



## Village Ambassador Alliance COVID-19 Resource Newsletter from Suburban Hospital

Greetings! The vaccine is now widely available to all individuals 12 and older in Montgomery County. As organizations begin re-open for in-person activities, please continue to follow safe practices.



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### MONTGOMERY COUNTY VACCINATION RESOURCES

[Follow the links to learn more about how to register for the COVID-19 vaccine](#)

[REGISTER FOR VACCINE HERE](#)

#### Montgomery County COVID-19 Vaccine FAQ

Click [here](#) to stay up to date on the most frequently asked questions

Click [here](#) to sign up for email/text alerts

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### MONTGOMERY COUNTY COVID-19 TESTING OPTIONS & RESOURCES

[Follow the links to learn more about local COVID-19 resources](#)

Click [here](#) to see the testing schedule

- **WHO:** For anyone, including children, who lives, works, or regularly visits Montgomery County
- **WHAT:** PCR nasal self-swab
- **WHERE & WHEN:** the link above offers weekly testing updates at various locations; some are walk-in and some may require an appointment
- **HOW:** if the site that is convenient for you requires an appointment, a phone number will be listed for that site
- **COST:** If you have insurance, it will be collected, but no charges will be passed on to you
- **RESULTS:** will take between 3-5 days; instructions on how to access your results can be found in the link above

**Montgomery County Disease Control Hotline**

(240) 777-1755

**MC311 Customer Service Center**

311 or (240) 777-0311

Monday – Friday 7 a.m. – 7 p.m.

[Free Home-Based Tests](#)

Review the instructions to learn if you are eligible; this service is for *individual households only*

[Other sites offering COVID-19 Tests](#)

Review for site-specific requirements such as doctor’s order and/or appointment

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**OTHER MONTGOMERY COUNTY RESOURCES**

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

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**SUBURBAN HOSPITAL ONLINE PROGRAMMING**

Suburban Hospital has transitioned many of its classes online and hopes that you will participate from the comfort of your home. Programs held online will use the Zoom platform, and instructions will be sent to registered participants to access. **Registration is required for all programs and events, unless otherwise noted**, at [events.suburbanhospital.org](http://events.suburbanhospital.org)

**If you know someone who is not connected to the internet but would like to join one of the virtual events by phone, please call 301-896-3939 to register**

**On-going Opportunities**

**Friendly Faces at Suburban Hospital**

Rolling | **FREE**

To help connect patients with their loved ones, we have created a way for friends and families to share pictures with hospital patients through email. Family members and friends can email their favorite photos to JHH Friendly Faces at [jhhfriendlyfaces@jh.edu](mailto:jhhfriendlyfaces@jh.edu). We will print and deliver the

photos to the patient's bedside. **Please be sure to have family member include the patient's full name, Suburban Hospital and room number in the email.**

### **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

### **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 Opportunities**

### **18<sup>th</sup> Annual Men's Health Symposium: The Brain-Gut Connection**

Thursday, June 17 | 6-7 p.m. | **FREE**

In honor of Men's Health month, learn more behind the research of the "second brain"- your gut or enteric nervous system (ENS) which is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think. Jay Pasricha, M.D., director of the Johns Hopkins Center for Neurogastroenterology and Glenn Jordan Treisman, M.D., Ph.D., Eugene Meyer III Professor of Psychiatry and Medicine at the Johns Hopkins University School of Medicine and Director of the AIDS Psychiatry Service, will discuss how the enteric nervous system communicates with your brain and how changes to one's digestive system can be attributed to mood changes associated with stress, depression and anxiety. All are welcome. [Register here](#).

### **Dine, Learn & Move: Local Foods to Renew Your Body**

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

Farmers markets offer some of the best produce the region has to offer. To celebrate National Fruit and Vegetable month, we'll discuss ways to shop local and eat what is in season. We'll also kick start the session with 20 minutes of physical activity, reminding you that the best way to manage a healthy weight is through both diet and exercise. Email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us) to register.

### **Type 1 Diabetes Peer Support Group**

Wednesday, June 23 | 7:30 p.m. | **FREE**

Are you living with type 1 diabetes (T1D) or parenting a child with T1D? Join us for an informational conversation, hosted by JDRF, to share information and connect with others in the T1D. All are welcome. [JOIN HERE](#)

### **Boosting Your Immunity Through Food**

Thursday, June 24 | 1-2 p.m. | **FREE**

With the Covid19 pandemic still among us, it is essential to build and maintain our immune systems! Proper nutrition plays a huge role in keeping us healthy, but what foods help to support our immune system? Join Suburban Hospital Dietician, Michelle F. Young RDN, LDN, MPH to learn how to properly

take care of yourselves and strengthen your immune system while maintaining proper portion control. [Register here.](#)

#### **Better Brethers Club**

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

Be part of this patient-centered and community-based club that supports persons with chronic lung disease including COPD, asthma, idiopathic pulmonary fibrosis, and lung cancer. Group meets every two months and features a guest speaker. Families, friends and support persons are welcome to attend. [Register here.](#)

#### **Pancreatic Cancer Support Group**

July 8 | 12-1 p.m. | **FREE**

This support group meets on the second Thursday of each month and is open to patients facing pancreatic, ampullary and bile duct cancers at any stage. Contact Samantha Rockler at 202-537-4105 or [srockle1@jhmi.edu](mailto:srockle1@jhmi.edu) for more information and to register.

#### **Diabetes Thrive 365**

Wednesday, July 14 | 6-7 p.m. | **FREE** | Diabetes Challenges & Strategies

Wednesday, Aug 11 | 6-7 p.m. | **FREE** | Do You Know Your Medications?

Facilitated by a Certified Diabetes Educator, the monthly meetings feature guest speakers discussing a variety of topics important for living well with diabetes. Every 2nd Wednesday of the month learn strategies, exchange information, and get the support you need to thrive 365 days-a-year. [Register here.](#)

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## **WASHINGTON METRO OASIS ONLINE PROGRAMMING**

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes online. Browse the full catalogue and register at <https://washington-metro.oasisnet.org/>

### **Upcoming Opportunities**

#### **Coping with Foot and Ankle Arthritis**

Wednesday, June 16 | 1-2 p.m. | **FREE**

Dr. John Thompson, Assistant Professor of Orthopedic Surgery, will be discussing the ins and outs of foot and ankle arthritis. [REGISTER HERE](#)

#### **Rehabilitation of the Hand and Arm**

Monday, June 28 | 10:30-11:30 a.m. | **FREE**

Participants will learn about common upper extremity conditions and how they are treated by occupational therapy. Diagnoses will include arthritis, carpal tunnel syndrome, fractures, and tendon injuries among others. Information will include some education on managing these issues at home including exercises, as well as when to see a doctor or therapist. There will also be an overview of what occupational therapy is and how it can assist with other activities of daily living. [REGISTER HERE](#)

## ONLINE PROGRAMMING & RESOURCES FROM OUR PARTNERS

### On-going Opportunities

#### **Grief & Loss Support Group from Adventist Hospital**

Wednesdays | 4-5 p.m. | **FREE**

Need Help Coping After the Loss of a Loved One? This support group will help you process your loss with others on the same journey and give you a supportive environment to express feelings of grief.

**Ages 24+**

[REGISTER HERE](#) or call **301-838-4912**

#### **Daily Virtual Mindfulness Program from Johns Hopkins**

Mondays, Wednesdays, Fridays | 12 p.m. | **FREE**

Tuesdays & Thursdays | 9 a.m. | **FREE**

<https://jhjhm.zoom.us/j/747490420> | Meeting ID 747 490 420

Join Dr. Neda Gould, faculty member in the Department of Psychiatry and Behavioral Sciences Department and Director of the Mindfulness Program for daily weekday meditations. **No registration required**; to join, copy and paste the link above into your browser.

### Upcoming Opportunities

**Giant Nutrition:** Click [here](#) to view **FREE** upcoming classes

#### **Virtual Mental Health First Aid**

Wednesday, June 23 | 9 a.m.-5 p.m. | **FREE**

Designed for those serving seniors -- be they workers, residents, or volunteers -- in Montgomery or Prince George's County. This training teaches you the tools needed to identify the notable risk factors and warning signs of a mental health crisis (or non-crisis) situation, crucial knowledge during a time of isolation. \*Participants must complete an individual 2-hour training at least 24 hours before the group course. Registrants will receive an email a week prior to the group training with a link to complete their individual portion. [Register here](#)

### Grief & Support Groups

#### [Caring Matters](#)

**Grief Support & Support Groups**

#### [Montgomery Hospice](#)

**Grief Support**

#### [Caring Bridge](#)

A free, non-profit online space that brings family and friends together during any type of health event. [CLICK HERE](#) to learn how it works

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**THANK YOU, STAY WELL & KEEP IT UP!**

**KEEP IT UP** HELP STOP THE SPREAD OF COVID-19



**Suburban Hospital Community Health & Wellness**



**SUBURBAN HOSPITAL**  
JOHNS HOPKINS MEDICINE