

CONNECTIONS

MEETING THE NEEDS OF OUR PARTICIPANTS IN 2023



Learn about Mary's Center's new specialty services on page 2.

A MESSAGE FROM THE CEO AND CHAIR OF THE BOARD

Dear Friends,

This past January marked the one-year anniversary of the first Chief Executive Officer transition in Mary's Center's history. Even with this leadership change, Mary's Center's commitment to our roots and the vision we were founded upon is unwavering. We continue to be advocates for immigrants, Black and Brown communities, the Hispanic/Latinx community, and underserved populations from all backgrounds. Our healthcare, education, and social services are available to all individuals who walk through our doors, regardless of their ability to pay.

As we move ahead in 2023, we continue to embrace our value of inclusivity by developing specialty services that focus on meeting the needs of our participants as they arise. For example, we recently opened a sonography clinic at our Silver Spring location in order to meet the growing need for prenatal services among our Maryland residents. Prior to December 2022, our resources limited our sonography services to DC only.

Furthermore, Mary's Center's dental team continues to expand its reach as we work toward growing our dental services to better serve youth participants. We recently initiated a pediatric dental program by hiring two pedodontics specialists to support the oral hygiene of children. Another development within our dental department is the upcoming installation of a dental chair that accommodates wheelchair users by reclining their own chair during their dental appointment so that they can be served more comfortably. This accessible chair alleviates any inconvenience for wheelchair users.

In addition, we continue to address ongoing needs brought on by the lasting impact of the COVID-19 pandemic which has disproportionately affected our participants. We are proud to continue to be an active provider in the DC region for COVID testing, treatment, and vaccination, and we are now working to further support our participants through our new Long COVID Clinic. The clinic, led by our Director of Infectious Diseases, will also have support from our Behavioral Health and Nutrition departments. In this newsletter, you will have a chance to learn more about the Long COVID Clinic and how we are able to develop individualized treatment plans for our participants struggling with long-term effects of COVID-19.

As we continue to move forward as a community, we would like to express our sincere gratitude to you, our supporters, for helping us further Mary's Center's impact in our community. With you by our side, we can better serve our more than 65,000 participants in new and innovative ways that best meet their needs.

Sincerely,



Wendy Goldberg
Chair of the Board



Tollie B. Elliott, Sr., M.D.
Chief Executive Officer



Wendy Goldberg
Chair of the Board



Tollie B. Elliott, Sr., M.D.
Chief Executive Officer

NAME MARY'S CENTER IN YOUR WILL

Did you know planned gifts are a great way to care for the causes that matter most to you? Including Mary's Center in your estate plan will help ensure our life-changing work for generations to come.

Naming us in your will is simple. Here is some suggested language: "I give and devise to Mary's Center, located in Washington, DC, all (or state percentage) of the rest, residue, and the remainder of my estate, both real and personal, to be used for its general support (or for the support of a specific fund)."

Interested in learning more? Contact Heather Morgan, Executive Vice President of Development, at (202) 579-6198 or hmorgan@maryscenter.org.

FOSTERING CARE AND COMMUNITY FOR RECENTLY ARRIVED MIGRANTS

Since April 2022, over 9,400 people migrating from Central American countries have arrived in DC from the southern border through bussing programs created by the governors of Arizona and Texas. These migrants arrive with not much more than the clothes on their backs, often struggling with illnesses, lack of nutrition, and a general unfamiliarity of their new environment. In response to this ongoing crisis, Mary's Center has engaged our vast network of services, resources, and staff to aid these recently arrived migrants as they adapt to living in the DC region, continuing our founding commitment to serving immigrant communities.

Mary's Center's Social Change Model has proven to be beneficial in serving this community. Rolando Delgado, Patient Care Manager & Advocacy Associate at Mary's Center, has been deeply involved in the response since day one and can resonate with the recent migrants as an immigrant from Venezuela himself. "The migrants arrive with no knowledge of the US healthcare or education system. It's our job not only to provide them with direct services but help them to get on their feet and integrate them into our communities," he shared.

Mary's Center's medical and dental teams are working to expedite same day or next day appointments for the recently arrived migrants, especially for those experiencing illnesses and pain as a result of their challenging journeys. Many

of these appointments include vaccinating children so that they can meet the requirements to enroll in DC Public Schools.

Additionally, Mary's Center's Women, Infant, and Children (WIC) program has mobilized their services to set up a portable WIC clinic one day a week at two hotels where many of the recently arrived migrants are currently living. WIC staff provide breastfeeding support, nutrition education, and nutritious supplemental foods to the over 75 enrolled participants housed at these hotels. These WIC services are crucial for the recently arrived migrants, as many are expecting mothers or have young children and have expressed concerns to WIC staff about their nutrition needs. Our response to this crisis has been strengthened by our collaboration with both the DC government and other local organizations. Mary's Center is active on multiple task forces within the newly created DC Office on Migrant Services, which also relays information to Mary's Center staff on the most recent policy changes and service needs. In addition, we participate in local resource fairs for migrants in which they can learn about different organizations in the area and the services available to them.

Maya Hernandez, Health Services and Programs Operations Manager,



Maya Hernandez and Rolando Delgado represent Mary's Center at a resource fair for newly arrived migrants, educating them on our resources and services.

organizes Mary's Center's internal response to the crisis as well as tabling at these fairs. "It's been inspiring to see how grateful people are for our services. We are able to give them hope in the face of an uncertain future," she explained.



You can support recently arrived migrant families we serve by purchasing items from our migrant needs charity wishlist - visit www.maryscenter.org/migrantwishlist or scan the QR code above to help with this effort.

LEGACY SOCIETY MEMBERS ENSURE STABILITY FOR FUTURE GENERATIONS

Long-time DC resident Jim Nathanson remembers the origin story of Mary's Center as if it were yesterday. At the time of Mary's Center's founding in 1988, Jim was a member of the Council of the District of Columbia, representing Ward 3, and he was very aware of the needs of the growing Latinx community in the District. Not to mention, he was the former high school teacher and dear friend of Maria Gomez, Mary's Center's founder and former CEO of 33 years (pictured here).

Jim has been supporting Mary's Center ever since its creation. "I've watched Mary's Center grow from its inception and evolve to geographically and substantively broadening the services that it provides," said Jim. He continues to donate to Mary's Center today because he sees how the organization is dedicated to expanding its breadth of services in order to meet the needs of the communities served.

Not only does Jim support Mary's Center with annual contributions, but he has also committed to making a bequest, otherwise known as a planned gift, to Mary's Center, making him a member of our Legacy Society.

Planned giving allows for a future financial donation to a charity through one's financial and estate plans. These gifts are a wonderful and meaningful way to care for the causes that matter most to you. Including Mary's Center in your estate plan will help ensure our life-changing work for generations to come.

Naming Mary's Center in your will is simple. Here is some suggested



Jim, pictured with Maria, has been a proud supporter of Mary's Center since its founding.

language: "I give and devise to Mary's Center, located in Washington, DC, all (or state percentage) of the rest, residue, and the remainder of my estate, both real and personal, to be used for its general support (or for the support of a specific fund)."

Another way to leave a planned gift to Mary's Center is by naming Mary's Center as the beneficiary or contingent beneficiary of your retirement assets after your lifetime. Contact your retirement plan administrator for a beneficiary form in order to designate Mary's Center as the beneficiary. There are other ways to support as well, such as naming Mary's Center as the beneficiary of your life insurance policy.

Jim is glad to be able to help secure the future of Mary's Center through his bequest. With support from planned gifts like his, Jim said "I want Mary's Center to be able to continue providing the community with its current services and also allow it to further evolve to address the everchanging needs of those served."

We are grateful to Jim and all of our Legacy Society members who help to ensure that Mary's Center's essential community services and programs are protected for future generations. **If you have named Mary's Center in your estate plans or are interested in doing so**, contact Heather Morgan, Executive Vice President of Development, at (202) 579-6198 or hmorgan@maryscenter.org.

RESPONDING TO THE LONG-TERM EFFECTS OF COVID-19

This March marks the three-year anniversary of the onset of the COVID-19 pandemic. While there have been many medical advances to help keep the virus under control, the effects of COVID-19 are ever-lasting. One of the more recent developments in the pandemic has been the emergence of long-term effects of COVID-19, also referred to as “long COVID.” To better support our participants who have been impacted by long COVID, Mary’s Center is proud to announce the launch of our first Long COVID Clinic.

Mary’s Center’s Long COVID Clinic officially opened in January of this year and continues to take on new participants who are diagnosed with post-COVID conditions. The clinic provides comprehensive care to our participants whose physical health and daily lives have been affected by long COVID. Dr. Sarah Nadia Ali, Mary’s Center’s Director of Infectious Diseases, leads the clinic as it begins to intake participants. According to Dr. Ali, “the goal with the clinic is to identify patients that might meet these criteria and, in some way, make their overall quality of life better.”

While many COVID-19 patients recover from the virus soon after their infection, others have symptoms that linger for weeks, or even months. Recent studies have shown about one out of every five people who have



Dr. Ali, Director of Infectious Diseases, meets with participants struggling with long-term COVID-19 symptoms via both telehealth and in-person appointments.

“**The goal with the clinic is to identify patients that might meet these criteria and, in some way, make their overall quality of life better.**”

been diagnosed with COVID-19 experience these long COVID symptoms. There are a wide range of symptoms, making it hard to immediately diagnose long COVID. The symptoms are usually similar to the initial COVID infection, including fatigue, lack of concentration, muscle and joint pain, coughing, shortness of breath, or loss of taste or smell. Long COVID can also have effects on a person’s mental health as well as their sleeping habits.

Due to the variations of symptoms of long COVID, the clinic is taking a holistic approach to treating the participants. After an initial assessment, the clinic will develop an individualized treatment plan to best improve the participant’s symptoms. The care plan can include access to other specialist providers such as physical therapists, social

workers, cardiologists, etc. Dr. Ali explained, “We try to pinpoint the symptoms that might not otherwise be identified through other diagnoses and work together in a multidisciplinary team approach with multiple departments.”

Currently, the clinic is only taking Mary’s Center participants, but will soon be open to any community member who is experiencing the effects of long COVID. We are hopeful that through this clinic, we can improve the lives of those impacted by post-COVID conditions.



CONNECTIONS

2333 Ontario Road NW
Washington, DC 20009

IN THIS ISSUE:

2. A Message from the CEO and Chair of the Board
3. Fostering Care and Community for Recently Arrived Migrants
4. Legacy Society Members Ensure Stability for Future Generations
5. Responding to the Long-Term Effects of COVID-19

ENVIRONMENTALLY RESPONSIBLE PAPER



Social Services



Education



Behavioral Health



Dental



Medical



NEWEST BOARD MEMBER

Mary's Center is thrilled to welcome Kwasi Mitchell to our Board of Directors. Kwasi serves as the Chief Purpose Officer at Deloitte. In this role, Kwasi creates pathways of opportunity to Deloitte's employees and clients to find purpose in their work and harness their skills to drive a collective impact that addresses systemic societal issues.

Kwasi is excited to join the board, especially because he is aware of Mary's Center has on the local community. Mary's Center's commitment to health equity is something that Kwasi and his employer Deloitte's own values. Welcome Kwasi!

MARY'S CENTER BOARD OF DIRECTORS

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