



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

Greetings! We continue to stress that 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.



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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

**OTHER MONTGOMERY COUNTY RESOURCES**

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

**SUBURBAN HOSPITAL ONLINE PROGRAMMING**

Suburban Hospital continues to offer most of its programs 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](https://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**

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

Thursday, June 17 | 6-7 p.m. | [WATCH RECORDING HERE](#)

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.

#### **Dine, Learn & Move: Change Your Mood with Your Food and Your Moves**

Wednesday, July 28 | 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. We will talk about the steps people can take to reduce mental health stigma in celebration of National Minority Mental Health Awareness Month. Email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us) to register.

#### **Talk & Walk Breast Cancer Support Group**

Friday, July 30 | 12:30 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 via ZOOM. New members welcome! For more information contact Jamie Borns at 301-896-6798 or [jborns1@jhmi.edu](mailto:jborns1@jhmi.edu). [REGISTER HERE](#)

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

Wednesday, July 28 | 7:30-8:30 p.m. | **FREE**

Are you living with type 1 diabetes (T1D) or parenting a child with T1D? Join the Mid-Atlantic Chapter of JDRF for an informal conversation to share information and connect with others in the T1D community. Bring questions or topics you would like to discuss. [REGISTER HERE](#)

#### **Cancer Caregiver Support Group**

Monday, August 2 | 12:30 a.m.-12 p.m. | **FREE**

This support group, which meets the first Monday of each month, allows caregivers to talk about their experiences, share information and encouragement, and learn from others facing similar challenges. Contact Candice Graham at 202-660-5292 or [cgraha39@jhmi.edu](mailto:cgraha39@jhmi.edu) to learn more and register.

#### **Gynecologic Oncology Support Group**

Tuesday, August 10 | 2-3 p.m. | **FREE**

This support group gathers on the second Tuesday of each month and provides a forum for gynecologic cancer patients to meet others with similar experiences and gain support and friendship. Contact Janie Meiserat 202-660-5742 or [jmeiser2@jhmi.edu](mailto:jmeiser2@jhmi.edu). For more information and to register.

#### **Diabetes Thrive 365**

Wednesday, August 11 | 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 365 days-a-year. The August meeting will focus on how well you know and understand your medications. [REGISTER HERE](#)

#### **Best Foot Forward**

Wednesday, August 11 | 6-7:30 p.m. | **FREE**

Learn about common problems that can affect your mobility and comfort from podiatrist Dr. Adam Isaac as he discusses foot and ankle conditions. He will also answer your questions about bunions, hammertoes, fungus and corns. [REGISTER HERE](#)

#### **Demystifying Your Thyroid**

Thursday, August 26 | 1-2 p.m. | **FREE**

Dr. Vaninder Dhillon, otolaryngology at Johns Hopkins Community Physicians, will review the signs and symptoms of various thyroid diseases including hyperthyroidism, hypothyroidism, goiter and surgical options for treatment. She will also discuss when to get your thyroid examined and risk factors for thyroid cancer. [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**

#### **Fueling the Mind, Feeding the Brain**

Wednesday, August 18 | 1-2 p.m. | **FREE**

We eat healthy for our heart, to lose weight or even prevent diabetes, so what about for our brain? Learn about the nutrients (and foods) we should be including to keep our brains in top form as we age. [REGISTER HERE](#)

#### **All You Need to Know About Strokes**

Monday, August 23 | 10:30-11:30 a.m. | **FREE**

This webinar will cover stroke prevention, risk factors, signs and symptoms, and new developments in stroke treatment. [REGISTER HERE](#)

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## **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

#### **Healthy Eating for Cardiovascular Health (Greater Stonegate Village)**

Thursday, August 5 | 12-1 p.m. | **FREE**

Guest speaker is Michelle Young, RD, LDN, MPH, Clinical Nutrition Manager at Suburban Hospital.

[REGISTER HERE](#)

#### **Virtual Mental Health First Aid (Primary Care Coalition)**

Wednesday, August 18 | 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](#)

#### **Benefits of Art & Creativity As We Age (Charles E. Smith Life Communities)**

Thursday, August 19 | 1-2:30 p.m. | **FREE**

Join the ElderSAFE Center for an interactive presentation on creativity, aging and mental health. Kim Burton, with Mental Health Association of Maryland, will share the many benefits of creativity on mental health and wellness, including ways to integrate creative practices into your everyday life.

Karen Webber will share her experience as a teaching / performing artist and poet, and the work she

does with older adults around creativity and recovery. Webber currently works with the Mental Health Association of Maryland on a new initiative – a musical wellness series “Keep On the Sunny Side” for older adults, integrating themes of positivity and resilience to combat isolation and loneliness. Finally, Webber will lead us through an activity so participants can begin getting in touch with their creative side. [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

***Forward.*** *For all of us.*  
*Together, we're moving health care forward.*

**Suburban Hospital Community Health & Wellness**



**SUBURBAN HOSPITAL**

**JOHNS HOPKINS MEDICINE**