador Alliance supports seniors who choose to age in their homes rather than in retirement communities. "Villages are local, volunteer-led grassroots organizations," that are in themselves communities in which members coordinate and help one another hand-in-hand. This "neighbor-helping-neighbor" model is in nearly 50 neighborhoods throughout the D.C. metropolitan area of which Montgomery County hosts almost half. Each village is structured to uniquely support the individuals it serves through services such as volunteer transportation and social activities to reduce isolation. Suburban Hospital provides resources – start-up grants, and expertise from clinical providers such as psychologists and gerontologists to support health and well-being through communication, education, and training. For example, healthcare providers share practical approaches to fall prevention, healthy grocery shopping and cooking for one. The reciprocal learning provided by local villages is shaping the alignment of aging in place models that mold the future of patient-centered care.

WORKFORCE DEVELOPMENT WITH A WIDER CIRCLE

For the past five years, Suburban Hospital has supported A Wider Circle via Adopt a Family and various health and wellness initiatives that impact vulnerable families. This Montgomery County based charity helps those in need rise out of poverty. In addition to providing basic household items to vulnerable families, A Wider Circle also conducts a career boot camp to prepare individuals to enter the workforce and/or advance their career. In these sessions, participants are taught the necessary skills and approaches for the modern job market including resume building, interviewing skills and strategies in making a good first impression with a potential employer. Suburban Hospital’s Senior Talent Acquisition Specialist, Theresa Mazzaro who volunteers her time and knowledge at the boot camp sessions states that "It makes sense to combine the vision of A Wider Circle’s Boot Camp with our goal of helping all people in our community obtain gainful employment in health care with us, or elsewhere." Mazzaro has guided and educated residents on careers in health care settings while encouraging individuals who face challenges including not having a college degree, long gaps of employment and the stigma of a criminal record. "I think I opened the group’s eyes to see the possibilities and have hope. One person, in particular, had applied [for a job] and we are working together to help her find the right fit,” says Mazzaro. Given that income is one of the most important social determinants of health, connecting individuals with job opportunities and training can lead to not only stable employment, but also improved quality of life through life changing community connections.

Type 2 diabetes rates are higher in the Hispanic community. The Diabetes Self-Management Program ensures that underserved communities receive the support they need to manage and control their diabetes.
SERVING OUR SENIORS

Sibley has long been dedicated to offering opportunities for our older residents to remain engaged in their community. Serving over 8,000 individuals across the D.C. area, the Sibley Senior Association (SSA) is a great resource for adults age 50 or older and offers health education and support groups, among other benefits. A hallmark program is Club Memory®, a group that provides free resources, social engagement, cognitive enhancement activities and support for those living with early stage Alzheimer’s disease, mild cognitive impairment or other forms of dementia and their spouses, partners and caregivers.

This year, the Sibley Senior Association hosted the 3rd Annual Journey to Hope D.C. conference, with more than 150 persons in attendance. This free all-day conference was for care partners of individuals who suffer from Alzheimer’s disease and related dementia (ADRD). The event featured internationally known expert speakers on topics most relevant to care partners and an expo with ADRD-related resources from the metro D.C. area. All participants received a free copy of the keynote speaker, Steven Sabat’s, Ph.D., book, *Alzheimer’s Disease and Dementia: What Everyone Needs to Know*, and a caregiver binder full of helpful resources from the National Caregiving Foundation.

The SSA’s Walking Club, in collaboration with Mazza Gallerie in Friendship Heights, offered walking partners, free blood pressure readings and a climate-controlled environment for keeping fit.

For over 25 years, the SSA has been sponsoring Widowed Persons Outreach – Helping and Healing, which now has multiple spousal grief and support groups as well as educational and social opportunities for widowed persons.

For more information about Sibley’s community programs, including how to sign up to participate, please visit Sibley.org/community.

ENGAGING OUR YOUTH – MEDICAL EXPLORERS COHORT

The health care industry is one of the fastest growing industries in the country. Sibley has recognized the growing demand for people prepared to fill these positions. In order to expose young people to likely job opportunities, Sibley launched its Medical Explorers program in October, 2016. High School students from Ward 7 and 8 were able to gain first-hand experience meeting physicians, clinicians, and administrators. Students attend panels with these professionals who discuss their fields and the wide-range of career options within the broader health-care industry. Since the launch, Sibley

Sharon Sellers, Marti Bailey and Shruti Goel support Sibley, Grand Oaks, and Club Memory® members at the Walk to End Alzheimer’s. Over 30 employees and Club Memory members were in attendance.
has hosted 270 students from five D.C. public schools and public charter schools – Anacostia, Coolidge, Dunbar, Friendship Collegiate and Wilson High Schools.

According to a 2014 USA Today article, volunteer work related to the future career field is essential for any undergraduate or graduate program applicant, especially for students entering medicine. The report also stated that the best volunteer work is committed and focused over long months of time because that demonstrates a consistent ongoing pattern of passion for medicine.

Sibley has also observed its medical explorers develop long-term working relationships with the hospital. Since 2016, six medical explorers transitioned to summer interns. Five summer interns became yearlong volunteers with the hospital and even obtained letters of recommendation for their college applications. In addition, the program has shown a promising impact in the lives of former interns; one former summer intern began emergency medical technician (EMT) training with the Kensington Volunteer Fire Department to begin his career in emergency/trauma medicine.

EAST OF THE RIVER – WARD INFINITY

Thanks to a donation from the Sibley Foundation in 2017, Sibley launched the groundbreaking initiative, Ward Infinity, aimed at collaborating with residents to work on challenges related to health and wellness in Wards 7 and 8. Possibly the first of its kind to use human centered design methodology, Sibley’s Innovation Hub created the Listen, Imagine, Do, Tell, design process. The key aspect to Ward Infinity is that it is community led; Sibley partners with local residents to make them informed agents of change.

Sibley invited residents and nonprofit organizations to participate in the inaugural Ward Infinity Community Health Innovators program. Residents worked with Sibley and the Ward Infinity Advisory Council – a group of community and government leaders – to construct targeted, creative ideas. Nine were selected to be Innovators, each with projects addressing health issues in the community ranging from the lack of access to fresh foods to small business sustainability to building trust with health care providers. Using insights from peer-to-peer sessions for creative problem solving, teams tested their ideas to determine which had the strongest connection with community members. In March 2018, the participants designed proposals targeting community health improvement priorities and presented their solutions to the Ward Infinity Advisory Council. Two teams – Team Bloom and Team Market 7 – moved on to the next phase of design testing with full council support.

Team Bloom – Diane Brent-Farmer and Hortense Brent – is creating a program encouraging communities to adopt healthier lifestyles through a series of wellness parties and personalized health coaching called Taste and Talk, where neighbors can gather in a relaxed, social setting while sampling wholesome recipes and learning how to incorporate plant-based ingredients. Leveraging social networks, and using language, menus and flavors already familiar to their communities, the Taste and Talk sessions hope to cultivate and sustain healthier behaviors.

Team Market 7 aims to expand healthy food options for Ward 7 residents via an indoor community marketplace model. Market 7 will offer a creative, lifestyle experience for shoppers and will generate opportunities for local, black-owned businesses to sell to local residents while also addressing food access challenges in Ward 7.
EDUCATION AND OBESITY PREVENTION

Johns Hopkins All Children’s Hospital (JHACH) has been leading the effort to educate the St. Petersburg community about preventing childhood obesity. Partnering with the YMCA, Kohl’s Cares and county after-school programs since 2005, JHACH created First Steps: Fit4AllKids, which promotes a holistic family-centered approach to educating participants in making healthy choices including early intervention, preparing healthy meals, and basic nutrition. Kohl’s Cares has provided over $1 million in grant funding, a firm commitment to local nutrition and culinary programs. In addition Kohl’s Cooks for Kids cooking classes have reached thousands of families and their children and provides a free healthy cookbook by request at: www.hopkinsallchildrens.org/community/fit4allkids-fitness-nutrition/cookbook-quest

LAKEWOOD HEALTH SQUAD PROGRAM

The newest initiative aimed at imparting the benefits of healthy lifestyles to Pinellas County young adults began in 2014. The Lakewood Health Squad program was introduced through grant funding from Florida Blue and most recently from Kohl’s Cares. In order to maintain a commitment to adolescents past the 6th grade, Johns Hopkins All Children’s and Kohl’s teamed up with the students of Lakewood High School to raise awareness about food insecurity and to promote healthy habits such as encouraging weight management through healthy eating, regular exercise, sleep, hygiene, and stress management. Students and volunteers signed the Health Squad’s “Commit to be Fit” banner, making the pledge to be mindful of their health. Understanding how adolescents communicate is key to a lasting impression on this demographic – with that in mind the Lakewood Health Squad’s programs are peer-to-peer led, using social media, lunch and learns, and hands on activities to promote health and fitness. The program has helped over 1,000 students, faculty, and staff.

“JHACH is helping children and teens manage their weight and make healthy choices about food and exercise…The fun and interactive programs encourage families to do their personal best and reach their individual goals. JHACH also implements the Health Squad model with direct services to the students at Lakewood High School. This is only a slice of what JHACH does for the schools and community.”

- Ashley Grimes, Pinellas County Schools

Lakewood Health Squad “Commit to be Fit” banner signing with Kohl’s Cares community partners.
WEST CENTRAL EARLY STEPS
Johns Hopkins All Children’s Hospital is committed to children’s ongoing health from conception to the earliest stages of development. Recognizing that infants and toddlers with special needs require more attention, eligible children – those with physical or mental development delays – are provided care through the West Central Early Steps intervention system. Federally funded since 1990, Early Steps provides tools of empowerment for families and caregivers so they can help their young ones. All eligible infants and toddlers are given care at home within their daily routines, with fewer hospital or clinical appointments. This approach affords families the time to just be families.

HEALTHY START
In 2014 JHACH received a grant award from Health Resources & Service Administration to lead the national efforts in reducing disparities in maternal and infant health in south St. Pete. Healthy Start’s strategy works to assure access to culturally competent, family centered and comprehensive health and social services for women, infants and their families. In addition, the program provides ongoing education to families on the risk-factors that impact their own health and future health of their child. Staff also addresses less apparent psychosocial issues that can cause stress and impact health including managing sleep and depression. Access to transportation, quality of home life, and housing security are also discussed with program participants. Healthy Start also works closely with the community through their Community Action Network to engage, inform, and address social determinates of health related to poor birth outcomes.

SAFE KIDS FLORIDA SUNCOAST
Johns Hopkins All Children’s Hospital sponsors, partners, and leads health and safety programs designed for students of all ages. As an affiliate of Safe Kids Worldwide, a Washington D.C. based nonprofit, Safe Kids Florida Suncoast Coalition has continued to prevent and reduce unintentional injuries of children. In the U.S. intentional and unintentional injuries are the No. 1 cause of death in children up to the age of 19. The Suncoast Safe Kids Coalition serves five counties in the greater Tampa Bay region. Under the coalition Johns Hopkins All Children’s health professionals work with businesses, civic groups, schools and local officials to educate the public on the safety of children in vehicles, water safety, poison and medication, safety for outside play, toy safety and guidance on firearms safety in the home.

SAFE ROUTES TO SCHOOL IN FLORIDA
Johns Hopkins All Children’s Hospital is the lead agency for the Safe Routes to School program. This is a school-based injury prevention program funded statewide by the Florida Department of Transportation. Locally the Johns Hopkins All Children’s Hospital Safe Routes team offers programming in 15 counties and compliments the bicycle and pedestrian safety programs of Safe Kids. Safe Routes reaches more than 100,000 students and educators in Florida annually by hosting train the trainer sessions, and events with local schools, law enforcement, fire departments, and local government to educate youngsters in the K-8th grades on proper biking and pedestrian conduct. Providing these important injury prevention efforts gives children the opportunity to learn lifelong safety skills they will utilize throughout the course of their lives.
Fiscal Year 2017 Community Benefit Activities Summary
The Johns Hopkins Health System hospitals are committed to improving the health and wellness of the residents in our communities.

In Fiscal Year 2017, the Johns Hopkins Health System hospitals spent over $359 million on activities to strengthen its communities, build strong partnerships and improve the health and wellness of the residents they serve.

Examples of activities which benefit the communities include:

- Direct health services, outreach and education programs including screenings, free clinics, support groups, mobile units etc.
- Contributions to local community organizations to support community outreach work
- Community building activities such as economic development, workforce development and housing improvement programs
- The cost of free or reduced cost “Charity care” provided to uninsured and underinsured low-income patients
- Unreimbursed costs for providing community-based services
- Education of health professionals – for example, clinical training of the next generation of health professionals to meet the increasing need for care of an aging population

Fiscal Year 2017 Community Benefit Activities Summary

<table>
<thead>
<tr>
<th>Community Benefit &amp; Charity Care Total</th>
<th>$359,026,478</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial Assistance at Cost</td>
<td>$59M</td>
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<tr>
<td>Cash and In-Kind Contributions</td>
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<tr>
<td>Community Health Improvement</td>
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<tr>
<td>Health Professions Education</td>
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<tr>
<td>Unreimbursed Medicaid</td>
<td>$17.2M FL &amp; DC</td>
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<td>Subsidized Health Services</td>
<td>$15.3M FL &amp; DC</td>
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<td>Community Building Activities</td>
<td>$5.3M</td>
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<tr>
<td>Research</td>
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</table>

Source: JHHS Hospitals’ IRS Schedule H (Form 990)
For more information about this report or the Community Benefit Activities of the Johns Hopkins Health System please contact:

The Johns Hopkins Hospital
Government and Community Affairs | 443-287-9900

Johns Hopkins Bayview Medical Center
Community Relations | 410-550-0289

Howard County General Hospital
Community Education | 410-740-7601

Suburban Hospital
Community Health and Wellness | 301-896-3572

Sibley Memorial Hospital
Sibley Senior Association and Community Health | 202-364-7602

Johns Hopkins All Children’s Hospital
Community Relations | 727-767-2328

FY 2017 JHHS Community Benefit Brochure produced by Johns Hopkins Government and Community Affairs
http://web.jhu.edu/administration/gca/