



Village Ambassador Alliance Resource Newsletter

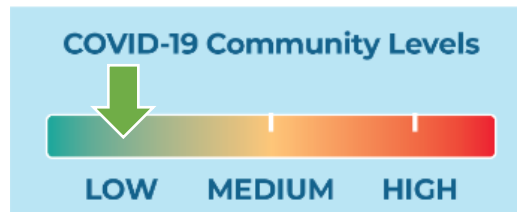
Greetings! This newsletter supports the health and wellness of *all* older adults. It is curated to highlight resources and events focused on the safety and wellness of adults, including but not limited to COVID-19. You may notice the inclusion of some opportunities for youth and/or families to be shared with 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!

STAY SAFE!

As of April 25, Montgomery County remains at "low" community level of COVID-19, according to County data.



Source: [Montgomery County COVID-19 Surveillance](#)

MONTGOMERY COUNTY RESOURCES

Crisis Center (240) 777-4000	EveryMind Crisis Hotline (301) 424-0656
For Caregivers CLICK HERE	Nutrition Assistance CLICK HERE or Call 311
Thrive at Home CLICK HERE	IT Support CLICK HERE
Where's My Bench? CLICK HERE	Virtual Rec Room CLICK HERE

SUBURBAN HOSPITAL VIRTUAL PROGRAMMING

Suburban Hospital continues to offer most of its programs online and hopes that you will participate from the comfort of your home. Virtual programs will use the Zoom platform. **Registration is required for all programs and events unless otherwise noted.** To view the full calendar of events and register for classes, please go to events.suburbanhospital.org.

If you know someone who would like to join a virtual event but is not connected to the internet, please have them call 301-896-3844 to register.

Would you like to receive Suburban Hospital's WellWorks events calendar directly to your inbox? [Click here to subscribe.](#)

On-Going Programming from Suburban Hospital

Learn tips and tools to live well and thrive with Diabetes

Diabetes Self-Management Training (DSMT), an evidence-based program incorporating the needs and goals of people with diabetes into a personalized plan to improve health outcomes, is now available through Suburban Hospital. **A referral from a health care provider is needed**, and participation may be covered by a person's insurance plan. Please contact Suburban's Outpatient Diabetes Services at **301-896-6032** to learn more.

Concerned Persons Program

Every Monday | 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

Restorative Yoga for Cancer Patients, Survivors & Caregivers

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

Chair Yoga | Every Wednesday | 10-11 a.m. | **FREE**

Chair or Mat Yoga | Every Friday | 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 bodily awareness and regain strength and mobility. Contact Pam Goetz at pgoetz4@jh.edu for more information and to register. [CLICK HERE for additional Cancer workshops and classes from Sibley Memorial Hospital.](#)

Talk & Walk Breast Cancer Support Group

1st Thursday | 10-11 a.m. | **FREE**

Get the latest updates on breast cancer treatment, research and nutrition; meet other breast cancer survivors; and share your experiences in this virtual support group that meets the first Thursday of each month. Email Jamie Borns at jborns1@jhmi.edu to learn more and register.

Bladder Cancer Support Group for Women

1st Thursday | 12-1 p.m. | **FREE**

This support group for women with bladder or urothelial cancer meets the first Thursday of each month. Participants can talk with others going through similar experiences and gain support and friendship. For more information and to register, contact Samantha Rockler at srockle1@jhmi.edu or 202-537-4105.

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.](#)

Nutrition One on One

Rolling | \$85/hour; \$45/half hour

A registered and licensed dietitian will conduct a thorough health evaluation and create personalized nutrition and exercise strategy to meet your specific health concerns. [To schedule a session, please call 301-896-3615. Phone calls will be returned on Tuesdays & Wednesdays.](#)

Upcoming Programming from Suburban Hospital

Week of Monday, May 1

NEW: Nature Can Heal

Wednesday, May 3 | 5-6 p.m. | **FREE**

Nature is one of the best free and easily accessible tools for healing. Come learn more about how you can assess the physical and mental benefits of nature during this free webinar. To learn more and register, [CLICK HERE](#).

NEW: American Red Cross Blood Drive

Wednesday, May 3 | 10 a.m.-4 p.m. | **Suburban Hospital 8600 Old Georgetown Road, Bethesda**

Donating blood makes a big difference in the lives of others. Help save up to three lives by giving blood this spring. [REGISTER HERE](#).

Week of Monday, May 8

NEW: Recent Advances in Alzheimer’s Diagnosis and Treatment

Tuesday, May 9 | 2-3 p.m. | **FREE**

During this session, from Dr. Marilyn Albert, the Director of the Division of Cognitive Neuroscience in the Department of Neurology at the Johns Hopkins University School of Medicine, you will learn about current concepts of the evaluation of Alzheimer’s disease (AD), current procedures for the diagnosis of AD, important biomarkers for diagnosis and treatment, current approaches to finding improved treatments, and the potential role of lifestyle factors in modifying the progression of AD. To learn more and register, [CLICK HERE](#).

Week of Monday, May 22

NEW: Dine, Learn & Move: Move More in May

Wednesday, May 24 | 6 - 7:30 p.m. | **FREE**

May is National Physical Fitness & Sports Month and National Blood Pressure Awareness Month! Let’s learn what role physical activity and healthy eating play in achieving and maintain healthy blood pressure levels. We will kick off the session with movement and wrap up with a live cooking demonstration. Registration is free but required by sending an email to wellnessInfo@co.pg.md.us.

NEW: Freedom from Smoking

Wednesdays | May 24 – July 5 & Friday, June 16 | 6-7:30 p.m. | **FREE | HYBRID**

Quitting smoking is hard. Freedom from Smoking®, America’s gold standing smoking cessation program for over 25 years, is a step-by plan where you will gain the skills and techniques needed to take control. To learn more and register, [CLICK HERE](#).

NEW: Hip, Hip Hooray for Hip Preservation

Thursday, May 25 | 1-2 p.m. | **FREE**

Join Dr. Alex Johnson, Sports Medicine Physician as he will be discussing hip preservation. Hip preservation is important as it aids in our stabilization in everyday life. Dr. Johnson will be able to give valuable information on hip preservation and answer questions on this topic. [REGISTER HERE.](#)

Week of Monday, May 29

NEW DATE: Diabetes Thrive 365

Wednesday, May 31 | 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.](#)

NEW: Type 1 Peer Support Group

Wednesday, May 31 | 7:30-0 p.m. | **FREE**

Are you living with type 1 diabetes or raising a child with type 1 diabetes? Join JDRF for an informal conversation to share information and connect with others who have similar concerns. [REGISTER HERE.](#)

WASHINGTON METRO OASIS VIRTUAL PROGRAMMING

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes in a virtual format. **Browse the full catalogue and register at <https://washington-metro.oasisnet.org/>** **Membership is required but is 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. You also can drop by the Oasis Center in the Macy's Home Store at [Westfield Montgomery](#) mall, Monday through Thursday from 10 a.m.–4 p.m.

Upcoming Programming from Oasis

Week of Monday, May 1

NEW: Taste of Oasis

Thursday, May 4 | 1-3 p.m. | **FREE | F. Scott Fitzgerald Theater 603 Edmonston Drive, Rockville**

Summer is just around the corner! Join us to kick off the new term with a bang! First, we'll get together for a meet-and-greet with Oasis friends and instructors, followed by a free concert featuring Oasis favorites and music legends Daryl Davis and Seth Kibel. This event is sponsored by AARP Maryland. [REGISTER HERE.](#)

NEW: Memory Cafe

Fridays | May 5 – August 4 | 2-3 p.m. | **FREE**

Are you or a loved one experiencing issues with memory loss or other cognitive impairment? Do you have trouble with your daily activities? Join us for a fun and social way for you to meet and spend time with others experiencing a similar journey. You are not alone. [REGISTER HERE.](#)

Week of Monday, May 8

NEW: Advances in Treatments for Tremors

Monday, May 8 | 3-4 p.m. | **FREE**

For about 7 million Americans involuntary tremors are a constant problem. These tremors can interfere with just about everything. The trembling can be caused by Parkinson's disease, but more often it's caused by essential tremor, a benign and typically inherited condition. Join neurosurgeon Youssef Comair, to learn the symptoms of essential tremor and the latest treatments. [REGISTER HERE.](#)

NEW: Got Electronics? Reduce Your Fire Risk!

Wednesday, May 10 | 1-2:15 p.m. | **FREE** | **Virtual** or **IN-PERSON**

Jim Resnick from the Montgomery County Fire and Rescue Service will provide a look at this important aspect of your safety while at home and away. We will learn how to select and care for your cell phone charger, laptop charger, microwave, TV, heating pad, lamps, and many other electronic devices that are such a large part of our lives. [REGISTER HERE.](#)

NEW: Caregivers Support Group

Wednesdays | May 10 & 24 | 11 a.m.-12 p.m. | **FREE**

Even when caring for a loved one is an act of love, it still takes many new skills and a great deal of energy. Our Caregiver Series offers a place to learn from the experiences of others and to encourage those who are in similar circumstances. Compassionate professionals will facilitate the sessions. This group is strictly for those who are in a caregiver role. This series is sponsored by Family and Nursing Care. [REGISTER HERE.](#)

Week of Monday, May 15

NEW: Overweight and Obesity: Reviewing the Facts

Wednesday, May 17 | 1-2 p.m. | **FREE**

Overweight and obesity are risk factors for the development of type 2 diabetes mellitus and cardiometabolic disease. This discussion will focus on the recognition, prevention, and management of obesity in the context of diabetes mellitus. [REGISTER HERE.](#)

Week of Monday, May 22

NEW: Ageless Summer: Unlocking the Secrets to Restful Nights and Healthy Aging

Monday, May 22 | 3-4 p.m. | **FREE**

As we age, our sleep patterns and habits can change, leading to difficulties falling asleep, staying asleep, and feeling rested in the morning. Whether you're a senior looking to optimize your sleep or a caregiver seeking ways to support an aging loved one, this program will provide valuable insights into the complex relationship between sleep and aging. [REGISTER HERE.](#)

PROGRAMMING & RESOURCES FROM OUR PARTNERS

Intergenerational Offering

NEW: Screenagers: Under the Influence

Thursday, May 4 | 7-9:30 p.m. | **Walt Whitman High School Auditorium 7100 Whittier Blvd. Bethesda**

Girls on the Run of Montgomery County, in partnership with Suburban Hospital, is bringing the Maryland premier of a documentary addressing vaping, drugs and alcohol in the digital age followed by a discussion and Q&A with a panel of experts. Tickets are \$10 for adults and \$5 for students with the code "STUDENT" [Purchase tickets here](#).

NEW: Just Rides Training

Wednesday, May 10 | 9:30 a.m.-1 p.m. | **FREE | CaringMatters 518 S. Frederick Avenue Gaithersburg**

Are you interested in volunteering with CaringMatters but have limited availability? This is a great opportunity for you! Volunteers will be trained on how to support CaringMatters patients who are in need of transportation to and from doctor's appointments, medical treatments, social service appointments and grocery/pharmacy trips. If you are interested in attending or for more information, please contact Amy Fier, Senior Director of Patient & Caregiver Services at amyf@caringmatters.org at 301-869-4673 ext. 117.

NEW: Reimagining Healthy Aging: Embracing Opportunities and Transforming How We Think about Getting Older

Thursday, May 11 | 8 a.m.-3 p.m. | **Woodmont Country Club 1201 Rockville Pike, Rockville**

Charles E. Smith Life Communities, in partnership with Suburban Hospital, is pleased to convene the thirteenth annual Sara and Samuel J. Lessans Healthcare Symposium. Join leading physicians and public health experts for an inclusive and dynamic discussion as we explore the factors that affect healthy aging including physical and mental health issues, sleep patterns, gender and socio-economic differences and more. [REGISTER HERE](#) for in person or virtual option; \$25 & \$10 respectively.

NEW: Navigating Behavioral Health Services in Montgomery County

Thursday, May 11 | 6:30-7:30 p.m. | **FREE**

In collaboration with EveryMind and the Montgomery County Hospitals, learn the different types of behavioral health professionals, how to access services if you do not have insurance or are underinsured. Este programa será en inglés con traducción simultánea al español.

NEW: Adult Bike & E-Scooter Classes

Saturday, May 6 | 10 a.m.-12 p.m. | **FREE | Burtonsville Park & Ride 15701 Columbia Pike, Burtonsville**

Saturday, May 13 | 10 a.m.-1 p.m.* | **FREE | Montgomery College 850 Hungerford Road, Rockville**

*Free scooter class to follow

NEW: What You Need to Know about Lung Cancer

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

Each education session will include a 20-25-minute presentation with slides, followed by a 40-minute conversational Q & A, with the opportunity to "chat" with our Community Health Educators. [REGISTER HERE](#).

NEW: ABCs and 123s: Nutrition and Cancer Prevention

Wednesday, May 17 | 1-2:30 p.m. | **FREE**

This program is for the general community to learn more about current guidelines around cancer prevention and nutrition. We are also welcoming a health coach to attend this year to provide easy strategies to implement these guidelines. [REGISTER HERE](#).

NEW: Pro Bono Counseling

Pro Bono Counseling (PBC) is a non-profit 501(c)(3) corporation founded with the goal of connecting uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals who provide care on a volunteer basis at no cost. At Pro Bono Counseling, our priority is to provide the mental health support that suits you best. We do that by prioritizing making the **right** match. If you live in Maryland and have problems affording the right care, reach out to us to see how we can help. Call us now at **(410) 825-1001** for a **confidential phone interview**. Phones are answered Monday through Friday, 8:00 a.m. to 4:00 p.m. **If you need immediate help, please call or text 9-8-8 or chat at [988Lifeline.org](https://www.988lifeline.org) to reach the National Suicide Prevention Lifeline.** To learn more about PBC, [CLICK HERE](#).

NEW: Why do some 80 Year Olds Seem Like They're 60?

To learn why, including why some 60 year olds seem like they're 80, [read the full article](#) in the *Dome*, a publication of Johns Hopkins Medicine.

Montgomery County Senior Site

[CLICK HERE](#) to access the Montgomery County Senior Site, which features resources such as:

- Age Friendly Montgomery
- Hiring In-Home Elder Care
- Vital Living Networker
- Older Driver Resources
- 50+ in Montgomery County
- Transportation Services

Online Tool Will To Older Adults Find Transportation Providers

Montgomery County recently launched a new online tool to help older adults find volunteer ride providers to help them get where they need to go, when they need to get there. The **online tool** uses GIS mapping to connect an address with organizations, such as nonprofit groups and senior villages, who provide volunteer rides for such things as medical appointments and grocery shopping. In addition to free bus rides and a discounted taxi program for eligible residents, the County supports nonprofit organizations that offer volunteer rides. [READ FULL ARTICLE HERE](#)

Safe Driving Tips National Institute on Aging at NIH

While many older adults value the independence of driving, changes that happen with age may alter a person's ability to drive safely. Changes in health, including medical conditions or injuries, may also affect a person's driving skills. However, there are steps you can take to help stay safe on the road:

- **Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving. Get your vision and hearing checked regularly.
- **Avoid driving at certain times of day.** If you have trouble seeing in the dark, cut back on or stop driving at night. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- **Talk with your doctor.** If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.

Explore more [safe driving tips for older adults](#). This information is also available in [Spanish](#).

Healthy Living Resources from Giant Food

[CLICK HERE](#) to be directed to the Classes and Events page. All offerings are **FREE**.



Our Free Services Include:

- Online Personalized Consultations
- [Online Nutrition Classes](#)
- [Workplace Wellness Programs](#)
- Community Wellness Events
- *Healthy Living by Giant* podcast. Available on your favorite podcast app or [here](#).
- [Healthy Living by Giant Facebook Group](#)
- Para obtener información sobre nuestros servicios en español contactenos al nutricion@giantfood.com

Free Durable Medical Equipment (On-going)

The advertisement features a yellow background with a red border. On the left, there is a circular logo with a stylized figure in a wheelchair and the text "Maryland Durable Medical Equipment Re-Use". Below the logo is a photograph of rows of wheelchairs. The main text reads "Give or Receive the Gift of Mobility" in a large, bold, black font, followed by "Donate or Receive Durable Medical Equipment" in a smaller, bold, black font. Below this, the text "DONATIONS NEEDED:" is followed by a list of items: Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Supports, Crutches, Hospital Beds, "Hoyer" Lifts, Medical Reclining Chairs, Tub Transfer Benches, & Much More!. Below that, "DONATIONS WILL BE:" is followed by a list: Sanitized, Repaired, and Redistributed to adults and children with mobility needs. At the bottom, there is a red banner with a "LEARN MORE" button and contact information: an envelope icon for DME.MDOA@maryland.gov, a phone icon for 240-230-8000, and a globe icon for aging.maryland.gov. The Maryland Department of Aging logo is in the bottom left corner.

GRIEF & SUPPORT GROUPS

1. [Caring Matters](#) – a variety of grief and support groups, also offered in Spanish
2. [Montgomery Hospice](#) – review the “Services” page for a list of support groups offered, including in Spanish
3. [Caring Bridge](#) - a free, non-profit online space that brings family and friends together during any type of health event

Forward. *For all of us.*

Together, we're moving health care forward.

Suburban Hospital Community Health & Wellness

