

# Village Ambassador Alliance Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness  
Division



SUBURBAN HOSPITAL  
JOHNS HOPKINS MEDICINE

## Highlights

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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



### 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)

### Week of Monday, September 9

#### Managing Money: A Caregiver's Guide to Finances

Wednesday, September 11 | 1-2 p.m. | Friendship Heights Village Center | **FREE**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Brought to you by the Alzheimer's Association National Capital Area Chapter.

**REGISTER HERE**



#### Freedom from Smoking

Wednesdays | September 18-October 30 & Friday, October 11 | 6-8 p.m. | Suburban Hospital | **FREE**

Freedom From Smoking®, America's gold standard smoking cessation program for over 25 years, is a step-by-step plan where you will gain the skills and techniques needed to take control of your behavior. The workshop consists of eight sessions led by a certified facilitator. Group sizes range between 5 to 16 individuals. Learn more and **REGISTER HERE**

### Week of Monday, September 16

#### Fall Prevention

Tuesday, September 17 | 1-2 p.m. | Holiday Park Senior Center | **FREE**

Every year, one out of three adults aged 65 and over experiences an unexpected fall. In most cases, falls can be prevented. A Suburban Hospital Physical Therapist will share practical and useful changes that can be made at home and while on the move to prevent the incidence of preventable falls. **REGISTER HERE**

### Week of Monday, September 23

#### Dine, Learn & Move: The Lowdown on Lipids

Wednesday, September 25 | 6-7:30 p.m. | **FREE**

Lipids are a type of fat that include cholesterol and triglycerides. If you've ever wanted to know more about HDL and LDL cholesterol and how they can support or harm your body, this is the session for you! In celebration of National Cholesterol Month, we will fight high cholesterol with a physical activity session and end with a live cooking demonstration featuring recipes to help balance your fat intake. To register, email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

#### Understanding Peripheral Neuropathy

Thursday, September 26 | 1-2 p.m. | **FREE**

Peripheral neuropathy affects millions of people in the U.S. causing pain, numbness, and weakness. Join Omid Motabar, M.D. as he details what is going on in our bodies when we have peripheral neuropathy as well as new treatments available. **REGISTER HERE**.

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

## Upcoming Programming

### Prostate Cancer: What You Need to Know

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, Otis Brawley, M.D., Bloomberg Distinguished Professor of Oncology and Epidemiology . 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
- 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.



Registration is open!

### Call to Action!

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

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

Hurry, the last training session for this school year is September 19th!

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 is open! | **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.

**CLICK HERE** TO LEARN MORE AND REGISTER FOR ANY SESSION VIRTUAL OR IN-PERSON SESSION



# 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.

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### 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.

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### 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.

## 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**.

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### 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.