



Village Ambassador Alliance Resource Newsletter from Suburban Hospital

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 older adults, including but not limited to COVID-19. It is distributed directly with our amazing Village Ambassadors, but may be shared with anyone you know that would benefit - **thank you for sharing widely!**

The most important thing you can do for yourselves, your families and your community is to continue to mask, distance, wash and monitor. Every action and every individual plays an important role in continuing to support the health and wellness of Montgomery County.

STAY SAFE! As of July 26, Montgomery County has returned to the elevated to "high" community level of COVID-19, according to County data and the [Centers for Disease Control and Prevention \(CDC\) guidelines](#).

COVID-19 cases also are increasing throughout the nation as Omicron's BA.5 variant has become the predominant strain circulating. The BA.5 variant spreads easily, and while symptoms are generally not severe, it is still important to practice important COVID-19 prevention steps.

Based on high community level, the CDC recommends the following steps:

- Stay up to date with [COVID-19 vaccines](#).
- Wear a well-fitting [face covering](#) indoors in public, regardless of your vaccination status.
- [Get tested](#) if you have symptoms or are exposed.
- If you are high risk for severe illness from COVID-19, talk to your healthcare provider about additional precautions and whether you are a [candidate for treatments](#).

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

Health Officials Release COVID-19 County Epidemiology Surveillance Report



**CORONAVIRUS DISEASE 2019
(COVID-19)
IN MONTGOMERY COUNTY, MARYLAND
2020-2022**



[CLICK HERE TO READ REPORT](#)

MONTGOMERY COUNTY VACCINATION RESOURCES

1. Learn more about eligibility for a 3rd dose or 2nd booster. If you are 50 years or greater or 18 years and greater and immunocompromised, you may be eligible for a second dose of Moderna or Pfizer vaccine. [Click here to learn more.](#)
2. Schedule an appointment for a COVID-19 vaccine or booster at a Montgomery County or state-operated clinic. [Click here to find a county-run clinic.](#)
3. Ready to make an appointment but need transportation assistance? The County offers free taxi rides to adults 65 years and greater or adults **with disabilities**. [Click here to learn more.](#)
4. Are you homebound? You may call the Montgomery County COVID-19 Call center at **301-777-2982** to have the vaccine administered at your home.
5. Have more questions about the COVID-19 vaccine? The County answers some Frequently Asked Questions (FAQs). [Click here to review.](#)

MONTGOMERY COUNTY COVID-19 TESTING RESOURCES

1. Every home in the U.S. is eligible to order **FREE** at-home **rapid tests** via the U.S. Postal Service. [Click here to order tests to be mailed to your home.](#) Limit 2 orders per residential address.
2. **Not sure which test you need?**

Which Covid-19 Test Is Right For Me?



Self-Test At Home Results In 15 Mins

At-Home Rapid Antigen Tests

<p>RECOMMENDED FOR Those with COVID-19 symptoms.</p>	<p>WHEN Have at home in case of illness.</p>	<p>RESULT TIME 15 minutes</p>	<p>HOW TO USE Test at home Report positive results online.</p>
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➔ Scan with Smart Phone camera.





Drop-Off PCR Tests

<p>RECOMMENDED FOR Those with a COVID-19 exposure, but are symptom-free. Those who need verified results for travel or work.</p>	<p>WHEN Pick up a test when you need one.</p>	<p>RESULT TIME If dropped off before 5:00 p.m. typically e-mailed the next day.</p>	<p>HOW TO USE Complete test at home, register online, and drop off at any of six (6) locations below.*</p>
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➔ Scan with Smart Phone camera.

DROP OFF SITES

- Nancy H. Dacek North Potomac Recreation Center
- East County Community Recreation Center
- Bauer Drive Recreation Center
- Dennis Avenue Health Center
- Plum Gar Recreation Center
- Wheaton Recreation Center



FOR RAPID ANTIGEN TEST: Please limit to two (2) kits per visit.
FOR PCR KIT: Please request one (1) kit from Reception.

3. Need a PCR test? You have choices!
 - a. Montgomery County offers **FREE PCR test kits** to **pick up** while supplies last. Tests are self-administered and returned to a marked drop box at the pick-up location. [Click here to see the 6 locations and their operating times.](#)
 - b. You can also receive a **FREE PCR test** (self-swab) **in person**. [Click here and scroll to "About our testing clinics" to view the schedule and locations.](#)
 - c. If these times and locations do not serve you, [please review this list of other testing sites in the County](#), operated by other organizations. Please note that each site may have different instructions; please review closely.

OTHER MONTGOMERY COUNTY RESOURCES

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

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

Help People with Diabetes to Get the Tools They Need to Live Well and Thrive

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. Please help us spread the word among members of your community. **A referral from a health care provider is required**, and participation may be covered by the participant'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.

Diabetes Thrive 365

2nd Wednesday | 6-7 p.m. | **FREE**

Facilitated by a Certified Diabetes Educator, the monthly meetings feature guest speakers discussing a variety of topics to help you get the support you need to thrive 365 days-a-year. [REGISTER HERE](#).

Prostate Cancer Support Group

3rd Monday | 12-1 p.m. | **FREE**

This monthly support group provides an opportunity for patients and their families/significant others to share information and gain support during their treatment and recovery. Guest speakers will give brief presentations at each meeting on topics of interest to group members. [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, August 1

NEW: Your Path to Purpose

Wednesday, August 3 | 5:30-7 p.m. | **FREE**

A cancer diagnosis often brings a period of uncertainty and new anxieties for cancer patients, survivors, and family members. Purpose, also referred to as a calling, has been found to help move through this period into one of certainty and calm. During the Your Path to Purpose workshop, we will learn strategies to define and use purpose through reflective writing practices. [REGISTER HERE](#)

Week of Monday, August 8

NEW: Better Breathers Club

Tuesday, August 9 | 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](#)

NEW: Freedom from Smoking

Wednesdays | August 10- September 21 & Friday, September 2 | 6-7:30 p.m. | **FREE**

Quitting smoking is hard. 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 Freedom From Smoking[®] program has helped hundreds of thousands of people quit smoking - and it can help you too! [REGISTER HERE](#)

Week of Monday, August 15

NEW: Stay Firm on Your Feet

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

Balance is complex and includes touch, vision, and vestibular. A physical therapist from Suburban Hospital will keep you on your toes while sharing tips to improve your balance and avoid possible falls. Learn specifics about diagnoses on related injuries and rehabilitation. [REGISTER HERE](#)

NEW: What to Watch for with Atrial Fibrillation

Wednesday, August 17 | 7-8 p.m. | **FREE**

Rani Hasan, MD, director of the interventional cardiology fellowship program, will discuss preventive measures for atrial fibrillation or “a-fib,” an irregular and often very rapid heart rhythm that can lead to blood clots and stroke, and the latest minimally invasive procedures used to treat this condition. [REGISTER HERE](#)

Week of Monday, August 22

NEW: Dine, Learn and Move: What’s in Your Drink?

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

What you drink matters more than you think! This session explores the impact that your beverage of choice can have on your health. Learn practical ways to stay hydrated and create flavorful beverages with less sugar that are also fun to drink. To register, email wellnessinfo@co.pg.md.us.

NEW: Building Resilience

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

Resilience is what helps people bounce back from setbacks and harness the strength to cope with stress and hardship. Luckily, there are many techniques to use to build resilience. Suburban Hospital’s outpatient program therapist, Jim French will discuss techniques to build resilience within yourself allowing you to work through negative feelings and overcome adversity. [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.

Upcoming Programming from Oasis

Week of Monday, August 8

NEW: Home Safe Home: 5 Keys to Unlock the Door to Your Safety

Wednesday, August 10 | 1-2 p.m. | **IN-PERSON** | **FREE**

Is your home aging gracefully with you? This educational discussion introduces what is a home modification, how home modifications can play an important role in improving one’s safety and independence as one grows older, why planning ahead before a fall or health condition can be

beneficial, what are simple and low-cost home modifications, and which home modification funding options are available. [REGISTER HERE](#)

NEW: Evaluation of Headaches in Older Adults

Friday, August 12 | 1-2 p.m. | **FREE**

Headache is among the most common medical complaints. An overview of different headache types, what to watch out for and common treatments options. [REGISTER HERE](#)

Week of Monday, August 15

NEW: Innovations in Head and Neck Cancer Treatments

Wednesday, August 17 | 10:30-11:30 a.m. | **FREE**

Head and neck cancers comprise a wide range of cancer types that can be in the sinuses, nasal passages, eye, ears, tongue, mouth, and throat. Dr. Brandi Page will be speaking to us about innovations and developments in the treatment of these types of cancers. [REGISTER HERE](#)

Week of Monday, August 22

NEW: Foot and Ankle Tendon Disorders As You Age: How to Stay Active and When to Seek Help

Monday, August 22 | 1-2 p.m. | **FREE**

We will explore a variety of tendon issues involving the foot and ankle that may slow you down as you become more seasoned in life. We will discuss what you can do at home to stay active, and when you should seek help from your orthopedic foot and ankle surgeon. [REGISTER HERE](#)

PROGRAMMING & RESOURCES FROM OUR PARTNERS

JOHNS HOPKINS MEDICINE NEWSROOM: Risk Factors in Adults with Cardiovascular Disease are Worsening Over Time Despite Advances in Secondary Prevention, Study Shows

[CLICK HERE TO READ ARTICLE](#)

CALL TO ACTION: Minority Voices – Personal Stories

Montgomery County's Asian American Health Initiative (AAHI), African American Health Program (AAHP) and Latino Health Initiative (LHI) are collaborating as part of the County's recognition of July as "[Minority Mental Health Month](#)" to bring awareness to the unique mental health struggles faced by racial and ethnic minority communities. The project will include collecting stories from minority community members about their mental health journeys, along with activities throughout the month. County residents who identify as Asian American or Pacific Islander, African American/Black or Hispanic are encouraged to share their stories at [Minority Voices - Personal Stories](#). Multiple languages are available by clicking on the drop-down menu at the top of the page. **The stories will be collected through Aug. 19.** The stories will be combined into a report to highlight both similar and unique challenges in mental health across minority groups. [CLICK HERE TO PARTICIPATE](#)

OPEN POSITION: Chevy Chase at Home

Chevy Chase At Home is recruiting a Member and Volunteer Programs Manager (30 hours a week) to join our team. The person in this role is an integral part of CC@H's small professional team and will partner with committees, volunteers, and interns. The Member and Volunteer Programs Manager is responsible for ensuring a vibrant schedule of social and educational programming and a robust offering

of volunteer-provided services. We encourage you to share this opportunity with those who might be interested. For more details and to apply, please visit [the website](#).

OPEN POSITION: At Home in Alexandria

At Home in Alexandria seeks a Co-Operations Manager. This position, requiring 10-12 hours of in-person time weekly. Scheduling is flexible so that both Co-Managers cover the daily office hours of 10 a.m. to 2 p.m. Enjoy a pleasant, sunny, informal office environment and collegial atmosphere in the Del Ray neighborhood of Alexandria with free parking included. This person reports directly to AHA's executive director. Interested parties should contact Cele Garrett, AHA, at cele@athomeinalexandria.org. At Home in Alexandria (AHA) is an equal opportunity employer and welcomes applicants of all ages and diverse backgrounds.

Oasis Intergenerational Tutoring Program (On-going)

Are you looking for a way to give back to your community? The Oasis Intergenerational Tutoring Program is the perfect opportunity to work with students at our local elementary schools as a Tutor and Mentor. If you'd like to learn more please visit our website at <https://washington-metro.oasisnet.org/tutoring/>, email our Tutoring Department at metrooasistutoring@gmail.com or give us a call at 240-800-3745.

NEW: Creative Aging: Enhancing the Lives of Older Adults through Arts Education

Tuesday, August 16 | 1-3 p.m. | **FREE**

Instead of viewing aging through the lens of deficit and decline, those in the creative aging field are working to reframe the conversation to see aging as a time of expression, growth, and potential. Join the ElderSAFE Center at Charles E. Smith Life Communities for this interactive **webinar** on creativity and aging. [CLICK HERE TO LEARN MORE AND REGISTER](#)

Healthy Living Resources from Giant Food (On-going)

[CLICK HERE](#) to be directed to the "**FREE** Services" page



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)

Maryland Durable Medical Equipment Re-Use

Give or Receive the Gift of Mobility

Donate or Receive Durable Medical Equipment

DONATIONS NEEDED:
Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Supports, Crutches, Hospital Beds, "Hoyer" Lifts, Medical Reclining Chairs, Tub Transfer Benches, & Much More!

DONATIONS WILL BE:

- Sanitized
- Repaired
- **Redistributed** to adults and children with mobility needs

LEARN MORE

 DME.MDOA@maryland.gov
 240-230-8000
 aging.maryland.gov



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

