



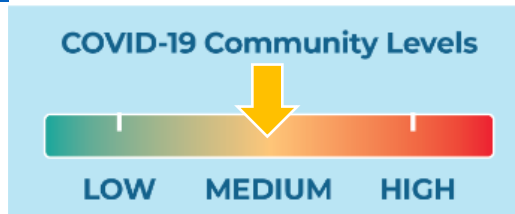
Village Ambassador Alliance Resource Newsletter from Suburban Hospital

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!

STAY SAFE!

As of January 27, Montgomery County remains at "medium" community level of COVID-19, according to County data. To help protect yourselves and others from severe disease, please follow the following [CDC guidelines](#).



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

MONTGOMERY COUNTY VACCINATION & BOOSTER RESOURCES

- [Click here to find a vaccination clinic near you.](#) **Appointments are recommended.**
- Need transportation assistance? The County offers free taxi rides to adults 65 years and greater or adults **with disabilities**. [Click here to learn more](#) or call Connect-A-Ride at **301-738-3252**
- 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.
- 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

- **You have at-home options!** [Click here](#) to learn more about selecting rapid or PCR tests.
- As of December 30, 2022, County-run COVID-19 testing clinics will be walk-in only, unless otherwise noted; an appointment is **not** required.

OTHER MONTGOMERY COUNTY RESOURCES

Crisis Center

EveryMind Crisis Hotline

| | |
|--|---|
| (240) 777-4000 | (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.

NEW: 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.

NEW: 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.

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.](#)

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, February 6

NEW: What is Long COVID & How Can it Be Treated?

Wednesday, February 8 | 1-2 p.m. | **FREE**

Long COVID includes a wide range of new, returning or ongoing health problems some people experience after being infected with COVID-19. [Matthew Mintz, M.D., F.A.C.P.](#), will discuss this condition and possible treatment options. [REGISTER HERE.](#)

Week of Monday, February 13

NEW: Conversations that Matter: Sex Differences in Stroke Recovery

Tuesday, February 14 | 7-8 p.m. | **FREE**

There are many differences between the sexes, particularly regarding stroke prevention and recovery. Join Elisabeth Marsh, M.D., cerebrovascular neurologist and director of the comprehensive stroke center at Johns Hopkins Bayview Medical Center, as she explains differences in stroke etiology and recovery, and what women can do to help prevent a stroke. [REGISTER HERE.](#)

Week of Monday, February 20

NEW: 21st Women's Health Symposium: A Female Imperative to Reduce Stress & Take Charge of Our Health

Wednesday, February 22 | 1-2 p.m. | **FREE**

While some stress can be good for us, constant or chronic stress can have real consequences on both emotional and physical health. Join Johns Hopkins Medicine and the American Heart Association for a dynamic conversation on the importance of making one's health a top priority. [REGISTER HERE.](#)

NEW: Dine, Learn & Move: Loving with a Healthy Heart

Wednesday, February 22 | 6-7:30 p.m. | **FREE**

Heart disease is the leading cause of death in men and women in the United States. In recognition of Heart Health Month, a guest speaker from the University of Maryland Capital Region Health will join us to provide helpful information about risk factors, ways to prevent heart disease, and available community resources. You will have a chance to get your heart pumping with a fun and energetic physical activity followed by a live cooking demonstration during which you will learn how to easily incorporate heart-healthy foods into your diet. Registration is open to all. Email wellnessinfo@co.pg.md.us

NEW: Innovations in Cardiac Care

Saturday, February 25 | 10-11:30 a.m. | **FREE** | **IN PERSON** 8600 Old Georgetown Road, Bethesda, MD

Join Suburban Hospital and the Johns Hopkins National Capital Region in celebrating heart month and the 40th anniversary of Suburban's cardiac rehabilitation program. At this timely and relevant discussion, you'll hear from our expert physicians with information on the latest advances in cardiac care. Featured speakers include: **Joe Marine, M.D., Thomas Matthew, M.D., Rani Hasan, M.D., Greg Kumkumian, M.D., and Zeshan Ahmad, M.D.** [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, February 13

NEW: Take Charge of Your Mental Health

Monday, February 13 | 3-4 p.m. | **FREE**

About one in four adults 65 years or older experience some type of mental health concern that is not traditionally associated with aging. Sadly, far too many do not seek or receive the help they need. Join Dr. Tamar Rodney to learn about mental health challenges many older adults face and the resources and treatments available for seniors with mental health concerns. [REGISTER HERE.](#)

NEW: Stop Losing Money on Your Utility Bill

Monday, February 13 | 1-2 p.m. | Zoom **or** at Oasis at the Macys Home Store | **FREE**
What's the cheapest form of energy? It's the energy we don't use! During this presentation, we'll discuss the two main ways to keep money in your pocket. We'll cover the difference between conservation and efficiency and the benefits of using less energy, plus some of the most efficient ways to do it. You'll leave this presentation with helpful tips and advice to keep you from wasting your money and a deep dive into your electricity bill. [REGISTER HERE](#).

Week of Monday, February 20

NEW: Laughter Yoga

Wednesday, February 22 | 1-2 p.m. | **FREE** | **IN PERSON at OASIS MACY'S HOME STORE**
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](#).

NEW: Advance Directives Demystified

Thursday, February 23 | 1-2:30 p.m. | **FREE**
Creating an Advance Directive can be intimidating! Learn the process of creating one with a local, practicing, board certified physician who is passionate about Advance Directives. This class will provide an overview of Advance Directives, including considerations in choosing a Medical Power of Attorney and how to define your "Medical Wishes." [REGISTER HERE](#).

Week of Monday, February 27

NEW: Exercise Post Joint Replacement

Monday, February 27 | 3-4 p.m. | **FREE**
Discussion of joint replacement surgery and the exercises that go along with rehabilitation following surgery and continuing into maintenance of the new joints. [REGISTER HERE](#).

PROGRAMMING & RESOURCES FROM OUR PARTNERS

NEW: Simple Cooking with Heart

Level 1 & 2 | **Read registration carefully for dates and times** | **FREE**
The YMCA of Metropolitan Washington is offering free **virtual** cooking classes to referred individuals. In this **Level 1** course, you'll learn skills from how to hold a knife, to how to roast vegetables, create your own salad dressing and produce storage tips. **We recommend that you take Level 1 before enrolling in Level 2.** In Level 2 you will build upon skills learned in Level 1 and also learn how to roast root vegetables, use beans as an alternative source of protein, cook fish, and create a balanced breakfast. **Each participating household will receive two free boxes of produce delivered to their doorstep during the weeks of the class.** Each class will be held via Zoom and we'll explore a nutrition topic, a culinary skill, and most importantly, we will cook a delicious meal together! [REGISTER HERE](#). Flyer attached.

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](#)

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)



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, there are two sections: "DONATIONS NEEDED:" listing various equipment like wheelchairs, power chairs, rollators, scooters, walkers, shower supports, crutches, hospital beds, "Hoyer" lifts, medical reclining chairs, tub transfer benches, and much more; and "DONATIONS WILL BE:" listing "Sanitized", "Repaired", and "Redistributed to adults and children with mobility needs". At the bottom, there is a red banner with a "LEARN MORE" button, an email icon with "DME.MDOA@maryland.gov", a phone icon with "240-230-8000", and a website icon with "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

