

# Sibley SENIOR

SIBLEY MEMORIAL HOSPITAL, A MEMBER OF JOHNS HOPKINS MEDICINE

## Journey to Hope – DC Conference Recap

Although the weather was drizzly, the energy was bright and bustling at the Journey to Hope – DC Conference for Alzheimer’s Family Care Partners on May 4, 2024. Guests enjoyed a lovely view of the Capitol Building, the National Gallery of Art and the Canadian Embassy from the fourth floor of the JHU Bloomberg Center. Our sponsors provided door prizes throughout the conference, and before the presentations began, guests had the opportunity to meet our Patron Sponsors and discover resources for themselves and their loved ones.

Marti Brown Bailey, B.S., C.S.A., C.A.D.D.C.T., C.D.P., kicked off the event with a discussion about Alzheimer’s and other types of dementia. After a brief break, Karen Stobbe presented the ABCs of having a good day. She shared how to incorporate simple changes into our daily routines that make a big difference. Karen led a second presentation exploring ways to use improv to improve our communication. Letting go, being in the moment and accepting our loved one’s new reality can make a big difference. Attendees were gifted Karen’s book, “Being in the Moment: A Book for Friends and Family of Persons Living with Dementia.”

At the final presentation of the day, Jane Van De Velde, D.N.P., R.N., taught techniques we can employ to care for ourselves while caring for someone with dementia. Guests completed evaluation forms at the end of the conference with positive reviews to include: “Everything was extremely helpful;” “It’s very helpful to orient on characteristics of dementia and have an overview;” and “Good experience; informative resources.”

We are so grateful for our sponsors (listed on pg. 5) who make our conference series possible.



*Pictured clockwise from top: Jane Van De Velde (center); Marti Brown Bailey (right) and Honora Precourt (left); Karen Stobbe.*

## Save the Date for Aging on Your Terms Conference

Saturday | Oct. 5 | via Zoom

Join us for the next conference in our series. **Steve Gurney**, founder and director of Positive Aging Community, will help us plan for the future and enlighten us about senior living options. **Chris Haws**, certified grief counselor, will help us learn how to cope with ambiguous loss, and **Yahya Shaikh, M.D., M.P.H.**, principal scientist for Connected Health Systems at Mitre, will explore ways we can tap into preventive care.



*Steve Gurney*



*Chris Haws*



*Yahya Shaikh*



# Summer Greetings, Dear Members!

As the golden days of summer unfold, I find myself reflecting on the summers of my childhood — those sun-drenched days of unending joy, adventure and freedom. These memories, etched in my heart, have become a source of nostalgia and warmth. Now, as a grandmother, I am filled with hope and anticipation for what my young grandchildren will experience and remember about their own summers.

My summers as a child were marked by endless hours of play. From dawn until the streetlights came on, my friends and I would invent games, build forts and explore our surroundings with an imagination unbounded by time. Kwame Alexander, a celebrated African American author, captures this essence perfectly: “Play is the work of children. It is their job, their vocation and a rite of passage.”

I hope my grandchildren experience this same freedom. I encourage them to run, jump and play without restrictions, to let their imaginations soar. Whether it's through neighborhood adventures, backyard escapades or simple games, I want them to feel the exhilaration and pure joy that comes from unrestricted play.

Some of my fondest memories involve water — be it the local swimming pool, a trip to the beach or running through the sprinklers. The tactile delight of cool water on a hot day is a universal pleasure. Rupi Kaur, an Indian-Canadian poet, encapsulates this sensory experience: “Water is the storyteller of our memories, whispering tales of laughter and love, flowing through the pages of our lives.”

I hope my grandchildren revel in these aquatic joys. Watching them splash in the pool, build sandcastles by the sea or even chase after the ice-cream truck brings me immense joy. These activities not only provide fun but also create a bond with nature that I hope will stay with them throughout their lives.

Family gatherings were the heart of my childhood summers. Barbeques, picnics and reunions filled with laughter, stories and delicious food were the highlights of the season. Sandra Cisneros, a renowned Latina writer, beautifully reflects on such moments: “Summertime was also when days and nights were bright enough for us to think we could grow up to be anything.”

I strive to continue these traditions, organizing family get-togethers where my grandchildren can bond with their cousins, aunts and uncles. These gatherings, rich with stories and shared experiences, weave a fabric of belonging and continuity that I hope they will cherish and pass down.

Summers were also a time of exploration and adventure. Whether it was a road trip, a hike through the woods or a visit to a new town, each journey brought excitement and learning. Jenny Han, a Korean American author, captures this beautifully: “Everything good, everything magical happens between the months of June and August.”

For my grandchildren, I want to plan adventures that spark their curiosity and sense of wonder. From nature hikes to museum visits, I want them to experience the thrill of discovery and the joy of new experiences.

Amidst all the activity, it was the quiet, simple moments that often held the most magic — lying in the grass watching clouds, catching fireflies at dusk or reading a book under a shady tree. Lang Leav, a contemporary Asian poet, often writes about the beauty of these quiet moments: “It was summer when I met you, the season when everything is full of light.”

I hope to impart to my grandchildren the beauty of these simple pleasures. By slowing down and savoring the small moments, I hope they learn to appreciate the tranquility and peace that summer brings.

I hope to fill their summers with the same warmth and wonder that defined mine. These experiences, I believe, will not only bring them joy but also provide a foundation of love and cherished memories that will last a lifetime.

Warmly,

*Sharon L. Sellers*

Sharon L. Sellers, M.P.H., M.B.A., C.D.P.  
Assistant Director, Sibley Senior Association  
and Community Health

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## Sibley Senior Association Exercise Classes — Third Quarter 2024

Our exercise classes were originally designed for Sibley Senior Association members. While we welcome non-members to attend, we recognize it does take time away from paying members. There is a \$10 quarterly administrative fee for non-members to attend as many SSA classes as desired during the quarter.

**If the federal government or D.C. schools are closed due to snow, the classes at the Palisades Hub will be cancelled and make-up class(es) will be scheduled. If you feel weather conditions are dangerous, please do not attempt to drive.**

- Wear comfortable clothing.
- Payment must be received **before** your first day in class.
- Make check payable to Sibley Memorial Hospital and mail to the Sibley Senior Association or call 202-364-7602 to pay via credit card. Note: there is a \$10 quarterly administrative fee for non-SSA members.
- No refunds after your first week in class.
- Always check with your doctor before starting a new exercise regimen.
- Call 202-364-7602 for more information and to register for your desired class as soon as possible.

### Beginning Tai Chi with Jeffrey Robbins

Foster balance, strength and concentration with this classic Chinese self-defense art that promotes serenity and connection of the mind and body. Class follows the 37-form Yang style. **Tai Chi veterans welcome to register late.** Beginners would benefit from starting at the beginning of a session. \$185 for the 12-week session (or \$18 per class for late registrants).

Advance registration and payment required.  
Register at [smh.memberclicks.net/3Q2024TaiChiSSA](http://smh.memberclicks.net/3Q2024TaiChiSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

**Wednesdays | Sept. 11 through Dec. 4  
Noon to 1 p.m.**

Palisades Hub, 5200 Cathedral Ave. NW, Washington, D.C.  
Near MacArthur Blvd. Street parking available



### Outdoor Walking Group

Are you up for a nice walk outdoors now that the spring rains have lifted? We usually meet the fourth Wednesday of every month for a healthy walk in and around the lovely Palisades community led by a Sibley Senior Association staff member. We've enjoyed real estate walks, checking out new construction, walking along the Capital Crescent trail and identifying plants in neighborhood gardens. Meet in the lobby at the front of Building D, weather permitting. Wear comfortable clothing and don't forget to bring a water bottle.

Register at [smh.memberclicks.net/2024WalkingGroupSSA](http://smh.memberclicks.net/2024WalkingGroupSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

**Wednesdays | July 24, Aug. 28 and Sept. 25 | 3 to 4 p.m. |  
weather permitting**

*"In the summertime, when the weather is high,  
you can stretch right up and touch the sky."*

*— Langston Hughes*

# Sibley Oncology Programs | July-September

All classes are free and will take place via Zoom, unless otherwise noted. Contact [cancersupportNCR@jh.edu](mailto:cancersupportNCR@jh.edu) to register and obtain the Zoom login information. For a full list of support services and programs visit [bit.ly/Kimmel-cancer-support](https://bit.ly/Kimmel-cancer-support).



## Meditation and Mindfulness: Practices to Help Anyone Affected by Cancer

Thursdays | 7 to 8 p.m.  
Sundays | 7:30 to 8 p.m.

Patients, family members and caregivers will learn ways to regulate the stress response, discover a deeper sense of ease and gain a greater sense of balance and intentional choice in their lives. No prior experience needed.

## Reiki Self-Care Class — For Anyone with a History of Cancer and Their Caregivers

Reiki is a subtle, meditative practice that uses light, still touch on the body to help relieve stress, promote balance and encourage self-healing. Sibley offers half-hour private sessions, small group sessions and Reiki first degree training for self-care. For more information, contact Pam Goetz at [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu).



## Restorative Yoga for Cancer Patients and Survivors

Mondays | 7 to 8:30 p.m.  
Mat yoga class

Wednesdays | 10 to 11 a.m.  
Chair yoga class

These weekly restorative and active classes are designed for people with a history of cancer. Join us to practice meditative and gentle yoga using mindful movement, balance and breathing techniques to help reduce anxiety, increase body awareness and regain strength and mobility.

## Women And Bladder Cancer Educational Series

Tuesday, Sept. 10 | 4 to 5:30 p.m.

**Sexual Health: Body, Mind and Connection**  
with Rachel Rubin, M.D.

Join us for a talk on the physical and emotional effects of bladder cancer on sexual health and how to maintain sexual health after treatment. This series is only for women impacted by bladder cancer. Register and see all upcoming sessions at [2024womenbladdercancer.events.sibley.org](https://2024womenbladdercancer.events.sibley.org).

## Survivorship Series: Stronger and Healthier Together

Wednesdays | Oct. 9 through Nov. 13 | 5 to 6 p.m.

Join this six-week series for people who have completed active cancer treatment in the last 24 months. Experts discussing nutrition, stress reduction, lymphedema risk reduction, exercise, emotional health, sexual health and side-effect management. Participants will have one-on-one coaching sessions with a certified health coach. For more information, contact Pam Goetz at [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu).



## Women And Cancer Webinar Series (Breast and Gynecologic Cancers)

Tuesday, Aug. 20 | 5:30 to 6:30 p.m.

**Aromatase Inhibitors and Tamoxifen 101**  
with Nina Mahapatra, M.S.N., N.P.

Join us to learn about Aromatase Inhibitors and Tamoxifen and to manage side effects. Register and see all upcoming sessions at [2024womenandcancer.events.sibley.org](https://2024womenandcancer.events.sibley.org).

*"It was the time of year  
when the old Caribbean sea  
is warm and gentle, and the  
nights are cool and fragrant  
with the scent of summer."  
– Gabriel García Márquez*

## Kimmel Cancer Center Support Groups

These virtual groups offer an opportunity to meet others going through similar experiences and gain support and friendship. Each group is facilitated by an oncology social worker or nurse to provide a safe and informative community. Learn more by emailing [cancersupportGWA@jh.edu](mailto:cancersupportGWA@jh.edu) with the name of the support group you are interested in attending.

**Bladder Cancer Support Group for Women**  
First Thursday of each month | Noon to 1 p.m.

**Brain Tumor Support Group**  
Second Thursday of each month | Noon to 1 p.m.

**Breast Cancer Support Group**  
First Wednesday of each month | Noon to 1 p.m.

**Cancer Caregiver Support Group**  
First and third Monday of each month  
Noon to 1 p.m.

**Gynecologic Oncology Support Group**  
Second Tuesday of each month | 2 to 3 p.m.

**Lung Cancer Support Group**  
Fourth Tuesday of each month | Noon to 1 p.m.

**Metastatic Cancer Discussion Group**  
Fourth Monday of each month | 1 to 2 p.m.

**Pancreatic Cancer Support Group**  
Second Thursday of each month | Noon to 1 p.m.

**Prostate Cancer Educational/Support Group**  
Third Monday of each month | times vary

**Talk and Walk (for breast cancer patients)**  
First Thursday of each month | 10:30 a.m. to Noon  
In-Person

## Thank You to Our Sponsors

We hosted the Journey to Hope – DC conference for Alzheimer's Family Care Partners in May at the JHU Bloomberg Center. The first of our three-part conference series for 2024-2025 (Journey to Hope – DC, Aging on Your Terms and Sex & Aging), participants learned about the different types of dementia, how to have a good day while caring for a loved one, how to use improv to improve communication and how to take care of themselves in the process. Thanks to our generous sponsors, we were able to provide lunch and refreshments throughout the conference. Our Patron Sponsors exhibited at the conference and provided lovely door prizes to lucky attendees including gift certificates, relaxation baskets, care packages and a designer purse.

The second conference of our 2024-2025 series will be Aging on Your Terms offered via Zoom on Oct. 5. Please join us to learn about coping with ambiguous loss, discovering senior living options and tapping into preventative care.

We are very grateful for our sponsors who help support our conference series and the Club Memory® program throughout the year.



### Patron Sponsors

[Aging Well Eldercare](#)

[AndCo Consulting](#)

[Goodwin Living at Home](#)

[Grand Oaks Assisted Living](#)

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### Supporter Sponsors

[Family and Nursing Care\\*](#)

[Georgetown Home Care](#)

[Home Instead\\*](#)

[Seniors Helping Seniors\\*](#)

[SmithLife Homecare](#)

\*Family and Nursing Care, Home Instead and Seniors Helping Seniors also provided door prizes for our Journey to Hope – DC Conference.

# Support | You're Not Alone



Support groups are free, ongoing and open to new members. Please call the numbers or email the leaders listed for more information and registration details.

## Arthritis Support Group

**Mondays | July 22, Aug. 26 and Sept. 23 | 1 to 2 p.m.**

Meet with people experiencing similar challenges and learn tips and strategies to help with daily living activities. This is a safe environment to share how you are dealing with your physical symptoms and underlying feelings. Group leader: Amy Fox. Meets on the fourth Monday of the month. Register: [smh.memberclicks.net/q4-arthritis-support-group](https://smh.memberclicks.net/q4-arthritis-support-group), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Bereavement Support for Widowed Persons

Widowed Person Outreach (WPO) — Helping and Healing offers support groups for people widowed two years or less. Ongoing groups meet on the second and fourth Wednesdays of the month via Zoom. WPO also sponsors in-person social gatherings once a month for widowed persons. Call 202-537-4942 for more information and to register. Please leave a voicemail, and a WPO volunteer will contact you.

## Better Breathers Club

**Mondays | July 1, Aug. 5 and Sept. 9  
12:30 to 1:30 p.m. | via Zoom**

Better Breathers Club offers patient-centered and community-based educational opportunities and support to persons with chronic lung disease (COPD, asthma, pulmonary fibrosis, lung cancer and other chronic lung diseases) and their families, friends and care partners. Moderated by Jihan Starr, community dementia program manager, this is a support group where individuals living with chronic lung diseases can participate in problem-solving activities. Members can benefit from resourceful information directly related to their experiences and become valued members where trust and mutual support grow. Healthy discussions and debates are encouraged. Meets on the first Monday of the month with some exceptions.\*

Contact Jihan Starr at [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu) or call 202-660-6822 for more information or to register.

*\*Better Breathers Club will not meet on federal holidays. If the first Monday of the month is a federal holiday, Better Breathers Club will meet on the second Monday of the month.*

## Care Partner Support Groups

These support groups are for those caring for someone who needs assistance with the challenges of aging, chronic illness, Alzheimer's or other forms of dementia, cancer or recovery from surgery. You are welcome to join us if your loved one is long distance or in a care community as long as you live in the D.C. Metro Area. Three support groups meet regularly via Zoom. Times and days vary by group. For more information and to register, contact group leader Marianne Panke, M.A., at [mpanke1@jhmi.edu](mailto:mpanke1@jhmi.edu).



## Club Memory®

Club Memory is a supportive, social engagement group for people with mild cognitive impairment (MCI), early-stage Alzheimer's or other forms of dementia and their care partners or family. Club Memory meets at multiple locations throughout D.C., in person and via Zoom. Registration required. Contact Jihan Starr, community dementia program manager, for more information about Club Memory and support groups at [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu) or call 202-660-6822.

## Myotonic Dystrophy Support Group

This social support group is for people with myotonic dystrophy. For meeting times, contact Pat Dinsmore at 202-361-1087 or email [p.dinsmore@icloud.com](mailto:p.dinsmore@icloud.com). Visit [myotonic.org](http://myotonic.org) for more information.

## Parkinson's Disease & Movement Disorders Support Group

**Thursdays | July 11, Aug. 8 and Sept. 12  
2:30 to 3:30 p.m. | via Zoom**

For those living with Parkinson's disease and other movement disorders, their care partners and family members. Meets on the second Thursday of the month. Group leader: Jihan Starr. Call 202-364-7602 for more information or to register.

## Parkinson's Disease & Movement Disorders Care Partner Support Group

**Thursdays | July 25, Aug. 22 and Sept. 26 | 2 to 3 p.m.  
via Zoom**

For care partners and family members of those who are living with Parkinson's disease and other movement disorders. This group usually meets on the fourth Thursday of the month: Group leader: Jihan Starr. Call 202-364-7602 for more information or to register. *Please note, this is a new meeting time in 2024.*

## PSP Support Group

Saturdays | July 20, Aug. 17 and Sept. 21 | 2 to 4 p.m. via Zoom.

CurePSP works to improve awareness, education, care and cure for devastating prime-of-life neurodegenerative diseases. These include progressive supranuclear palsy (PSP), corticobasal degeneration (CBD), multiple system atrophy (MSA) and others. Metro DC Support Group for PSP/MSA/CBD meets on the third Saturday of the month. Contact Kristen Weidner at [weidner.kristen@gmail.com](mailto:weidner.kristen@gmail.com) to register. Visit [curepsp.org/needsupport](http://curepsp.org/needsupport) to view support group offerings.

## Stroke Support Group

Wednesdays | July 3, Aug. 7 and Sept. 4 | 1 p.m. via Zoom

Offers survivors, caregivers and family members a chance to share concerns and support each other. Professionals from various disciplines provide advice, resources, updates and information about post-stroke recovery in an informal setting. Meets on the first Wednesday of the month. For more information, contact Amy Chew, group leader, at [achew6@jh.edu](mailto:achew6@jh.edu) or Katie Foster, Sibley stroke coordinator, at [kfoster30@jhmi.edu](mailto:kfoster30@jhmi.edu).

## Lyme Disease Support Group

For information about Lyme disease, support resources and meeting groups, call the National Capital Lyme Disease Association at 703-821-8833 or visit [natcaplyme.org](http://natcaplyme.org).

## Transforming Loss Into Personal Growth

This ongoing support group enables participants to explore ways to transform the variety of losses we experience as we age. These cumulative losses are unsettling but can enable us to find new meaning and purpose. Losses result when we retire, lose a partner or a friendship, relocate or adapt to new roles in life.

Join us to explore how to invest in a path different than you (might) have expected or planned. This group is for people who have experienced a loss more than a year ago. Meets on the second and fourth Wednesdays of the month from 4 to 5:15 p.m., via Zoom. Participants attend regularly. The group leader Lobsang Damchoe, a retired physician, will contact new registrants before joining the group. Register: [smh.memberclicks.net/2024YouAreNotAlone](http://smh.memberclicks.net/2024YouAreNotAlone), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Anacostia Area Alzheimer's Care Partner Support Group

Designed for individuals caring for someone with Alzheimer's and other related dementias who may be experiencing some of the same challenges as other care partners. Join us for the comradery, information, togetherness and resources — and in time, you may become a resource for others. Meets via Zoom the first and third Monday of each month from 1:30 to 2:30 p.m. For more information and to register, email Jihan Starr at [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu).

*"Summer is a time for remembering and for dreaming." – Joy Harjo*

## TRIVIA QUIZ!

By SSA member  
Donald Saltz

Answers on Page 11

1. Who made a hit recording of "Come Back When you Grow Up Girl?"
2. In literature, what does Rex Stout's detective character Nero Wolfe raise as a hobby?
3. In the 1976 movie "The Missouri Breaks," who portrays a mean cowboy hired to eliminate a gang of horse thieves?
4. Musician Harry James was the husband of what famous actress?
5. When water freezes, what does it do physically?
6. What are the first 10 amendments to the U.S. Constitution called?
7. True or false: Is there just one year between 1 B.C and 1 A.D?
8. Where was President Harry Truman living when an attempt to assassinate him occurred in 1950?
9. What was Elvis Presley's popular nickname?
10. In what state is the University of Notre Dame?



Mark your calendar for the The Beacon newspaper's 50+ Expos taking place this fall! Join us as we celebrate and empower older adults and their families with a wealth of resources, connections and support at the free annual 50+Expos in Silver Spring, Maryland, and Springfield, Virginia! The expos feature more than 100 government agency, nonprofit and business exhibitors and offer useful information and resources, keynote speakers, health screenings and vaccines — including flu shots. Many exhibitors will offer free giveaways and door prizes.

Look for the SSA team's exhibit booth at The Beacon 50+ Expo at the Silver Spring Civic Building in downtown Silver Spring, Maryland, on Oct. 20. We hope to see you there!

**Sunday | Oct. 20 | Noon to 4 p.m.**  
**Silver Spring Civic Building | Silver Spring, Maryland**

**Sunday | Nov. 3 | Noon to 4 p.m.**  
**Springfield Town Center | Springfield, Virginia**

*The Beacon is a monthly newspaper serving the 50+ community in the Washington, D.C., metropolitan area. For more information, call 301-949-9766 or visit [TheBeaconNewspapers.com/50expos](http://TheBeaconNewspapers.com/50expos).*



*Bahareh Amidi, Ph.D.*

## Poetry and Healing — Tap Into the Language of the Heart

It's not too late to incorporate creativity and healing into our lives. All are welcome to join our Poetry and Healing sessions. Discover a different way to express yourself and find healing during challenging times. Poetry therapy is for anyone who is willing to come and open their heart and listen within. It is like a mirror to help one look both within and ahead.

Dr. Bahareh Amidi is a poetry therapist who believes words and voice can be instrumental in the healing process for people of all ages and backgrounds worldwide. She holds a master's

degree in counseling psychology from the College of Notre Dame and a Ph.D. in educational psychology from Catholic University of America.

**Wednesday | Aug. 21 | 2 to 3 p.m. | via Zoom**  
Class size is limited to 12 participants.

Register at [smh.memberclicks.net/AugustPoetryHealing2024](http://smh.memberclicks.net/AugustPoetryHealing2024), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 at least one week in advance. Participants will receive the Zoom link after they register.

## Poetry Corner

We're pleased to share two Haikus by Laurel Sanford Scheeler, a participant in the Poetry and Healing Group:

When I was seven  
I wanted to read and write.  
Same story today



Reaching seventy  
It's about time to publish  
Or perish. Tick-tock



## Living Alone

The Sibley Senior Association invites you to join a lively discussion group on how to better cope with living alone. All members of SSA and Widowed Persons Outreach (WPO) are welcome. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/partner. Experiences of the WPO and the SSA show us that there is value to those living alone in sharing experiences and needs about their special situation. Join us to discuss the benefits and challenges of living alone in the D.C. Metro area. Recent discussion topics include the retirement living options, online services for seniors, the value of participating in community

activities, cooking for one, opportunities for volunteering and the many resources for help/advice for seniors in the local area.

**Mondays | July 15, Aug. 19 and Sept. 16 | Noon to 1 p.m. via Zoom**

The Living Alone discussion group meets monthly on the third Monday via Zoom. Register for the discussion group by emailing [kenfgordon@gmail.com](mailto:kenfgordon@gmail.com) or calling the SSA office at 202-364-7602. The Zoom link will be provided to all registered attendees.

## StrongerMemory Brain Health

The StrongerMemory program offers a curriculum designed by Goodwin Living to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Participants spend just 20 to 30 minutes a day engaged in reading aloud, writing by hand and doing simple math quickly. Goodwin Living is a faith-based nonprofit which began in 1967 and serves over 2,500 older adults in the region through life plan and rental options and other services. StrongerMemory is available thanks to financial support from generous donors to the Goodwin Living Foundation.

Ready to try this innovative and easy-to-follow brain health program at home? SSA members are invited to download StrongerMemory, available in a workbook of exercises in English or Spanish, for free at [StrongerMemory.org](http://StrongerMemory.org). Members are also invited to join a virtual StrongerMemory check-in from 10 to 11 a.m. on the third Tuesday each month.



**Tuesdays | July 16, Aug. 20 and Sept. 17 | 10 to 11 a.m. | via Zoom**

Register at [smh.memberclicks.net/2024StrongerMemorySSA](http://smh.memberclicks.net/2024StrongerMemorySSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Meditation and Mindfulness

Mindfulness meditation is the practice that encourages one to “pay attention, on purpose, non-judgmentally, in the present moment, as if your life depended on it” (Jon Kabat-Zinn) – which of course it does. This practice can lead to greater calmness and clarity and has been shown to help reduce stress and meet the challenges of illness more skillfully and with more ease.

Mindfulness meditation has been shown to be effective in reducing stress, anxiety and loneliness, coping with symptoms and side effects, improving sleep and boosting the immune system. We offer two, weekly one-hour sessions via Zoom. First-time and experienced meditators are welcome!

**Tuesdays | 11 a.m. to noon | via Zoom | Led by Leyla M. Kenny, Ph.D., L.I.C.S.W.**

**Thursdays | 1 to 2 p.m. | via Zoom | Led by Patricia J. Ullman, J.D., L.G.P.C., M.A., certified meditation instructor**

Register for Tuesday sessions at [smh.memberclicks.net/2024TuesdayMeditationSSA](http://smh.memberclicks.net/2024TuesdayMeditationSSA).

Register for Thursday sessions at [smh.memberclicks.net/2024ThursdayMeditationSSA](http://smh.memberclicks.net/2024ThursdayMeditationSSA), or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602. All SSA members will receive the Zoom links via email in an SSA update. Each instructor uses their own Zoom link for the entire year. The Zoom link is the same every week.



## Parking Reminder

SSA members may obtain their parking discount validation chaser ticket at the security desks in Building B or Building D. Please present your green SSA membership card to the security officer to obtain the discount validation chaser ticket. If you need accommodations to secure the discount validation chaser ticket, contact our office by emailing [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or calling 202-364-7602.

You may pay for parking either at the payment kiosk in Building A or Building D before you retrieve your car, or at the exit gate of the parking lot. Many SSA members suggest paying at the kiosk at the exit to buildings A or D is more convenient than paying while seated in your car at the exit gate. Insert your parking ticket first, followed by your SSA discount validation chaser ticket. The kiosk accepts American Express, Discover, MasterCard and Visa credit cards.

## Where in the World is Sibley Senior?

We love it when our SSA members tell us they bring the Sibley Senior newsletter on the road with them — whether it's a car trip a few hours away or a flight overseas. Where are you taking the Sibley Senior newsletter?



Send us your photo with a recent Sibley Senior newsletter. If it's included in a future issue of Sibley Senior newsletter, we'll treat you to a cup of tea or coffee in the Magnolia Café. The first person to correctly guess where the location is will also receive a free beverage in the Magnolia Café.

## Fall Prevention Series

Washington Metro Oasis is teaming up with the Sibley Senior Association to offer a special four-week series for Fall Prevention Month in September.\* Topics will include:

**Physical Exercises that Help Prevent Falls**  
via Zoom

**A Pharmacist and an ER Nurse Discuss Fall Prevention**  
Hybrid — via Zoom and in person at Oasis\*\*

**Fall Prevention Tools and Technology**  
Hybrid — via Zoom and in person at Oasis\*\*

**Individual Fall Risk Assessments Conducted by Physical Therapists**  
Participants must register in advance for a specific time slot and be confirmed prior to arrival.  
In person at Oasis\*\*

\*The dates and times of the weekly sessions will be confirmed by the end of summer. For more information, email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

\*\*Oasis is located at Westfield Montgomery Mall in the Macy's Home Store, 7125 Democracy Blvd., Bethesda, Maryland.

## MEMBER TIP:

### Don't Fall Prey to Scams

People our age are often targeted by scammers who use different tactics to gain their trust and steal their money and/or personal information. Be careful, stay alert, use caution and keep safe. Phishing and email scam dos and don'ts:

- **DO** be cautious about opening attachments, even from trusted senders.
- **DON'T** send passwords or any sensitive information over email.
- **DON'T** click on "verify your account" or "login" links in any email.
- **DON'T** reply to, click on links in or open attachments in spam or suspicious email.
- **DON'T** call a phone number in an unsolicited email or give sensitive data to a caller.

Source: Johns Hopkins Medicine

## Medicaid Coverage in the District

Experts from the DC Department of Health Care Finance, Health Care Policy and Research Administration will be joining us virtually to explain various aspects of Medicaid coverage. The presentation has a dual focus to provide information on:

- 1) Renewals and Medicaid coverage in the District; and
- 2) D.C. senior-facing programs and programs for individuals with disabilities (including its programs for dually eligible Medicare and Medicaid beneficiaries).

There will be plenty of time for Q & A, and you do not need to live in Washington, D.C., to join us.

**Thursday | Sept. 12 | 10:30 a.m. to noon | via Zoom**

Register at [smh.memberclicks.net/DCMedicaidSept2024SSA](https://smh.memberclicks.net/DCMedicaidSept2024SSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

*"I could never in a hundred summers get tired of this."*

*– Susan Branch*



Quiz on page 7

1. Bobby Vee.
2. Orchids, by the thousands.
3. Marlon Brando. The gang he goes after is led by Jack Nicholson.
4. Betty Grable. Both James and Grable are deceased.
5. It expands.
6. Bill of Rights.
7. "The King"
8. True.
9. Indiana.
10. As the White House was being renovated at the time, the President was living in the Blair House which is across Pennsylvania Ave. near the White House. The Blair House is customarily reserved for guests of the President.

## Panel Presentation

### Transitioning to a Residential Memory Program:

*The Three-Legged Stool of Orientation, Training and Therapeutic Programs to Appropriately Support the New Resident and Their Primary Caregiver*

Attendees of the Journey to Hope – DC program last May had rich conversations about caring for their loved ones with Alzheimer's and other forms of dementia. Join a panel of experts from Ingleside Engaged Living in a collaborative program that explores the window of time once someone makes the decision to move themselves or their loved one into a memory program. This presentation will focus on what an appropriate orientation and transition plan looks like, how to evaluate if the memory care community has robust programming and what to look for in terms of family and caregiver support and education. There will be plenty of time for Q & A.

**Monday | July 22 | 2 to 3:30 p.m. | via Zoom**

Register at [smh.memberclicks.net/residentialmemoryprogramjuly2024SSA](https://smh.memberclicks.net/residentialmemoryprogramjuly2024SSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

# Special Programs and Activities

## Book Marks: Coffee and Camaraderie

*Participate In Person or Virtual*

Love to read? Come join our lively discussion of everything from novels to nonfiction to history and biographies. We have been meeting in person and online for the past several months. If you are eager to join people in person to discuss the book, you are invited to join us in Palisades, DC. Or, you are welcome to join us from the comfort of your own home.

We meet the second Tuesday of each month from 1:30 to 2:30 p.m. in person, at the Palisades Library and remotely via Zoom. We will use the same Zoom link each month in 2024. The Sibley Senior Association will email the Zoom link to new registrants each month. If you are a newcomer, please register using this link: [smh.memberclicks.net/2024BookMarksSSA](https://smh.memberclicks.net/2024BookMarksSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu), or call 202-364-7602. When you register, please let us know if you are joining us in person or via Zoom.

Parking: The Palisades Library (4901 V St. NW, Washington, DC 20007) has limited parking behind the building and there is ample street parking in the neighborhood. Please arrive a few minutes early to secure a spot.

**July 9**

***THERE IS NOTHING FOR YOU HERE* by Fiona Hill**

*From Amazon.com:* A celebrated foreign policy expert and key impeachment witness reveals how declining opportunity has set America on the grim path of modern Russia — drawing from her personal journey out of poverty as well as her unique perspectives as an historian and policy maker, to show how we can return hope to our forgotten places.

**Aug. 13**

***THE TENANT OF WILDFELL HALL* by Anne Brontë**

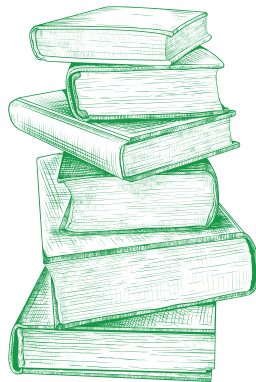
*From Amazon.com:* Probably the most shocking of the Brontës' novels, this novel had an instant and phenomenal success and is widely considered to be one of the first sustained feminist novels. A mysterious widow, Mrs. Helen Graham, arrives at Wildfell Hall, a nearby old mansion. A source of curiosity for the small community, the reticent Helen and her young son, Arthur, are slowly drawn into the social circles of the village.

**Sept. 10**

***A FEVER IN THE HEARTLAND: THE KLU KLUX KLAN'S PLOT TO TAKE OVER AMERICA AND THE WOMAN WHO STOPPED THEM***

**by Timothy Egan**

*From Amazon.com:* This historical thriller by a Pulitzer and National Book Award-winning author tells the riveting story of the Klan's rise to power in the 1920s, the cunning con man who drove that rise and the woman who stopped them.



## Discussing the Facts Speaker Series

*Presented by*

*New Morning Star Baptist Church  
and Sibley Senior Association*

SSA is co-sponsoring a speaker series with New Morning Star Baptist Church on the last Wednesday of the month via Zoom (with some exceptions). The evening begins with a welcome prayer and program introduction from Reverend Dr. Donald K. Sadler, pastor of New Morning Star Baptist Church. The evening ends with a closing prayer from Pastor Sadler. We offer a different topic each month.

Previous discussion topics have included COVID-19 (research and vaccines), cancer prevention, mental health, heart health, nutrition, diabetes and health equity for people of color. The dates in the series will be:

**July 31: UV Safety**

**Aug.: No Meeting**

**Sept. 25: Colon Cancer Awareness**

Register at:

[smh.memberclicks.net/  
JulySSADiscussingFacts](https://smh.memberclicks.net/JulySSADiscussingFacts)

(July 31)

[smh.memberclicks.net/  
SeptSSADiscussingFacts](https://smh.memberclicks.net/SeptSSADiscussingFacts)

(Sept. 25)

or call 202-364-7602 at least one week before each event.

**Wednesdays | July 31 and Sept. 25  
7 to 8 p.m. | via Zoom**

*"If you're not barefoot,  
then you're overdressed."*

*– Unknown*



## Virtual Humor Hour

Please join us for a few good jokes! According to the Mayo Clinic, “When you start to laugh, it doesn’t just lighten your load mentally, it actually induces physical changes in your body.

Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles and increases the endorphins released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, which helps reduce some of the physical symptoms of stress.”

There are some great longterm effects, too, “Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.”

Have some jokes, rhymes or riddles handy to share and we will laugh along with you. You don’t have to memorize your joke — you may read it out loud! We might watch a clip featuring a comedian too. Humor alone won’t cure our ills, but it can sure help us feel much better.

**Thursdays | July 18, Aug. 1 and Sept. 5 | Noon to 1 p.m. | via Zoom**

Please join us to share some laughs. Usually meets the first Thursday of each month excluding Federal holidays. Register at [smh.memberclicks.net/2024HumorHourSSA](https://smh.memberclicks.net/2024HumorHourSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 at least one week in advance.

## Italian Conversation

### Felice Estate - Happy Summer

Vieni a parlare in Italiano! Before the pandemic, our Italian Conversation group met on Mondays to talk about current events, movies, books, travel, and the weather — in person, in Italian. The Italian Conversation group has a core group of Italian language enthusiasts, and we welcome newcomers who speak fluent Italian to the group.



Our moderator, Stefania Amodeo, retired from teaching Italian at the University of Maryland. She earned a master’s degree from Harvard and is originally from Genova, Italy. Often during the summer, Stefania joins us from her home in Italy. We are so grateful to Stefania for volunteering to lead the sessions each week, “Molte grazie!”

**Mondays | 2 to 3 p.m. | via Zoom | Free**

Register at [smh.memberclicks.net/2024ItalianConversationSSA](https://smh.memberclicks.net/2024ItalianConversationSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602, at your earliest convenience.

*Note: This is not a language class. All conversation is in Italian during the sessions.*

# Calendar | July-September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ONGOING WEEKLY EVENTS</b>	2 to 3 p.m. Italian Conversation	11 a.m. to Noon Meditation and Mindfulness	Noon to 1 p.m. Tai Chi	1 to 2 p.m. Meditation and Mindfulness		
<b>JULY</b>						
	1	2	3	4	5	6
7	8	9 1:30 to 2:30 p.m. Book Marks	10	11 2:30 to 3:30 p.m. Parkinson's Support Group	12	13
14	15 Noon to 1 p.m. Living Alone Discussion Group	16 10 to 11 a.m. StrongerMemory	17	18 Noon to 1 p.m. Virtual Humor Hour	19	20 2 to 4 p.m. PSP Support Group
21	22 1 to 2 p.m. Arthritis Support Group 2 to 3:30 p.m. Panel Discussion: Transitioning to a Residential Memory Program	23	24 3 to 4 p.m. Outdoor Walking Group	25 2 to 3 p.m. Parkinson's Care Partner Support Group	26	27
28	29	30	31 7 to 8 p.m. Discussing the Facts			
<b>AUGUST</b>						
				1 Noon to 1 p.m. Virtual Humor Hour	2	3
4	5	6	7	8 2:30 to 3:30 p.m. Parkinson's Support Group	9	10
11	12	13 1:30 to 2:30 p.m. Book Marks	14	15	16	17 2 to 4 p.m. PSP Support Group
18	19 Noon to 1 p.m. Living Alone Discussion Group	20 10 to 11 a.m. StrongerMemory	21 2 to 3 p.m. Poetry and Healing	22 2 to 3 p.m. Parkinson's Care Partner Support Group	23	24
25	26 1 to 2 p.m. Arthritis Support Group	27	28 3 to 4 p.m. Outdoor Walking Group	29	30	

**SAVE THE DATES**  
Beacon 50+ Expos  
Sunday, Oct. 20,  
Silver Spring, Maryland  
Sunday, Nov. 3  
Springfield, Virginia

# Calendar | July-September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SEPTEMBER</b>						
1	2	3	4	5 Noon to 1 p.m. Virtual Humor Hour	6	7
8	9	10 1:30 to 2:30 p.m. Book Marks	11	12 10:30 to 11:30 a.m. DC Medicaid Coverage 2:30 to 3:30 p.m. Parkinson's Support Group	13	14
15	16 Noon to 1 p.m. Living Alone Discussion Group	17 10 to 11 a.m. StrongerMemory	18	19	20	21 2 to 4 p.m. PSP Support Group
22	23 1 to 2 p.m. Arthritis Support Group	24	25 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts	26 2 to 3 p.m. Parkinson's Care Partner Support Group	27	28
29	30					

**SAVE THE DATE**  
Aging on Your Terms Conference  
Saturday, October 5  
Noon to 4 p.m.  
via Zoom



## STAY HEALTHY, ACTIVE & ENGAGED

**Satisfy your curiosity** with lifelong learning classes in everything from the Arts to Current Events, History, Music, and more.

**Stay connected** by learning how to use technology with confidence.

**Take charge of your health** with classes in exercise, nutrition, and other wellness topics.

**Discover the joy of giving back** to our community by volunteering as an Oasis Intergenerational Tutor, a class coordinator, or other rewarding roles.

## Featured Classes

### Using Digital Payment Apps Safely

*Bernardo Vega, Investigator, Office of Consumer Protection*

What are the best digital payment apps and the best practices for using them safely? Join us to learn more about this convenient payment option.



**Mon, Jul 29 | 10:30 - 11:45am | Class #420 | Hybrid | Free**

### The History of DC's Black Broadway

*Briana Thomas, Historian and Journalist*

Journey back in time with a virtual visit to DC's Greater U Street area. Experience its sights and sounds and learn about its Jazz and Cultural Renaissance.



**Tue, Aug 13 | 1:00 - 2:00pm | Class #442 | Online | \$12**

**Sign up and learn more!** [washington-metro.oasisnet.org](http://washington-metro.oasisnet.org)  
(240) 800-3745 | [washingtonmetro@oasisnet.org](mailto:washingtonmetro@oasisnet.org)



5255 Loughboro Road, NW  
Washington, DC 20016

## Sibley Senior

*Published quarterly for members  
of the Sibley Senior Association*

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Baltimore, MD  
Permit 4475

## Sibley Senior Association

Created for our community, the Sibley Senior Association (SSA) offers special services for an annual fee of \$25 for individuals and an additional \$20 for an associate membership at the same address. The Sibley Senior Association is designed for people 50 and over. Membership gives access to many special benefits, including discounted parking in the Medical Building parking garage, blood pressure checks, consults with our pharmacist, classes with our nutritionists, periodic screenings, recreational activities, classes, seminars, support groups and more.

**Staying Healthy |** To help you maintain your good health, membership in the Senior Association includes periodic screenings that can alert you to potential conditions before they become serious health risks. Screenings are by appointment and may include glaucoma, hearing, depression, fall risk and breast health.

**Staying Active |** Staying well is fun with a variety of exercise and recreation programs.

**Staying Independent |** Services to help keep you independent include the AARP Driver Safety Class, Fall Prevention Program, Save-Your-Back Program and special discounts.

**Providing Support |** A wide range of support services are available with regular meetings moderated by a health care professional or a volunteer trained by the sponsoring organization.

**Staying Informed |** Educational programs are presented throughout the year by medical, academic and other professionals to help you stay current.

### Membership Services

- 50% parking discount in the parking garage next to building A for new members
- Periodic health screenings
- Exercise classes
- Day trips
- Talks on current health topics
- Pharmacy hotline
- Support groups

### Sibley Senior Association Discounts

- Serenity Gift Shop 10% off gift items
- 10% discount at Capital Dental for procedures not covered by insurance

### Important Phone Numbers

- Sibley Senior Association  
202-364-7602
- Sibley Memorial Hospital  
General Information  
202-537-4000
- Volunteer Services  
202-537-4485
- Widowed Persons Outreach  
202-537-4942