MedLINK HOSPITAL at CAPITOL HILL
700 Constitution Avenue, N.E. • Washington, D.C. 20002
Tel: 202.546.5700 • Fax: 202.675.0411

December 8, 1998

Jeanne H. Harrison
Stanton Park Civic Association
431 - 6th Street, N.E.
Washington, D.C. 20002

Dear Ms. Harrison,

In an effort to be more responsive to the community we serve, MedLINK Hospital & Nursing Center has started many programs we think will be beneficial to our neighbors.

A quarterly Community Newsletter is being distributed to every household in zip codes 20001, 20002, and 20003. The Summer '98 issue had a survey card, and we have instituted the following programs in response to the concerns and need of our community.

1. Mammogram and Ultrasound Screenings
2. Jazzercise classes
   - Saturday - 11 am to 12 noon
   - Sunday - 9am to 10 am
3. Free Flu Shots for Seniors and reduced rates for all others. This program ends on December 18, 1998.
4. Brown Bag Lunch Workshops
   - December 16, 1998 - 11 am to 2 pm "Managing Your High Blood Pressure"
   - January 20, 1999 - 11 am to 2 pm "Starting a Healthy Lifestyle"

We are in the process of applying for a special exception to permit expansion of the number of beds in the nursing facility. There will be no expansion of the size of the facility, but merely a return to the original number of beds allowed in this site before the operations were reduced.

We will keep you informed of any changes and of our progress. Please call me at 202-546-5700, extension 2671 for further information on our programs.

Thank you and Happy Holidays!

Sincerely yours,

Linda M. Grigsby
Special Projects Coordinator

cc: Sharon Ambrose

BZA
CASE No. 16407
EXHIBIT No. 26

Board of Zoning Adjustment
District of Columbia
CASE NO.16407
EXHIBIT NO.26

MedLINK

Hospital and Nursing Center at Capitol Hill

COMMUNITY NEWSLETTER

700 Constitution Avenue, NE
Washington, D.C. 20002
(202) 546-5700

We want to thank all of you for responding to our Summer '98 Community Health Survey.

In response to your requests, MedLINK Hospital & Nursing Center offers the following programs:

jazzercise international

The Jazzercise Commitment*

JAZZERCISE • The original dance exercise phenomenon! Each 60 to 70 minute class offers a blend of jazz dance and exercise science set to your favorite music-Top 40, jazz, country, funk and classics. Easy to follow, fun choreography includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

We at Jazzercise are committed to giving you:

- Safe, effective, and convenient workouts
- Variety in music and movement
- Consistent quality instruction
- Program options to fit your needs
- Continuing education in maintaining a healthy lifestyle
- A fun class - workout after workout!

We intend to honor this commitment to keep Jazzercise the #1 fitness program in the world!
Jazzercise is an independent franchisee.

Getting Started

Just show up at any of the locations 10 minutes before class! Jazzercise is an on-going program, so you can start today!

- No initiation fees
- The average cost per class is only $3 to $4 (pre-paid); $6 to $7 on a walk-in basis.

Proper footwear and clothing are essential for your safety and comfort.

- We recommend good aerobic shoes. Sneakers and running shoes are not appropriate.
- You may exercise in whatever clothing is comfortable to you, but it should consist of breathable, non-restrictive fabric.

For your comfort may we also suggest:

- An exercise mat, hand towel, and water bottle or covered cup. Last, but not least, don't forget your smile and your sense of humor!
- Your first Jazzercise class may be a whole new experience for you. Use this time to get a feel for the class structure, style and technique. Don't be too concerned about whether your feet are pointed in the right direction! After a few classes, you'll be right in the swing of things-having the most fun you've ever had getting in shape!

MedLINK Jazzercise Schedule
Saturday 11am-Noon • Sunday 9 am-10am
Call (202)546-5700 x2671 for more information.



NOVEMBER 17,1998
11 AM - 2PM
"Nutrition for Cholesterol Control"

DECEMBER 16,1998
11 AM - 2PM
"Managing High Blood Pressure"

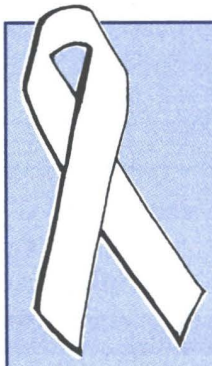
JANUARY 20,1998
11 AM - 2PM
"Starting A Healthy Lifestyle"

All workshops are held in the auditorium at MedLINK Hospital and Nursing Center.

Bring your lunch and drinks will be provided.

Free parking in our lot on 7th Street and meter parking is available on 7th and 8th streets.

Brown Bag Lunch Workshops co-sponsored by the Friendship House Assn.



Are you qualified for Medicare and age 40 and older?

Effective January 1, 1998:

Medicare helps pay for routine screening mammograms for the early detection of breast cancer.

Medicare will pay for one routine mammogram screening every 12 months for women age 40 and older.

You do not need to have symptoms of breast cancer and the mammogram does not have to be ordered from your doctor. The Medicare deductible does not apply to screening mammograms.

Medicare helps pay for diagnostic mammograms if the patient has distinct signs and symptoms of breast disease or a personal history of breast disease or a personal history of biopsy proven benign breast disease.

The deductible and co-payment does, however, apply to diagnostic mammograms.

Schedule Your Mammogram Screening at MedLINK Hospital.

- ACR Accredited*
- FDA Certified under the FDA MOSA (Mammography Quality Standard Act)*
- ARRT Registered Mammographer.

*Certification pending.

Call (202) 546-5700 ext. 2693 today!

GW at MedLINK
Urgent & Primary Care

COMMUNITY NEWSLETTER

212 8th Street, NE
Washington, D.C. 20002
(202) 546-2182

The Flu Vaccine



Many of us are still unclear about the flu vaccine! What is the flu?

Flu or Influenza is a respiratory disease that spreads rapidly each year. The flu may be caused by many different forms or "strains" of Influenza virus.

What are the symptoms?

Flu affects people suddenly and generally makes them feel miserable. The flu should not be confused with a cold, a "24 hour" virus, or a bug. The flu can cause a high fever, headache, body pains, extreme fatigue and weakness, and cough and chest discomfort. Sometimes a person with the flu may have a runny or stuffy nose, sneezing, or a sore throat.

When should I get the flu shot?

The best time is before the start of flu season. You need a new flu shot every year because the flu is a different type from year to year.

What is in the flu vaccine?

The flu is made from egg-grown viruses and is given to help reduce a person's chances of acquiring the disease. ***Caution: People who are allergic to eggs should consult their doctor before getting a flu shot.***

Can I still get the flu if I get the flu shot?

While the flu shot doesn't prevent every little cough and cold, it can keep you from getting the flu. If you've had a flu shot and still happen to catch the flu, you won't get as sick.

Who should receive the shot?

The flu vaccine is recommended for infants six months of age or older, especially the following people:

- Those 65 years of age or older.
- Residents of nursing homes and other long-term care facilities housing persons of any age with chronic medical conditions.
- Those with asthma, high blood pressure, heart or lung disease, anemia or a blood disorder, diabetes, kidney problems or who have been diagnosed HIV positive.
- Anyone self-employed.
- People who have responsibilities that cannot be met by others: police officers, firefighters, emergency medical personnel, students.
- Anyone in close contact with others: physicians, nurses and other healthcare personnel, teachers, clergy, airline employees and commuters.
- The flu vaccine is also recommended for healthy adults who want to avoid the flu.

Is the flu vaccine safe?

Flu vaccine is generally a safe vaccine. It contains only killed viruses and cannot cause the flu. The most common side effect is soreness where the vaccine is given. Rarely, a person may develop a slight fever, headache, and body pains. Symptoms usually pass within a few days.

by Robin Rosemaria Ingram, RN, BSN
Clinical Manager, MedLINK Urgent and Primary Care Clinic

MedLINK Hospital and Physicians of George Washington University Medical Faculty Associates join together to provide you with Excellence in Healthcare...close to home!

Walk in and see a physician for your immediate medical problems. No appointments are necessary.

MedLink Hospital and Physicians of George Washington University Medical Faculty Associates now provide the Capitol Hill area with state-of-the-art health care in a warm and caring environment.

We offer the following health services:

We provide rapid evaluation and management of common urgent care problems including:

- Common illnesses such as colds or flu.
- Bronchitis
- Asthma
- Urinary Tract Infection
- Sore Throat
- Back Pain/Headaches
- Minor Cuts/Abrasions
- Contusions/Sprains
- Ear Aches
- Simple Burns

We also offer comprehensive Pediatric, Adolescent, and Adult Care including:

- Routine Primary Care
- Immunizations
- Pap Tests
- Cholesterol Testing
- Nutrition Counseling
- Diabetes
- Thyroid Disorders
- Hypertension
- Mammograms
- Ultrasound
- TB Testing
- Comprehensive Physicals:
  - Executive • School • Sports



No Appointment Necessary!
Hours: Mon.–Fri. 9:00am–8:00pm

- Most Insurance Plans Accepted
- Certified for participation in Medicare and Medicaid Programs
- Worker's Compensation Case Management

FREE
FLU VACCINE*

**Free for persons age 65 or older. All others pay $5.00 per flu vaccine.*

Excellence in Healthcare... Close to Home!

GW at MedLINK
Urgent & Primary Care

(202) 546-2182

212 - 8th Street, N.E.
Washington, D.C. 20078

Offer expires 12/18/98.