

# Village Ambassador Alliance Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness  
Division



SUBURBAN HOSPITAL  
JOHNS HOPKINS MEDICINE

## Highlights

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content in each of these  
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Suburban Hospital

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Suburban Hospital

Cancer Programming from  
Johns Hopkins Medicine

Upcoming Programming from  
Washington Metro Oasis

Upcoming Programming from  
Sibley Senior Association

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](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

### 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.](#)

### 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.

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)

### Week of Monday, November 4

#### Healthy Holidays with Diabetes: Eat, Drink and Be Merry

Wednesday, November 6 | 4-5 p.m. | \$10

Enter the Holiday Season with confidence to stay Healthy and Happy while managing your diabetes. This interactive class is designed to empower individuals with knowledge about keeping their blood sugar in “Target Range” and building skills to navigate festive gatherings, tempting tasty traditions, and hectic schedules, by setting SMART GOALS and make mindful choices. [REGISTER HERE](#)



### Week of Monday, November 18

#### Dine, Learn & Move: Cart Smart for the Holidays

Wednesday, November 20 | 6-7:30 p.m. | FREE

'Tis the season of spending, but let's be sensible shoppers this year. In this session, we will discuss how to stretch our wallets, not our waistlines! We'll start with some physical activity and talk about how to plan and approach our shopping trips to get the biggest return on your physical health. Then our nutritionist will take us on a virtual grocery store tour to help us make healthy and affordable food choices. Finally, our chef will showcase a few healthy budget-friendly twists on some holiday favorites. To register, email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

#### Holiday Cheer, Holiday Fear: How We Can Cope with Grief During the Holidays

Thursday, November 21 | 1-2 p.m. | FREE

Are you coping with loss? Do you know someone coping with loss? The Holidays can be a struggle when someone is in grief. An expert from JSSA Hospice will join us to help us discover and accept the range of emotions grieving individuals may feel during the holidays. Receive insight and strategies for coping during this emotionally charged season. [REGISTER HERE](#)

# CANCER PROGRAMMING FROM JOHNS HOPKINS MEDICINE

## Upcoming Programming

### Ask the Expert: What You Need to Know About Lung Cancer

Tuesday, November 19 | 6-7 p.m. | **FREE**

Join Community Health Educators from the Sidney Kimmel Comprehensive Cancer Center. You can ask questions and get answers from cancer expert, Pangis Galiatsatos, MD, MHS Pulmonologist and Director of the Tobacco Treatment Center. Anyone is welcome to join the sessions for open discussion. [REGISTER HERE](#)

## On-Going Programming

### Cancer Programs & Support Groups in the National Capital Region

Support Programs empower those impacted by cancer to improve wellbeing and coping during and after a cancer diagnosis. Dedicated staff deliver integrative health and educational programs designed to improve emotional, social, spiritual, and physical health. Programs are available for cancer patients and survivors along with their caregivers, family members, and children. For a full list and detailed information on all support programs and groups [visit our website](#) or [email Kara Woodshank](#).

#### Integrative Health Programs

- Art Therapy
- Meditation and Mindfulness
- Music Therapy
- Path to Purpose
- Reiki for Self-Care
- Restorative Yoga
- Talk & Walk (Breast Cancer)

#### Educational Programs

- CLIMB (Children of Patients)
- Living with Brain and Spinal Cord Tumors
- Prostate Cancer Educational Program
- Survivorship Series: Stronger & Healthier Together
- Women and Bladder Cancer Educational Series
- Women and Cancer Educational Series (Breast and Gynecologic Cancers)

#### Support Groups

- Breast Cancer
- Brain Tumor
- Cancer Caregiving
- Gynecologic Cancer
- Lung Cancer
- Malignant Hematology
- Metastatic Cancer
- Pancreatic Cancer
- Women & Bladder Cancer

### 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.



### Week of Monday, November 4

#### De-Stress with Laughter Yoga

Tuesday, November 5 | 1-1:50 p.m. | Oasis at the Macy's Home Store | **\$12**

Laughter Practice, aka Laughter Yoga, is a revolutionary idea to refresh the body and spirit. Simple and profound, it is sweeping the world as a physical and mental refresher through a new type of exercise that stresses both without overtaxing either. Usual yoga gear is not needed. Only your time and willingness to laugh and enjoy the hour are required. [REGISTER HERE](#).



### Week of Monday, November 18



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

Monday, November 18 | 1-2:30 p.m. OR 7-8:30 p.m. | Hybrid (in-person OR virtual) | **FREE**

Topics will include assessing driving skills; adjusting driving habits; alternative transportation options; and how to have productive and caring conversations about driving safely. [REGISTER HERE](#).

**Active, healthy & engaged**

[View the full Fall 2024 catalog](#)

## UPCOMING PROGRAMMING FROM SIBLEY SENIOR ASSOCIATION



### A Wellness Program for Those Over Fifty

If you are 50 years old or greater, you are invited to become a member of an association that will help you maintain your good health. To become a member, view the events calendar, and read the full quarterly newsletter, [CLICK HERE](#). Select upcoming programs are listed below.

#### Week of Monday, November 4

##### Benefits of Villages

Wednesday, November 6 | 10:30-11:30 a.m. | **FREE**

Villages serve many purposes, none more important than creating a sense of wellbeing and connectedness. This talk will explain the evolution of the village movement in the United States beginning with the first village in Beacon Hill, MA and how it has grown exponentially today. Villages involved members of all ages and many have a strong focus on helping older adults age in their community.

[REGISTER HERE](#).

##### Virtual Humor Hour

Thursday, November 7 | 12-1 p.m. | **FREE**

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. Please join us to share some laughs.

[REGISTER HERE](#).

#### Week of Monday, November 11

##### World Diabetes Day: Better Nutrition

Thursday, November 14 | 1:30-2:30 p.m. | **FREE**

November is Diabetes Awareness Month, and World Diabetes Day, celebrated annually on November 14th, honors the birth of Sir Frederick Banting, who discovered insulin. To mark this occasion, we are hosting an informative session on diabetes trends, prevention strategies, and effective blood sugar management. Join Jodie Hofacre, the outpatient dietitian at Sibley Memorial Hospital as she focuses on making smart food choices to promote overall health. [REGISTER HERE](#).

#### Week of Monday, November 18

##### StrongerMemory '24

Tuesday, November 19 | 10:30-11:30 a.m. | **FREE**

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. [REGISTER HERE](#).

## PROGRAMMING & RESOURCES FROM OUR PARTNERS

### Recurring Classes & Meetings

#### Commission on Aging: Monthly Open Meetings

4th Thursday | 9:30 a.m.-12 p.m. | **FREE**

The Commission on Aging (COA) advises the County Executive, County Council, the Department of Health and Human Services, as well as other County departments on the interests, needs and problems facing older adults in Montgomery County. Meetings are held monthly, **except for July and August**, and are **open to the public**. To join, [CLICK HERE](#) and select which committee's meeting you would like to join.

#### Giant Food: Nutrition Classes & Resources

On-going | **FREE**

Whether you are seeking guidance for yourself, a family member, or your community group, the Healthy Living Team can help! You can join us for a live class, watch a recorded class at your convenience or invite us to present to your group on your chosen topic. [CLICK HERE](#) to review the class options and schedules.

### Free Resources for Older Adults

#### Access HEARS | **FREE**

Access HEARS was founded by leading hearing experts and entrepreneurs with seed money provided by the AARP Foundation. Our mission is to connect people with hearing loss to the technology and resources they need to age well. [CLICK HERE](#) to learn more or email directly at [shelly@accesshears.com](mailto:shelly@accesshears.com).

#### Caring Matters | **FREE**

[CLICK HERE](#) for a variety of grief and support groups and resources, also offered in Spanish.

#### Caring Bridge | **FREE**

CaringBridge is a free, non-profit organization designed to help you and your family capture your thoughts, communicate to your community, and coordinate help on your terms. [CLICK HERE](#) to learn more and start for free.

## PROGRAMMING & RESOURCES FROM OUR PARTNERS

### Thrive at Home | **FREE**

What does it mean to Thrive at Home? To thrive is to move your body, learn new things, express yourself, and connect with other people... even if you have to stick close to home. [CLICK HERE](#) to explore the programs.

### Older Veteran Behavioral Health Resource Guide | **FREE**

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. [CLICK HERE](#) to access the resource guide.

### Where's My Bench? | **FREE**

Where's My Bench is a free resource for older adults, differently-abled people, and ANYONE who wants to be able to rest safely when they go outside walking. [CLICK HERE](#) to opt into receive the map of benches in Montgomery County.

### Durable Medical Equipment Re-Use | **FREE**

- Manual wheelchairs
- Power wheelchairs & scooters
- Knee scooters
- Home hospital beds
- Shower chairs
- Walkers & rollators
- Hoyer lifts
- Tub transfer benches
- Bedside commodes
- Toilet safety rails
- Canes & crutches



**CONTACT US!**  
We have new and gently used durable medical equipment available to Maryland residents of all ages free of charge!

 [dme.maryland.gov](http://dme.maryland.gov)  
 240-230-8000  
 [dme.mdoa@maryland.gov](mailto:dme.mdoa@maryland.gov)



## Crisis Hotlines

### Montgomery County 24-hour Crisis Center | **FREE**

Call **240-777-4000**. Walk in service available at 1301 Piccard Drive, South Entrance, Rockville. For service using TTY, call **240-777-4815**.

### EveryMind | **FREE**

The **988 Crisis Lifeline** is available nationwide. The local Montgomery County Crisis hotline number is **301.738.2255**. Both hotlines are answered at all times.



## PROGRAMMING & RESOURCES FROM OUR PARTNERS

### Free Resources from Montgomery County

#### Montgomery Hospice | **FREE**

Services are provided by a skilled interdisciplinary team to assist patients (including uninsured and under-insured) and families through the difficult journey of a terminal illness. When a patient first enters hospice, members Care Team visit the patient and family to learn their needs. They make regular follow-up visits based on the care plan that the patient, family and hospice team establish together.

[CLICK HERE](#) to learn more about the types of providers on the Care Team and services available. Call **301-921-4400** 24/7.

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#### Montgomery County Public Library Programming | **FREE**

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. [CLICK HERE](#) for a variety of resources.

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#### Montgomery County Aging & Disabilities Services Unit | **FREE**

The Aging and Disability Resource Unit provides personalized hands on assistance, referrals to services and specific information to seniors, people with disabilities and caregivers over the phone and in person. It is the primary point of entry for most of the services within Aging and Disability Services. Staff tell residents about benefits and services, help them determine what they are eligible for and can also help them apply. To connect, call **240-777-3000** (or Maryland Relay 711) on Mondays & Fridays (8:30 a.m.-5 p.m.) and Tuesdays - Thursdays (8:30 a.m.-7:30 p.m.). **Bilingual staff and translator services are available.**

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#### Montgomery County Elder Care Resource Guide | **FREE**

Sometimes ensuring the best for your loved one requires hiring an outside care provider. This Resource Guide describes various types of care providers and suggestions to manage in home elder care. There are many types of elder care and this Resource Guide lists advantages and disadvantages of working with agencies or with independent care providers. [CLICK HERE](#) to review the resource guide.

## PROGRAMMING & RESOURCES FROM OUR PARTNERS

### Montgomery County Helpful Programs, Organizations, and Websites for Seniors | **FREE**

**CLICK HERE** to learn more and connect to the following:

- Alzheimer's Association Online Community
- Connect-A-Ride
- Family Caregiver Alliance
- Lotsa Helping Hands
- Montgomery County's Dementia Friendly Initiative
- National Alliance for Caregiving
- & More!

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### Montgomery County Food Assistance Resource Directory | **FREE**

**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

### Meals for Older Adults | **FREE**

If you can't prepare meals because of illness or disability, **CLICK HERE** for meal delivery resources.

If you don't have a safe way to get food from the supermarket, **CLICK HERE** for grocery delivery resources.

## For Lifelong Learners



### 10 Common Misconceptions About Aging

Many people make assumptions about aging, what it is like to grow “old,” and how older age will affect them. Research has shown that most individuals can help preserve their health and mobility as they age by adopting or continuing healthy habits and lifestyle choices. **Click here** to learn about 10 common misconceptions related to aging and older adults from the National Institute on Aging.