

Village Ambassador Alliance Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness
Division



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

Highlights

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

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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



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

Week of Monday, September 30

Stop the Bleed

Wednesday, October 2 | 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.

REGISTER HERE

Week of Monday, October 7

The Impact of Eating Enough Protein for Strength and Muscle Health

Wednesday, September 9 | 1-2 p.m. | Friendship Heights Village Center | **FREE**

Are you getting enough protein for strength and muscle health? A Suburban dietitian will be discussing ways to reduce risk of progressive loss of muscle mass, strength and function associated with aging. We will explore easy ways to increase high-protein foods throughout the day to help meet nutrition needs to promote strength, muscle health and healthy aging. **REGISTER HERE**

Week of Monday, October 21



Dine, Learn & Move: Living Well with Arthritis

Wednesday, October 23 | 6-7:30 p.m. | **FREE**

Living with arthritis can be distracting and difficult - quite literally a pain. During this virtual session, gain valuable information, practical tips, and expert insights from the Arthritis Foundation. The program will begin with a guided activity session to promote flexibility and joint mobility and will end with a live cooking demonstration. To register, email wellnessinfo@co.pg.md.us.

Week of Monday, October 28

Better Breathers Club

Tuesday, October 29 | 10-11 a.m. | **FREE**

The Better Breathers Club is a free program open to all staff and their families, patients and the community. This patient-centered and community-based club supports people with chronic lung disease, including COPD, asthma, idiopathic pulmonary fibrosis and lung cancer. You will learn better ways to cope with your disease while getting support from others facing similar challenges.

REGISTER HERE

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

Upcoming Programming

What You Need to Know About Breast Cancer

Tuesday, September 17 | 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, Pouneh Ravazi, M.D., Director of Breast Imaging. 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 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, October 7

Take Advantage of Technology for Fall Prevention

Monday, October 7 | 10:30-11:30 a.m. | Hybrid (in-person OR virtual) | **FREE**

Low-cost technology is all around us today: from mobile to wearables to monitors. How can this technology be used by older adults to better predict the potential for a fall, avoiding injury and medical costs? What does research show us are the measurable indicators of a fall? What about artificial intelligence (AI): how is it starting to provide further capabilities? Lets chat about now and the future. **REGISTER HERE.**

A Matter of Balance: Managing Concerns About Falls

Fridays | Sept 27, Oct 4, 18, 25, Nov 1, 8, 15, 22 | 1-3 p.m. | Westfield Montgomery Mall | **FREE**

This program emphasizes practical strategies to manage falls. For more details, see attached flyer. **To register, contact Anna Stokes at astoke12@jh.edu or Leah Russi at lrussi1@jh.edu**



Week of Monday, October 14

Car Fit: Enhance Your Comfort and Safety in the Driver's Seat

Tuesday, October 15 | 10 a.m. – 1 p.m. | Westfield Montgomery Mall Garage A, Lower Level | **FREE**

Bring your car to this event where a trained expert will show you how you can enhance your comfort, safety and fit within your vehicle. **REGISTER HERE.**

Week of Monday, October 28

Finding Relief from Spinal Stenosis

Thursday, October 31 | 1-2 p.m. | **FREE**

Spinal stenosis is a debilitating condition that involves the narrowing of the spinal canal. Louis Chang, M.D., a neurosurgical spine specialist, will describe minimally invasive surgical options for spinal stenosis that can help patients restore mobility and improve their quality of health. **REGISTER HERE.**

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, September 30

Aging on Your Terms Conference

Saturday, October 5 | 12-4 p.m. | **FREE**

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. **More details included on the attached flyer. [REGISTER HERE](#).**

Week of Monday, October 7

The Importance of Coming Out to Your Doctor

Thursday, October 10 | 1-2 p.m. | **FREE**

In honor of National Coming Out Day, Anthony L. Teano, MLA, will discuss health equity and the importance of coming out and being honest with your doctor(s). It is important to be honest with your doctors so they can look out for any increased health risks LGBTQ+ people may have (based on Social Determinants of Health). We will learn about health risks for LGBTQIA+ people, and discover what we can all do to advance LGBTQIA+ health equity. All are welcome. [REGISTER HERE](#).

Finding Meaning and Success

Fridays | October 10, 17, 24 | 6:30-8 p.m. | **FREE**

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. [REGISTER HERE](#).

Week of Monday, October 21

Senior Fraud Prevention

Wednesday, October 23 | 11 a.m.-12 p.m. | **FREE**

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. During this session you will learn more about strategies scammers take and how to protect yourself. [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.

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
 240-230-8000
 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.

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.

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.**

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!

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

CLICK HERE to open a two-page printable document that lists:

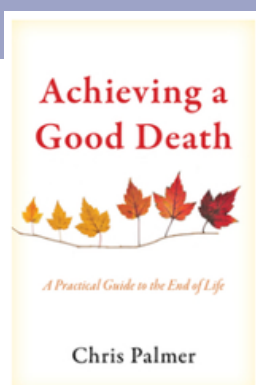
- Food Assistance Provider
- Address
- Contact Information
- Hours of operation
- Food Assistance Type
- Accessibility
- Languages spoken
- Special Features

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



Achieving a Good Death: A Practical Guide to the End of Life By Chris Palmer

Death is inevitable, dying badly is not. A good death is achievable, and this book explains how. **Chris Palmer** is a member of Bethesda Area Metro Village. Proceeds from this book will fund student scholarships at American University, where Chris taught for 14 years.