

# Sibley SENIOR

SIBLEY MEMORIAL HOSPITAL, A MEMBER OF JOHNS HOPKINS MEDICINE

## Aging on Your Terms Conference

Saturday, Oct. 5, From Noon to 4 p.m. | Free Zoom Webinar

Join us to learn how preventive medicine can help us remain healthy, understand the different types of care needs as we age, and deal with ambiguous loss and cope with changes as we age.



### Preventive Medicine for a Healthy Older Adulthood

**Yahya Shaikh, M.D., M.P.H.**

Yahya Shaikh, M.D., is a physician-innovator whose research and projects emphasize a focus on the person and their lived experiences in the community. His work

on evidence-based connected environments makes healthy lifespans possible where we live, work and play. He leads implementation frameworks within federal agencies and health systems to prioritize the voice of communities, including the voice of aging populations.

Dr. Shaikh holds a medical degree from the University of California, Los Angeles, and completed his residency training in preventive medicine at Johns Hopkins. He also has a master of public health degree, with a double focus on epidemiology and biostatistics, and humanitarian assistance and human rights. He maintains a practice in clinical medicine, leads research and implementation and trains graduate students as well as the next generation of physicians.



### Planning for the Future — Understanding the Different Types of Care Needs as We Age

**Steve Gurney**

Steve Gurney will help us plan for the future and enlighten us about senior living options.

Steve founded Retirement Living SourceBook in 1990.

Drawing from the experience of observing his family caring for his aging grandfather, he created a comprehensive publication to help others in the same situation. Over the next few years, Steve expanded the publication to three regional editions: D.C. metro, Maryland and the Philadelphia region.

Steve has served on the board of directors for the Grass Roots Organization for the Well-Being of Seniors (GROWS), Alzheimer's Association, Interages, Business and Aging Task Force, Virginia Intergenerational Task Force and the Beacon Institute. He holds a bachelor's degree in business administration from Old Dominion University and a master's degree from the Erickson School of Aging Studies at the University of Maryland Baltimore County (UMBC).



### Examination of Ambiguous Loss and How We Can Best Cope With Changes

**Chris Haws, Certified Grief Counselor**

Chris Haws will help us learn how to cope with ambiguous loss by establishing strategies for living a fulfilling and joyful life.

Chris holds a master's degree with honors in psychology from Aberdeen University, Scotland, and post-graduate certification as a grief counselor from the American Academy of Grief Counseling. He specializes in bereavement and grief; substance abuse and recovery; and mindfulness and well-being.

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

To register, visit [smh.memberclicks.net/10-5-2024-aging-on-your-terms](https://smh.memberclicks.net/10-5-2024-aging-on-your-terms), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.



# Dear Members, A Beacon of Hope!

As we stand on the brink of the 2024 presidential election, a palpable sense of anticipation and possibility fills the air. This moment is more than a culmination of campaigns; it is a testament to the enduring spirit of democracy that thrives in our nation. It is a time to reflect on our shared values and to look forward with hope and optimism.

*"Our ability to reach unity in diversity will be the beauty and the test of our civilization." — Mahatma Gandhi*

Elections are a powerful reminder of our collective agency. They are a celebration of our right to choose, voice our opinions and shape the future of our country. This democratic process, though often challenging and contentious, is the bedrock upon which our nation is built. It is through these elections that we reaffirm our commitment to the principles of freedom, equality and justice.

*"In the face of division, we must choose the difficult work of unity. We rise by lifting others, and in that rising, we find the true meaning of hope." — Stacey Abrams*

In the days leading up to the election, it is crucial to remember the power of our unity. While we may hold diverse perspectives and support different candidates, we are united by our common goal: a better, brighter future for all. This shared vision can serve as a guiding light, helping us navigate the complexities of this election season with grace and dignity.

*"The voice of the people is the voice of peace. We may disagree, but let us disagree agreeably as we work together toward our common good." — Gerald R. Ford*

The challenges we face are significant, from economic uncertainties to social inequalities and environmental concerns. Yet, within these challenges lie opportunities for growth and innovation. The election offers a chance to address these issues head-on, to elect leaders who will champion policies that reflect our collective aspirations and values.

*"What unites us is stronger than what divides us. After the votes are cast and counted, it is time to set aside differences and work together toward a common purpose." — John McCain*

*"We are not a collection of red states and blue states. We are the United States of America." — Barack Obama*

Hope is a vital ingredient in this process. It inspires us to believe in the possibility of positive change and motivates us to take action. Hope is what drives us to participate in the democratic process, engage in thoughtful dialogue and support one another as we work toward common goals.

*"Hope is not blind optimism. It's not ignoring the enormity of the task ahead or the roadblocks that stand in our path. It's the belief that we can make it through together." — Michelle Obama*

As we approach the election, let us embrace hope and the possibilities it brings. Let us engage in respectful and constructive conversations, seeking to understand and appreciate the diverse perspectives that make our nation strong. Let us exercise our right to vote, knowing that each vote is a powerful expression of our hopes for the future.

*"In diversity there is beauty and there is strength." — Maya Angelou*

*"Hope is being able to see that there is light despite all of the darkness. Unity is what turns that light into progress." — Desmond Tutu*

In the spirit of unity and optimism, let us look forward to the 2024 presidential election with confidence. Together, we have the power to shape the future of our nation. Let us do so with hope in our hearts and a steadfast commitment to the values that define us.

Regardless of which candidate secures victory, our collective strength lies in our ability to come together, not as partisans but as Americans. Now is the time to put differences aside and focus on the shared challenges and goals that lie ahead. The future we all envision — a nation of justice, prosperity and opportunity — depends on our willingness to listen to each other, compromise and work collaboratively for the greater good.

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 — Fourth 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](https://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 cool fall weather has arrived? Join us the third Thursday 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](https://smh.memberclicks.net/2024WalkingGroupSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

**NEW DAY! Thursdays | Oct. 17, Nov. 21 and Dec. 19  
3 to 4 p.m. | Weather Permitting**



### 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 screen will indicate what you need to pay. Insert your credit card next, and your parking ticket will be processed as paid. The kiosk accepts American Express, Discover, MasterCard and Visa credit cards.

# Sibley Oncology Programs | October-December

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).



## 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.



## 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.

## Help Sibley Grow the Future of Medicine

Your gift will help ensure that Sibley Memorial Hospital remains a leader in advancing patient care and making new discoveries for generations to come.

Some ways to give may also include added benefits for you. Consider giving through a:

- **Will or Trust** — Leave a legacy to Sibley while retaining control and use of your assets during your lifetime.
- **Charitable Gift Annuity (CGA)** — Receive an immediate tax deduction and guaranteed income for life.
- **Gift of Stock** — Receive an income tax deduction and avoid capital gains tax.
- **Charitable Distribution from an IRA** — Meet your RMDs without increasing your tax obligations.

To learn more, contact:

**Kristen Pruski, Vice President, Sibley Foundation**  
[kpruski@jhmi.edu](mailto:kpruski@jhmi.edu) or 202-660-6814

### Charitable Gift Annuity Payout Rates

Age	60	70	80	90
Rate (%)	5.2	6.3	8.1	10.1

Visit [giving.jhu.edu/sibley-foundation-gift-calculator](https://giving.jhu.edu/sibley-foundation-gift-calculator) to calculate your potential CGA benefits.

Sibley Memorial Hospital/Johns Hopkins does not provide tax, legal, or financial advice. Please consult your own advisors regarding your specific situation.





## 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.

## Kimmel Cancer Center Support Groups

These virtual groups offer an opportunity to meet others going through similar experiences and gain support and friendship. Learn more by emailing [cancersupportNCR@jh.edu](mailto:cancersupportNCR@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 — the first of our three-part conference series for 2024-2025. The second conference of our series, Aging on Your Terms, will be offered via Zoom on Saturday, Oct. 5. Please join us to learn about coping with ambiguous loss, discovering senior living options and tapping into preventative care. The third conference of our series, Sex & Aging, will be offered via Zoom in February.

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  
Ingleside Engaged Living  
Inspir Embassy Row  
Seabury Resources for Aging  
Silver Bridges Consulting  
Sunrise Senior Living  
The Residences at Thomas Circle

### Supporter Sponsors

Family and Nursing Care  
Georgetown Home Care  
Home Instead  
Seniors Helping Seniors  
SmithLife Homecare



# 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 | Oct. 28, Nov. 25 and Dec. 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 who are registered with WPO. 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 | Oct. 7, Nov. 4 and Dec. 2  
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 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. Group leader: Marianne Panke, M.A. Four support groups meet regularly via Zoom. Times and days vary by group. For more information and to register, contact Marianne 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, call 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 | Oct. 10, Nov. 14 and Dec. 12  
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 202-660-6822 or email [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu) for more information or to register.

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

**Thursdays | Oct. 24, Nov. 28 and Dec. 19 | 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, unless it's a holiday. Group leader: Jihan Starr. Call 202-660-6822 or email [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu) for more information or to register.

## PSP Support Group

Saturdays | Oct. 19, Nov. 16 and Dec. 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/ineedsupport](http://curepsp.org/ineedsupport) to view group offerings.

## Stroke Support Group

Wednesdays | Oct. 2, Nov. 6 and Dec. 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).

## 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).

## 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.

*"Don't talk to me of solemn days  
In autumn's time of splendor,  
Because the sun shows fewer rays,  
And these grow slant and slender.*

*Why, it's the climax of the year,—  
The highest time of living!—  
Till naturally its bursting cheer  
Just melts into thanksgiving."*

— Paul Laurence Dunbar

## TRIVIA QUIZ!

By SSA member  
Donald Saltz

Answers on Page 11

1. A dozen astronauts explored our moon's surface from 1969-72. They went on six missions with what name?
2. Identify the country with the speedy "TGV" train.
3. A faithful assistant may be known as a "Man \_\_\_\_\_." (Fill in the blank with a day of the week.)
4. There are four active coin-producing mints in the U.S. located in Denver, Philadelphia, San Francisco and \_\_\_\_\_.
5. Endive is a fruit — true or false?
6. What was prohibited by the Volstead Act?
7. How many railroad properties are there in the game of Monopoly?
8. What word is used to describe Light Amplification by Stimulated Emission of Radiation?
9. In what classic movie does Gary Cooper portray Sheriff Will Kane?
10. What does the Yiddish word "tsores" or "tsuris" mean?

### Design Your Life for Meaning and Success: with Chris Palmer



*Chris Palmer*

Back by popular demand, the Sibley Senior Association and the Bethesda Metro Area Village are excited to offer Chris Palmer's free, three-part workshop on how to improve your life. The workshop explores the goals, strategies and tactics necessary to live a meaningful, successful, fulfilled and productive life. We will discuss what really matters to us, consider how we find purpose and meaning, explore life goals and learn how to live in a way that is true to our most honorable, generous and best selves.

Chris Palmer is an author, speaker, wildlife filmmaker, conservationist, educator, professor and grandfather. His books include "Finding Meaning and Success: Living a Fulfilled and Productive Life" which was published in 2021. His tenth book, "Achieving a Good Death: A Practical Guide to the End of Life," will be published in October. Proceeds from Chris's books fund scholarships for American University students.

**Thursdays | Oct. 10, 17 and 24 | 6:30 to 8 p.m. | Via Zoom** | Attendance at all three classes is encouraged.

Register at [smh.memberclicks.net/2024MeaningAndSuccessSSA](https://smh.memberclicks.net/2024MeaningAndSuccessSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before Oct. 5.



*Bahareh Amidi, Ph.D.*

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



As you look back upon 2024, you may realize it's never too late to incorporate creativity and healing into your life. 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 | Dec. 11 | 2 to 3 p.m. | via Zoom** | Class size is limited to 12 participants.

Register at [smh.memberclicks.net/DecemberPoetryHealing2024SSA](https://smh.memberclicks.net/DecemberPoetryHealing2024SSA), 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.

### 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 | Oct. 14, Nov. 11 and Dec. 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.





## Rainbow Corner: The Importance of Coming Out to Your Doctor

In honor of National Coming Out Day on Oct. 11, Anthony “Tony” Teano, M.L.A., will discuss health equity and the importance of being honest with your doctors. Everyone is welcome. Join us to learn about health risks for LGBTQIA+ people and discover what you can do to advance LGBTQIA+ health equity.

Tony is a communications specialist with several aging programs at the Johns Hopkins School of Medicine. In 2022, he was awarded a grant to create a training program for geriatricians

to become more culturally competent with LGBTQIA+ aging issues. Tony is a member of the Johns Hopkins Diversity Leadership Council and is a 2021 recipient of the School of Medicine’s Pride Achiever’s Award.

**Thursday | Oct. 10 | 1 to 2 p.m. | Via Zoom**

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



## 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](https://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. New people are always welcome to our group.

**Tuesdays | Oct. 22, Nov. 19 and Dec. 17 | 10 to 11 a.m. | via Zoom**

Register at [smh.memberclicks.net/2024StrongerMemorySSA](https://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](https://smh.memberclicks.net/2024TuesdayMeditationSSA).

Register for Thursday sessions at [smh.memberclicks.net/2024ThursdayMeditationSSA](https://smh.memberclicks.net/2024ThursdayMeditationSSA), 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.

# Special Programs and Activities



## Virtual Humor Hour

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."

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 | Oct. 3, Nov. 7 and Dec. 5 | Noon to 1 p.m. via Zoom**

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.

## The Value of a Village – The Village Movement Examined

Villages serve many purposes, none more important than creating a sense of well-being and connectedness. Trish Evans, senior villages facilitator in Rockville, will explain the evolution of the village movement in the U.S. and include time for discussion and audience participation. Trish began the villages program for the city of Rockville.

**Wednesday | Nov. 6 | 10:30 to 11:30 a.m. | via Zoom**

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

## When is it Time to Move My Family Member?

Experts from Aging Well Eldercare, owner and Director of Care Management Susy Elder Murphy, B.A., C.M.C., and Director of Nursing Kim Picca, RN, B.S.N., C.D.P., will offer their insight on making the decision to move a family member to assisted living or memory care. Learn about the differences between those two kinds of care facilities and what would be the best fit for your family member.

**Wednesday | Nov. 20 | Noon to 1:30 p.m. | via Zoom**

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



Where did SSA member Kathleen McGuinness take our newsletter?

## Where in the World is Sibley Senior?

We love it when SSA members tell us they bring the Sibley Senior newsletter on the road with them! Kathleen McGuinness was the first SSA member to submit a photo of herself with our newsletter. **Can you guess where this photo was taken?** The first person to correctly guess Kathleen's location will be treated to a free beverage from Magnolia Café. **Want to participate?** Send us your guess or a picture of yourself with a recent Sibley Senior newsletter to [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu).

## Navigating Senior Living... Understanding Your Options

Are you considering moving from your home or downsizing? Gain a deeper understanding of the various types of senior living options that are available. Kristy Kennedy, co-founder of Silver Bridges Consulting, a firm dedicated to assisting families in finding the ideal senior living community, will join us to discuss the advantages and key differences of each type of senior living option. She will share helpful tips and explain how assisted living is regulated. Participants will receive a copy of questions to ask when touring senior living communities.

**Wednesday | Oct. 23 | 7 to 8 p.m. | via Zoom**

Register at [smh.memberclicks.net/Oct23NavigatingOptionsSSA](https://smh.memberclicks.net/Oct23NavigatingOptionsSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

*"O Autumn, Autumn!  
O pensive light and wistful sound!  
Gold-haunted sky, green-haunted ground!"  
— Effie Lee Newsome*

## Diabetes Awareness Month Event

In celebration of Diabetes Awareness Month in November and World Diabetes Day, on Nov. 14, we are hosting an informative session on diabetes trends, prevention strategies and effective blood sugar management. Jodie Hofacre, R.D., L.D.N., C.B.D.C.E., the outpatient dietitian at Sibley Memorial Hospital, will focus on making smart food choices to promote overall health.

**Thursday | Nov. 14 | 1:30 to 2:30 p.m. | via Zoom**

Register at [smh.memberclicks.net/WorldDiabetesDay2024SSA](https://smh.memberclicks.net/WorldDiabetesDay2024SSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Fall Programs Offered by Suburban Hospital and Washington Metro Oasis

### Grandparents: Getting Started

**Wednesday | Oct. 23 | 1 to 3 p.m. | \$50 | Washington Metro Oasis**

Taught by certified Safe Sitter® Instructors, participants will learn how to provide the best and safest care for their grandchildren including lifesaving skills such as choking rescue, first aid and injury management.

Register at [grandparents.events.suburbanhospital.org](https://grandparents.events.suburbanhospital.org).

### Finding Relief from Spinal Stenosis

**Thursday | Oct. 31 | 1 to 2 p.m. | Free | via Zoom**

Johns Hopkins neurosurgical spine specialist Louis Chang, M.D., will describe minimally-invasive surgical options for spinal stenosis that can help patients restore mobility and improve their quality of health.

Register at [spinal-stenosis-webinar.events.suburbanhospital.org](https://spinal-stenosis-webinar.events.suburbanhospital.org).

### Holiday Cheer, Holiday Fear:

#### How We Can Cope with Grief During the Holidays

**Thursday | Nov. 21 | 1 to 2 p.m. | Free | Via Zoom**

Are you or someone you know coping with loss? An expert from JSSA Hospice will join us to offer insight and strategies for coping during the holiday season.

Register at [coping-with-grief.events.suburbanhospital.org](https://coping-with-grief.events.suburbanhospital.org).

*"Have a vision. Be demanding."  
— Colin Powell*



Quiz on page 7

1. Apollo
2. France
3. Friday
4. West Point, New York
5. False — it's a vegetable often used in salads and as an herb.
6. The sale of intoxicating liquor. The act was passed in 1919 and repealed in 1933.
7. Four — Reading, Pennsylvania, B&O and Short Line
8. Laser
9. High Noon
10. Troubles or problems

*"In nature, nothing is perfect  
and everything is perfect."  
— Alice Walker*



Mark your calendar for the The Beacon newspaper's free, in-person 50+ Expos in the DMV area! Join us as we celebrate and empower older adults and their families with a wealth of resources, connections and support. The expos feature more than 100 government agency, nonprofit and business exhibitors and offer useful information, keynote speakers, health

screenings and vaccines — including the latest vaccines for flu, RSV, shingles, tetanus and pneumonia. Many exhibitors will offer free giveaways and door prizes.

**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](https://TheBeaconNewspapers.com/50expos).*

# 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](http://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.

### Oct. 8 | **POOR THINGS: A NOVEL** by Alasdair Gray

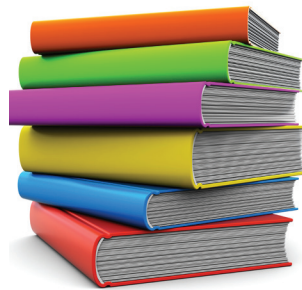
*From Amazon.com:* In the 1880s, Glasgow, Scotland, medical student Archibald McCandless finds himself enchanted with Bella Baxter, the product of the fiendish scientist Godwin Baxter. Bella was resurrected for the sole purpose of fulfilling the whims of her benefactor, but she has her own passions to pursue. Exploring her station as a woman in the shadow of the patriarchy, Bella knows it is up to her to free herself.

### Nov. 12 | **THE HEAVEN AND EARTH GROCERY STORE: A NOVEL** by James McBride

*From Amazon.com:* In 1972, workers in Pottstown, Pennsylvania, were digging the foundations for a new development when they found a skeleton. Who the skeleton was and how it got there were long-held secrets of the residents of Chicken Hill, a dilapidated neighborhood where immigrant Jews and African Americans lived. McBride shows us that even in dark times, love and community — heaven and earth — sustain us.

### Dec. 10 | **JAMES: A NOVEL** by Percival Everett

*From Amazon.com:* When the enslaved Jim overhears that he is about to be sold to a man in New Orleans and separated from his wife and daughter, he hides on Jackson Island until he can form a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father. Thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and too-often-unreliable promise of the Free States and beyond.



## 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 third 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. Speakers are introduced by Sharon L. Sellers, M.P.H., MBA, C.D.P. 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: **Oct. 16, Nov. 20 and Dec. 18.**

Register at:

[smh.memberclicks.net/  
OctSSADiscussingFacts](http://smh.memberclicks.net/OctSSADiscussingFacts) (Oct. Session)

[smh.memberclicks.net/  
NovSSADiscussingFacts](http://smh.memberclicks.net/NovSSADiscussingFacts) (Nov. Session)

[smh.memberclicks.net/  
DecSSADiscussingFacts](http://smh.memberclicks.net/DecSSADiscussingFacts) (Dec. Session)

Or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 at least one week before each event.

**Wednesdays | Oct. 16, Nov. 20 and Dec. 18 | 7 to 8 p.m. | via Zoom**

*"We are each other's harvest; we are each other's business; we are each other's magnitude and bond."*

— Gwendolyn Brooks





## Learn From the Recent Gold Bar Scam How to Spot and Avoid Scammers

Learn how to avoid becoming a victim and what to do if someone suspicious contacts you.

are with a government agency and that you need to purchase gold for safekeeping, this is a scam!"

**Wednesday | Oct. 23 | 11 a.m. to Noon | via Zoom**

Register at [smh.memberclicks.net/SeniorScamPrevention2024SSA](https://smh.memberclicks.net/SeniorScamPrevention2024SSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

Montgomery County Police Detective Sean Petty will share the latest news on senior fraud in Montgomery County. He and his colleagues from the Financial Crimes Section of the Montgomery County Police Department recently arrested several fraudsters operating a complicated scam involving government imposters selling gold bars.



*Detective Sean Petty*

Det. Petty is a 14-year veteran of the Montgomery County Police Department. After serving on patrol and in a proactive criminal enforcement unit, he became a detective investigating violent crimes, burglaries, missing persons and other criminal cases. He then transferred to his current position in the Financial Crimes Section, where he investigates complex and sophisticated fraud cases. He has been recognized twice as the Bethesda District Officer of the Year and has received numerous awards including a lifesaving award and a commendation award for criminal investigations. Det. Petty has a bachelor's degree in criminology and criminal justice and is pursuing a master's degree in financial crimes investigations.

Scammers often target seniors because of their supposed wealth and desire to "do the right thing." The scammers will pretend to be officials from the FBI, Department of Justice, Treasury Department, Federal Trade Commission or other federal, state or local government agency. The scammers convince people that their bank accounts aren't safe and should be converted into another commodity, such as gold bars, and handed over for safekeeping.

People who comply lose their money and sometimes their entire life's savings. Many innocent people have been bilked out of tens and hundreds of thousands of dollars. If you have been caught up in a scam like this, do not hesitate to contact the authorities.

Det. Petty offers this advice, "If anyone contacts you via text message, email, phone call or any other means and says they

Visit the links below to read articles in the Washington Post on how Det. Petty and his team cracked local gold bar scams:

- [wapo.st/3ZbabHn](https://wapo.st/3ZbabHn)
- [wapo.st/3AR8KUr](https://wapo.st/3AR8KUr)
- [wapo.st/4eg3qbb](https://wapo.st/4eg3qbb)

Listen to Det. Petty's interview at [bit.ly/WTOP\\_Petty](https://bit.ly/WTOP_Petty).



## Italian Conversation

**Tanti auguri di buone** - Best wishes for a happy holiday season

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 membership of Italian language enthusiasts, and we welcome newcomers who speak fluent Italian to the group.

Our moderator, Stefania Amodeo, taught Italian at the University of Maryland for 38 years before she retired. She earned a master's degree from Harvard and is originally from Genova, Italy. Often during the summer, Stefania joined us from her home in Italy. We are happy to have her back in the states with us and are so grateful she volunteers 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.

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

# Calendar | October-December

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>OCTOBER</b>							
		<b>1</b>	<b>2</b>	<b>3</b> Noon to 1 p.m. Virtual Humor Hour	<b>4</b>	 <p><b>Saturday Oct. 5 Noon to 4 p.m. Aging on Your Terms Conference</b></p>	
<b>6</b>	<b>7</b>	<b>8</b> 1:30 to 2:30 p.m. Book Marks	<b>9</b>	<b>10</b> 1 to 2 p.m. LGBTQIA+ Coming Out to Your Doctor 2:30 to 3:30 p.m. Parkinson's Support Group 6:30 to 8 p.m. Finding Meaning	<b>11</b>		
<b>13</b>	<b>14</b> Noon to 1 p.m. WPO Living Alone Discussion Group	<b>15</b> 10 to 11 a.m. StrongerMemory	<b>16</b> 7 to 8 p.m. Discussing the Facts	<b>17</b> 3 to 4 p.m. Walking Group 6:30 to 8 p.m. Finding Meaning	<b>18</b>		<b>19</b> 2 to 4 p.m. PSP Support Group
<b>20</b> Noon to 4 p.m. Beacon Expo in Silver Spring	<b>21</b>	<b>22</b>	<b>23</b> 11 a.m. to Noon Senior Fraud Prevention 7 to 8 p.m. Navigating Options	<b>24</b> 2 to 3 p.m. Parkinson's Care Partner Support Group 6:30 to 8 p.m. Finding Meaning	<b>25</b>		<b>26</b> 10 a.m. to 2 p.m. National Prescription Drug Take Back Event at Sibley Memorial Hospital
<b>NOVEMBER</b>							
<b>3</b> Noon to 4 p.m. Beacon Expo in Springfield, VA	<b>4</b>	<b>5</b>	<b>6</b> 10:30 to 11:30 a.m. Discover the Benefits of Villages	<b>7</b> Noon to 1 p.m. Virtual Humor Hour	<b>8</b>		<b>9</b>
<b>10</b>	<b>11</b> Noon to 1 p.m. Living Alone Discussion Group	<b>12</b> 1:30 to 2:30 p.m. Book Marks	<b>13</b>	<b>14</b> 1:30 to 2:30 p.m. World Diabetes Day Better Nutrition 2:30 to 3:30 p.m. Parkinson's Support Group	<b>15</b>	<b>16</b> 2 to 4 p.m. PSP Support Group	
<b>17</b>	<b>18</b>	<b>19</b> 10 to 11 a.m. StrongerMemory	<b>20</b> Noon to 1:30 Is it Time to Consider a Move? 7 to 8 p.m. Discussing the Facts	<b>21</b> 2 to 3 p.m. Parkinson's Care Partner Support Group 3 to 4 p.m. Walking Group	<b>22</b>	<b>23</b>	
<b>24</b>	<b>25</b> 1 to 2 p.m. Arthritis Support Group	<b>26</b>	<b>27</b>	<b>28</b> Thanksgiving SSA Office is Closed	<b>29</b>	<b>30</b>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DECEMBER</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 2 to 3 p.m. Poetry and Healing	12 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 7 to 8 p.m. Discussing the Facts	19 2 to 3 pm. Parkinson's Care Partner Support Group  3 to 4 p.m. Walking Group	20	21 2 to 4 p.m. PSP Support Group
22	23 1 to 2 p.m. Arthritis Support Group	24	25 Christmas SSA Office is Closed	26	27	28
29	30	31				



## 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

### From Rock Creek Park to the Potomac Gorge: Exploring Nature in the Washington, DC Area

*Melanie Choukas-Bradley, Naturalist*

Get inspired to take autumn hikes and strolls through our colorful city and countryside!

**Wed, Oct 16 | 10:30 - 11:45am | Class #564 | Hybrid | \$15**



### The Road Ahead: Ensuring Safe Driving As We Age

*Nina Uzick, AARP Driving Program*

It's never too early to start planning ahead and talking about safe driving for yourself and/or your loved ones.

**Mon, Nov 18 | 1:00-2:30pm | Class #611 | Hybrid | Free**

**Mon, Nov 18 | 7:00-8:30pm | Class #612 | Hybrid | Free**



**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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## 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