

# Village Ambassador Alliance Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness  
Division



## Highlights

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

To learn more about the [Village Ambassador Alliance](#), please reach out to Kate McGrail at [kmcgrail@jhmi.edu](mailto:kmcgrail@jhmi.edu) or call 301-896-2494

## 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 **in green** 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!**

## 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



### One on One Nutrition Counseling

Wednesdays | By appointment | In Person or Virtual | **\$90**

A registered and licensed dietitian will create a personalized nutrition and exercise strategy to meet your specific health concerns. Initial meetings are 60 minutes. To register, first complete the attendee profile and review the appointment options at the bottom of the page, taking note of which are in person and which are virtual.

[REGISTER HERE.](#)

### 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

**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](https://events.suburbanhospital.org)

### Understanding Heart Disease in Type 2 Diabetes

Wednesday, August 14 | 1-2 p.m. | Friendship Heights Village Center | **FREE**

If you have diabetes, you're twice as likely to have heart disease or a stroke than someone who doesn't have diabetes—and at a younger age. Vikram Shenoy, MD, endocrinologist will discuss the link between Diabetes and Heart Disease and discuss changes one can make to lower the risk of heart disease. [REGISTER HERE](#)

### Week of Monday, August 19

#### Safe Sitter

Wednesday, August 21 | 9 a.m.-3 p.m. | Suburban Hospital | **\$105**

Safe Sitter is a comprehensive training course on the essentials of babysitting designed for 11- to 13-year-olds. Course includes tactics for handling emergencies, basic first aid and child care skills. Infant and Child Rescue will be taught in this class. [REGISTER HERE](#)

### Week of Monday, August 26



### Dine, Learn & Move: Gut Health: Balance Begins Within

Wednesday, August 28 | 6-7:30 p.m. | **FREE**

Did you know that your gut is like a second brain? It aids in the digestion of foods you eat, absorbs nutrients, and uses them to fuel and maintain your body. August is Gut Health Awareness Month. Join us this month as we discuss the importance of gut health and ways to improve your digestive system. We will start off the session with a group exercise, followed by a nutrition segment, and finish with a live cooking demonstration using anti-inflammatory ingredients to help fight gut inflammation. To register, email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

### A Clinical Perspective on Swallowing Wellness

Thursday, August 29 | 1-2 p.m. | **FREE**

Swallowing is a necessary part of life, and it naturally changes as we age. Ianessa Humbert, Ph.D is an expert in swallowing and swallowing disorders. She will review how swallowing impairments happen and who they happen to, impacts on quality of life, and how to live with or solve a swallowing problem. [REGISTER HERE](#).

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

## Upcoming Programming

### What You Need to Know About Skin Cancer and Risk Reduction

Tuesday, August 20 | 6-7 p.m. | **FREE**

Join Community Health Educators from the Sidney Kimmel Comprehensive Cancer Center as they define skin cancer, discuss the risk factors, signs and symptoms and screening options. The presentation will also discuss ways to reduce the risk of developing skin cancer. 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](mailto: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](mailto:washingtonmetro@oasisnet.org) or **240-800-3745** with questions.



Stay Tuned!

### Call to Action!

#### Tutor, Mentor, Make an Impact: Volunteer with Oasis!

2024-25 School Year, September-June | **FREE**

Discover the joy of giving back to the community through the Oasis Intergenerational Tutoring program. Work with an elementary student at a local public school one-on-one weekly as a literacy tutor and mentor. Tutor trainings and workshops ensure you bring your best to every tutoring session. **LEARN MORE HERE.**



#### SEPTEMBER IS FALL PREVENTION MONTH

Registration will open soon! | **FREE**

##### Know Your Risk: Have a Fall Risk Screening

Monday, September 9 | 10:30 a.m.-12 p.m.

##### Exercises to Help You Build Strength and Prevent Falls

Monday, September 16 | 1-2 p.m.

##### Safeguard Your Living Space

Monday, September 23 | 1-2 p.m.

##### Stay Steady! ER Nurse Tips to Reduce Your Fall Risk

Monday, September 30 | 1-2 p.m.

##### Take Advantage of Technology for Fall Prevention

Monday, October 7 | 10:30-11:30 p.m.

**Active, healthy & engaged**

**[View the full Summer 2024 catalog.](#)**

## PROGRAMMING & RESOURCES FROM OUR PARTNERS

### Resources

#### Older Veteran Behavioral Health Resource Guide

The resource below provides an overview of programs and publications on a range of topics to support older veterans who have or are at risk of behavioral health conditions. 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](#)

### Montgomery County Food Assistance Resource Directory



#### [CLICK HERE](#)

To open a two-page printable document that lists:

- Food Assistance Provider
- Address
- Contact Information
- Hours of operation
- Food Assistance Type
- Accessibility
- Languages spoken
- Special Features

### 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](mailto:shelly@accesshears.com)