



Village Ambassador Alliance COVID-19 Resource Newsletter from Suburban Hospital

Greetings! While we have made it to 2021, the risks of COVID-19 are still very much present. Suburban Hospital remains committed to the health and safety of the entire community. The risks of this virus to older adults is high. We are continuously monitoring and assessing the effects of the pandemic on the community and local resources to help you and your members make informed decisions for your health and safety. Please feel free to share this information with your friends and families and continue to follow these guidelines to reduce your risk of infection and spread.

MONTGOMERY COUNTY COVID-19 TESTING OPTIONS & RESOURCES

Follow the links to learn more about local COVID-19 resources

[Free COVID-19 Tests](#)

PCR nasal self-swab

Dates & locations listed; some require appointments

Appointments can be made online or by calling the disease control hotline

Montgomery County Disease Control Hotline

(240) 777-1755

[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

Suburban Hospital Nasal Swab

Suburban offers a drive through option for the COVID-19 test on Monday-Friday 8:00 a.m. through 2:45 p.m. **by appointment only; a doctor's order is required.** If this is the most convenient location for you, have your doctor **fax** the order to **301-896-2477**.

OTHER 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

<p style="text-align: center;">Thrive at Home CLICK HERE</p>	<p style="text-align: center;">IT Support CLICK HERE</p>
<p style="text-align: center;">Where's My Bench? CLICK HERE</p>	<p style="text-align: center;">Virtual Rec Room CLICK HERE</p>

OTHER COVID-19 RESOURCES

Follow the links to learn more
[What to Expect from a Contact Tracer](#)
 Infographic from the CDC

Know the difference between COVID-19 and the flu
[CLICK HERE](#) to watch a 4-minute video featuring Lisa Maragakis, MD, MPH and senior director of infection prevention for the Johns Hopkins Health System
[CLICK HERE](#) for more information

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

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

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

Quitting Smoking: Am I Ready?
 Rolling | **FREE**
 Are you thinking about quitting smoking, but unsure whether you are ready? Perhaps your family, friends, or physician want you to quit, but you have concerns. Don't think about it alone! Register for a free telephone or Zoom consultation with our tobacco health navigator to discuss your tobacco use in a nonjudgmental, friendly and confidential format. Our navigator will help you decide which steps YOU are ready to take, and provide you with practical next steps and support options.

To schedule a session, please call **301-896-2334**. Phone calls will be returned on Mondays & Tuesdays.

Nutrition One on One

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

Start the New Year off to a healthy start! 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

Senior Shape: Balance, Strength and Posture

Mondays | January 11 – March 29 | 9-9:45 a.m. | \$40 for 3 months

Taught by a certified instructor, this exercise program will tone and define your core muscles and help build better balance. Bring weights.

[REGISTER HERE](#)

Vitals on the COVID-19 Vaccine

Wednesday, January 13 | 1-2 p.m. | **FREE**

With the recent approval of the COVID-19 vaccine, questions about the development and safety have arisen. Dr. Sonia Qasba, Suburban Hospital's Epidemiologist and Dr. Andrea Lerner from the National Institute of Allergy and Infectious Disease will explain the vaccine development process, address myths and misconceptions and answer all your questions about the COVID-19 vaccine.

[REGISTER HERE](#)

Diabetes-Thrive 365 Meetings

Wednesday, January 13 | 6-7 p.m. | **FREE**

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](#)

The COVID-19 Vaccine: What You Need To Know

Tuesday, January 19 | 4-5 p.m. | **FREE**

This virtual event will bring together the expertise of Johns Hopkins University, Sibley Memorial Hospital and Suburban Hospital for the benefit of the National Capital Region community. Join us to hear the latest information and participate in a live Q&A.

[REGISTER HERE](#)

Dine, Dine, Learn & Move: Start the Day, Start the Year

Wednesday, January 27 | 6-7:30 p.m. | **FREE**

Sign-up for this 90-minute interactive session that will get your heart pumping with a fitness activity, teach tips for making healthy choices and wrap-up with a live cooking demonstration. This month we will learn how a healthy breakfast sets the tone for a day with energy, focus, and an active metabolism. To register, email wellnessinfo@co.pg.md.us All ages welcome.

Get Back into Action with Joint Replacement

Thursday, January 28 | 1-2 p.m. | **FREE**

Joints are alive! Relief from joint stiffness, swelling, and pain can come through various options. Kevin Woodward, P.A.-C will provide a detailed review of the latest advances in joint replacement as well as treatment options for common hip and knee joint issues.

[REGISTER HERE](#)

19th Annual Women's Health Symposium

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

SAVE THE DATE!

OASIS LIFELONG LEARNING ONLINE PROGRAMMING

Oasis Montgomery Lifelong Learning, 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

Intro to Advance Care Planning, Voice Your Choice!

Tuesday, January 12 | 3 – 4 p.m. | **FREE**

You can have a say in your care if you are unable to speak for yourself. This advance care planning webinar provides a step-by-step process to support you in identifying a healthcare agent and completing a plan to make your wishes known in advance of a health care crisis. You will learn what advance care planning is, why it's important, what a health care agent is and how to select one in this introductory program.

[REGISTER HERE](#)

Transportation Options in Montgomery County

Wednesday, January 13 | 3 -4:15 p.m. | **FREE**

If you are age 50+ or an adult with disabilities and need a ride in Montgomery County, Connect-A-Ride has several options for you. The Connect-A-Ride (CAR) Program is a free information and referral program that helps adults, age 50 or older, and disabled adults of all ages, find the transportation they need for travel to medical services, grocery shopping, errands, and social activities as well as for other needs.

[REGISTER HERE](#)

How to Spot Pandemic Scams

Friday, January 15 | 10:30–11:30 a.m. | **FREE**

The Montgomery County Office of Consumer Protection will share information about common scams, and ways they have morphed in uncommon ways due to the pandemic. Whether online, in your mail, on your phone, or at your door, the scammers haven't stopped, they've only adapted. Come to hear about bogus clinical trials, counterfeit product, fraudulent cure claims, fake websites and more.

[REGISTER HERE](#)

Love Your Guts

Tuesday, January 26 | 1-2 p.m. | **FREE**

Did you know that your gut health plays an important role in the health of the rest of your body? We'll discuss why gut health is so important and the foods you should add to your diet – those pre and probiotics – to improve your gut health.

[REGISTER HERE](#)

ONLINE PROGRAMMING & RESOURCES FROM OUR PARTNERS

On-going Opportunities

One on One Tech Help

Monday - Friday | 10 a.m.-2:30 p.m. | **FREE**

Get help with your technology, including cell phones, computers, tablets, printers, internet, apps and more! 30 minute appointments can be done over the phone or by video call. Available in English, Spanish, Chinese, Korean, French, Amharic and six additional languages. **By appointment only.**

[SIGN UP HERE](#) or call 311.

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**

jhjhm.zoom.us/j/747490429 | Meeting ID 747490 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

Understanding the COVID-19 Vaccine: A Discussion with Drew Weissman, MD, PhD

Thursday, January 14 | 7-8 p.m. | **FREE**

It is no exaggeration to say that Drew Weissman is among a handful of scientists whose research is helping to save the world from COVID-19. Almost 23 years ago, Dr. Weissman began studying how messenger RNA (mRNA) could be used to create vaccines. Now his mRNA research underpins two of the leading coronavirus vaccines, one by Pfizer and the other by Moderna.

[REGISTER HERE](#) for this event sponsored by Charles E. Smith Life Communities

Giant Food Nutrition Education: Weigh to Go Series

Wednesday, January 20 – February 24 | 12 p.m. | **FREE**

Led by a weight management expert, this six-week program will provide support through the next year and beyond! Learn strategies to manage your weight in a healthy way and make 2021 your best year yet. Meetings include instruction and group discussion. Share with a friend and sign up together!

[REGISTER HERE](#)

Giant Food Nutrition Education: Meal Planning to Fit Your Budget

Tuesday, January 12 | 12 p.m. | **FREE**

Friday, January 15 | 10 a.m. | **FREE**

Monday, January 18 | 10 a.m. | **FREE**

Tuesday, January 19 | 1 p.m. | **FREE**

Tuesday, January 26 | 10 a.m. | **FREE**

Wednesday, January 27 | 1 p.m. | **FREE**

If you think eating healthy is too expensive, then this presentation is for you. Learn how to stretch your dollars to provide nutritious and delicious meals on a budget. We will share tips for meal-planning, as well as affordable recipes that will reduce food waste and improve your diet.

[REGISTER HERE](#)

Giant Food Nutrition Education: Six Steps to a Healthier You

Tuesday, January 12 | 10 a.m. | **FREE**

Wednesday, January 13 | 4 p.m. | **FREE**

Tuesday, January 19 | 1 p.m. | **FREE**

Friday, January 22 | 10 a.m. | **FREE**

Monday, January 25 | 11 a.m. | **FREE**

Tuesday, January 26 | 1 p.m. | **FREE**

Whether you're concerned about weight, chronic disease management, or just optimizing your health, this class will help you identify relatively simple and gradual changes that add up to major improvements. Join us to identify a step-by-step plan to help you meet your personal wellness goals.

[REGISTER HERE](#)

Giant Food Nutrition Education: Eating for Prediabetes and Diabetes

Tuesday, January 12 | 11 a.m. | **FREE**

Thursday, January 14 | 1 p.m. | **FREE**

Monday, January 18 | 1 p.m. | **FREE**

Thursday, January 21 | 10 a.m. | **FREE**

Monday, January 25 | 1 p.m. | **FREE**

Wednesday, January 27 | 10 a.m. | **FREE**

It's time to take control! Learn practical and delicious ways to manage your prediabetes and diabetes-and keep your blood sugar in check by managing your carbs and protein intake. And explore other lifestyle changes to prevent the progression of prediabetes and diabetes.

[REGISTER HERE](#)

Giant Food Nutrition Education: Eating for Heart Health

Wednesday, January 13 | 1 p.m. | **FREE**

Wednesday, January 20 | 10 a.m. | **FREE**

Wednesday, January 20 | 4 p.m. | **FREE**

Thursday, January 28 | 10 a.m. | **FREE**

Ever wonder how the foods you eat affect your heart? Learn how to eat for your heart, manage cholesterol and hypertension, and improve your numbers (and your health).

[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

THANK YOU, STAY WELL & KEEP IT UP!



Suburban Hospital Community Health & Wellness

