

Village Ambassador Alliance Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness
Division



GREETINGS!

This newsletter supports the health and wellness of **all** older adults. It is curated to highlight **free** resources and events focused on the safety and wellness of adults, however we may include opportunities for youth and/or families that are intended for intergenerational villages.

This newsletter is distributed directly with our amazing Village Ambassadors, but **may be shared with anyone** you know that would benefit.

Thank you for sharing widely!

Highlights

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In this edition you will find content in each of these sections:

On-Going Programming from Suburban Hospital

Upcoming Programming from Suburban Hospital

Cancer Programming from Suburban & Sibley Hospitals

Upcoming Programming from Washington Metro Oasis

Programming from Our Partners

Contact

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To learn more about the Village Ambassador Alliance, please reach out to Kate McGrail at kmcgrail@jhmi.edu or call 301-896-2494

ON-GOING PROGRAMMING FROM SUBURBAN HOSPITAL



Concerned Persons Program

Mondays | 5:15-6:15 p.m. | **FREE**

Suburban's Outpatient Addiction Treatment Center staff will help friends and family members understand substance abuse disorders, the treatment process, and treatment resources.

[CLICK HERE TO JOIN BY ZOOM](#) | Password: CPP

Alcohol & Other Drugs Seminar

This educational seminar for 13-18 year olds and their families teaches how drugs affect the body, the legal aspects of substance use, and how substance use can impact your life and goals. Call **301-896-2036** to learn more.

Know Your Numbers – Visiting Nurse

Tuesdays | 12-4 p.m. | **FREE**

Friendship Heights Village Community Center | **4433 S. Park Ave, Chevy Chase**

Drop by for a first-come, first-served blood pressure screening from a Suburban Hospital nurse health educator. The nurse is available to help answer questions about medications or physician's instructions.

Diabetes Thrive 365

2nd Wednesday | 6-7 p.m. | **FREE**

Facilitated by a Certified Diabetes Educator, this meeting features guest speakers addressing a variety of topics important for living well with diabetes.

[REGISTER HERE.](#)

Peripheral Neuropathy Support Group

3rd Thursday | 7-8 p.m. | **FREE**

Share experiences, information and hope about PN treatments and self-help coping remedies. [REGISTER HERE.](#)

Interested in On-Demand Health Education?

Click [here](#) to access the Suburban Hospital YouTube page

Missed the 20th Annual Men's Health Symposium on June 11? [Watch here now!](#)

WATCH NOW



UPCOMING PROGRAMMING FROM SUBURBAN HOSPITAL

Engage from the Comfort of Home!

Suburban Hospital offers *most* of its programs online using the Zoom platform. Registration is required unless otherwise noted. To view the full calendar of events, please go to events.suburbanhospital.org

Week of Monday, July 8

Minding Your Mitochondria: Advanced Strategies for Healthy Aging

Wednesday, July 10 | 1-2 p.m. | **FREE**

It seems that some people age gracefully while others feel the effects of aging sooner. But why? The answer could lie on a cellular level, inside your mitochondria. Mitochondria are responsible for producing energy for your cells to function. If they are not working properly, it could impact the way you age. Dr. Andrew Wong will explain the connection between aging and mitochondria health and discuss helpful approaches to keeping your mitochondria healthy and functioning. **REGISTER HERE**

Week of Monday, July 22



SAVE A LIFE

Stop the Bleed

Monday, July 22 | 6-7:30 p.m. | Suburban Hospital | **FREE**

Join us for an in-person training, led by the Suburban Hospital trauma service, that teaches participants basic lifesaving medical interventions, including bleeding control with a tourniquet and using gauze to pack a wound. Medical mannequins are used to provide hands-on experience. The course is specifically designed for non-medical personnel such as law enforcement officers, firefighters, security personnel, teachers and the general public. Tourniquets are not required, and participants have the option to register with one for purchase. **REGISTER HERE.**

CONTINUED - UPCOMING PROGRAMMING FROM SUBURBAN HOSPITAL



Dine, Learn & Move: Grill & Chill Wednesday, July 24 | 6-7:30 p.m. | **FREE**

July is National Minority Mental Health Month and National Grilling Month. Let's celebrate both by discussing some ways to take care of your mind, body, and soul. We will begin with instructor-led exercise, then our guest speaker will share some useful information on how to support your mental health through self-care this summer. Finally, our chef will demonstrate healthy changes you can make to some of your favorite grilling recipes and sides. To register, email wellnessinfo@co.pg.md.us.

Keep Your Eye on the Prize

Friday, July 26 | 1-2 p.m. | **FREE**

Mona Kaleem, M.D. ophthalmologist from the Wilmer Eye Institute, will discuss glaucoma and its effect on eye health. She will detail how it is diagnosed, prevented and how to treat it. **REGISTER HERE**



HOT OFF THE PRESS!

Suburban Hospital Community Impact Report

Caring for the community beyond the walls of the hospital and elevating health equity has been a deliberate and focused priority of Suburban Hospital for 80 years. We strive to build a healthier community for our patients, staff and neighbors with intentional health improvement strategies designed to address identified needs. To learn more about our work in 2022-23, [click here](#).



CANCER PROGRAMMING FROM SUBURBAN HOSPITAL & THE SIDNEY KIMMEL COMPREHENSIVE CANCER CENTER

Upcoming Programming

What You Need to Know About Cancer Screening

Tuesday, July 16 | 6-7 p.m. | **FREE**

Join Community Health Educators from the Sidney Kimmel Comprehensive Cancer Center as they define cancer screening, discuss the importance of screening and will provide the screening tests available for the top five deadly cancers and what happens after screening. Anyone is welcome to join the sessions for open discussion. **[REGISTER HERE](#)**



On-Going Programming

Cancer Support Groups, Classes & Workshops at Sibley Memorial Hospital

- Bladder Cancer Support Group for Women
- Brain Tumor Support Group
- Breast Cancer Support Group
- Caregiver Support Group
- Gynecologic Oncology Support Group
- Lung Cancer Support Group
- Metastatic Support Group
- Pancreatic Cancer Support Group
- Walk & Talk Cancer Support Group

These groups offer the opportunity to meet others going through similar experiences and gain support and friendship. Each support group is facilitated by a social worker to provide a safe and informative community. **[CLICK HERE](#)** to learn more about support groups and find more upcoming classes and workshops.

Restorative Yoga for Cancer Patients, Survivors & Caregivers

Mat Yoga | Mondays | 7:30-8:30 p.m. | **FREE**

Chair Yoga | Wednesdays | 10-11 a.m. | **FREE**

Chair or Mat Yoga | Fridays | 12-12:45 p.m. |

FREE

These restorative and gentle yoga classes for people with a history of cancer use mindful movement, balance and breathing techniques to help reduce anxiety, increase body awareness, and regain strength and mobility. Contact Pam Goetz at pgoetz4@jh.edu for more information and to register.

UPCOMING PROGRAMMING FROM WASHINGTON METRO OASIS

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes in a virtual format. Membership is required, but **free** to join!

If you have any questions or need assistance in registering for a class please contact washingtonmetro@oasisnet.org or **240-800-3745** with questions.



Week of Monday, July 22

AARP Smart Driver Course

Wednesday, July 31 | 10:30 a.m.-3:30 p.m. |
Washington Metro Oasis | **\$20/25 directly to AARP**

Drivers who complete this course may receive a multi-year discount on their auto insurance, depending on state regulations. Exciting new content includes information on brain health, railroad and animal crossings, plus expanded information on car technology and updates on the many new laws in Maryland. A number of tips will be offered to help reduce your chances of having an accident and getting injured. **REGISTER HERE**

Week of Monday, July 29

Taste and Thrive: Quick and Light Meals for 1 or 2

Wednesday, July 31 | 10:30-11:30 a.m. |
Washington Metro Oasis | **\$15**

Whether you eat with others or alone, healthy meals can be quick to prepare and light for digestion. Let's share some ideas and try a few easy and tasty recipes. **REGISTER HERE**



PROGRAMMING & RESOURCES FROM OUR PARTNERS

Resources

Older Veteran Behavioral Health Resource Guide

This document, released by the [U.S. Department of Veterans Affairs \(VA\)](#), provides information on resources to help health and social service professionals support older veterans and other older adults who have or are at risk for behavioral health conditions. This inventory provides an overview of programs and publications on a range of topics. Please note that **veterans do not need to be enrolled in VA health care to receive free mental health services right away**. They may call or visit any VA medical center — anytime, day or night — or any Vet Center during clinic hours. [ACCESS THE RESOURCE GUIDE HERE](#)



On-Going Programming

Free Programming from MCPL (Montgomery County Public Library)

MCPL offers programming and services for adults 50+ that are designed to reflect the wide interests of today's older adults. Come check out our book clubs, computer help, tax preparation, music performances, and health and wellness programs. [CHECK IT OUT](#)

Giant Food Healthy Living

[Browse here](#) for classes and events from a team of registered dietitians from Giant Food.

Tips for Caregivers

Caring for an aging family member often requires teamwork. [CLICK HERE](#) for tips from the National Institute on Aging.

Grief & Support Groups

- **Caring Matters:** a variety of grief and support groups, also offered in Spanish. [CLICK HERE](#)
- **Montgomery Hospice:** review the "Services" page for a list of support groups offered, including in Spanish. [CLICK HERE](#)
- **Caring Bridge:** a free, nonprofit online space that brings together family and friends during any type of health event. [CLICK HERE](#)

- Crisis Center - (240) 777-4000
- For Caregivers - [CLICK HERE](#)
- Thrive at Home - [CLICK HERE](#)
- Where's My Bench? - [CLICK HERE](#)
- EveryMind Crisis Hotline - (301) 424-0656
- Nutrition Assistance - [CLICK HERE](#) or call 311
- IT Support - [CLICK HERE](#)
- Access Hears - shelly@accesshears.com