



Village Ambassador Alliance COVID-19 Resource Newsletter from Suburban Hospital

Greetings! The vaccine is now widely available to all ages in Montgomery County. While [the vaccinated population increases](#), we must continue to follow the safety guidance issued to reduce your risk of infection and spread.



For as long as it takes, Suburban Hospital will remain committed to the health and safety of the entire community. 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.

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

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

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
Thrive at Home CLICK HERE	IT Support CLICK HERE
Where’s My Bench? CLICK HERE	Virtual Rec Room CLICK HERE

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

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. 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

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

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

Freedom from Smoking®

Tuesdays | May 4 - June 15 | 6:30 - 8 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! *Supported by the Montgomery County Cancer Crusade.* [Register here.](#)

Yoga for Cancer Survivors

Tuesdays | May 4 - June 1 | 6:30 - 7:45 p.m. | **FREE**

Restore and refresh your body, mind and spirit in gently paced classes that enhance strength, flexibility and balance. Taught by Maggie Rhodes. No prior yoga experience is necessary. Some props required. Open to all cancer survivors. [Register here.](#)

An Extraordinary Journey for Extraordinary Times

Wednesday, May 5 | 10 - 11:10 a.m. | \$20

Mark your calendars for this exclusive morning program presented by Johns Hopkins Medicine. Hear three Johns Hopkins faculty physicians speak about chronic inflammation, new things to know about your brain, and the next chapter in COVID-19 vaccine. [Click here](#) to topic details, speaker bios, and to register.

Bladder Cancer Support Group for Women

May 6, June 3, July 1 | 12-1 p.m. | **FREE**

This support group for women with bladder or urothelial cancer meets the first Thursday of each month. Contact Samantha Rockler at 202-537-4105 or srockle1@jhmi.edu to learn more and register.

Diabetes Thrive 365

Monday, May 12 | 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](#).

Pancreatic Cancer Support Group

May 13, June 10, 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 for more information and to register.

Optimizing Acute Stroke Care

Wednesday, May 19 | 1-2:30 p.m. | **FREE**

[Timely treatment](#) is of the essence to reduce damage and improve recovery time from a stroke. Join members of Suburban's multidisciplinary stroke team to learn about stroke prevention, risk factors, signs and symptoms, new developments in treatment and more. [Register here](#).

Talk & Walk: A Virtual Breast Cancer Support Group

Friday, May 21 | 10:30 a.m. - 12 p.m. | **FREE**

Learn about the latest updates in treatment, research, nutrition and other matters; meet other survivors in the comfort of your home. This month we will hear from The [Glass Ribbon Project](#), which uses art to do good and promote healing. Artist and founder Gary Rosenthal will discuss how he started this project as a way for the community to rally around loved ones fighting breast cancer. [Register here](#).

Dine, Learn & Move - Physical Activity: The Antidote to Stress

Wednesday, May 26 | 6-7:30 p.m. | **FREE**

Get your heart pumping with a fitness activity, watch a live cooking demonstration and receive tips for making healthy choices. May is National Mental Health month, and we will talk about why movement is an antidote for depression, anxiety and loneliness, as well as a source of joy. Email wellnessinfo@co.pg.md.us to register.

Finding a Healthy Balance

Thursday, May 27 | 1-2 p.m. | **FREE**

Get tips from a Suburban Hospital physical therapist on practical and useful changes you can make in your home to help prevent falls. [Register here.](#)

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

Facing Re-Entry: Managing Your Mental and Physical Health in Tandem

Friday, May 7 | 1-2 p.m. | \$10

As we emerge from the pandemic, join local internist Dr. Lucy McBride for a session on how to assess your ongoing vulnerability, manage your physical and mental health, mitigate COVID risks and better understand vaccines, variants and evolving public health recommendations.

[REGISTER HERE](#)

Understanding to Dementia-Related Behavior

Friday, May 14 | 10:30-11:30 a.m. | **FREE**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use verbal language is lost. This session helps us learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene during some of the most common behavioral challenges of Alzheimer's disease.

[REGISTER HERE](#)

Brain Games: Strengthening and Enhancement

Wednesday, May 19 | 1-2 p.m. | \$10

The human brain loves mastering a task. Studies show the brain enjoys a challenge. So let's challenge it and have fun at the same time! In this class we will combine stress relieving patterns as well as games that can help improve your cognitive abilities. We will enjoy movements and breath work that strengthen our immune system and coordinated activities that help to create stronger neuron clusters. Please bring two objects you can use to catch (bean bags, beanie babies). Let's have fun!

[REGISTER HERE](#)

ONLINE PROGRAMMING & RESOURCES FROM OUR PARTNERS

On-going Opportunities

Virtual Chronic Disease Self-Management classes

Thursdays | May 6 – June 17 | 2:30-5 p.m. | **FREE**

The Prince George's County Health Department is taking registrations for its latest round of Living Well Chronic Disease Self-Management Program classes. The program is led by trained instructors who help you develop healthier lifestyles and make an action plan! Sign up now by e-mailing wellnessinfo@co.pg.md.us or calling (301) 856-9643. The link to the program will be emailed to registered participants prior to the start of the program. Visit health.mypgc.us/LivingWell for additional information.

Virtual Mental Health First Aid Training

Thursday, May 13 or 26 | 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.** [REGISTER HERE.](#)

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: Meal Planning on a Budget

Tuesday, May 18 | 11 a.m. | **FREE**

Tuesday, May 18 | 6 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 Nutrition: Six Steps to a Healthier You

Wednesday, May 5 | 10 a.m. | **FREE**

Friday, May 7 | 1 p.m. | **FREE**

Monday, May 10 | 1 p.m. | **FREE**

Tuesday, May 11 | 1 p.m. | **FREE**

Monday, May 17 | 1 p.m. | **FREE**

Tuesday, May 18 | 10 a.m. | **FREE**

Tuesday, May 18 | 4 p.m. | **FREE**

Monday, May 24 | 10 a.m. | **FREE**

Wednesday, May 26 | 10 a.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 Nutrition: Eating for Prediabetes and Diabetes

Friday, May 7 | 10 a.m. | **FREE**

Tuesday, May 11 | 2 p.m. | **FREE**

Wednesday, May 12 | 10 a.m. | **FREE**

Thursday, May 13 | 6 p.m. | **FREE**

Monday, May 17 | 10 a.m. | **FREE**

Monday, May 17 | 6 p.m. | **FREE**

Tuesday, May 25 | 1 p.m. | **FREE**

Thursday, May 27 | 6 p.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 Nutrition: Mindful Eating

Monday, May 10 | 1 p.m. | **FREE**

Wednesday, May 12 | 12 p.m. | **FREE**

Tuesday, May 25 | 6 p.m. | **FREE**

Thursday, May 27 | 4 p.m. | **FREE**

Are you a mindful or mindless eater? Learn tips and tricks to help you become more aware of how your environment influences your eating habits. This session is not about what to eat — it's about how to eat.

[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

