

# Sibley SENIOR

Second Quarter 2024

SIBLEY MEMORIAL HOSPITAL, A MEMBER OF JOHNS HOPKINS MEDICINE

## Journey to Hope – DC Conference for Alzheimer’s Family Care Partners

Saturday, May 4 • 11 a.m. to 5:30 p.m. • Free • 555 Pennsylvania Avenue, NW, Washington, DC

Are you caring for a family member or friend who has Alzheimer’s disease or related dementia? Feeling uneasy, under-informed or overwhelmed? Let us help! Join us in person to learn tips to create better days for you and your loved one. Meet other care partners to learn and share new ways of coping and caring for yourself and your loved one. Light refreshments will be served.



### Understanding Alzheimer’s Disease and Related Dementias

**Marti Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T.**

*Interim Director of Community Affairs  
Director of the Sibley Senior Association (SSA) and  
Community Health at Sibley Memorial Hospital*

Mondy Carter has worked as a commercial and stage actor for 30 years and now animates videos. He has produced over 200 training videos. Karen and Mondy were featured in Real Simple magazine, NPR’s This American Life and performed a National TEDMED Talk.



### Having a Good Day – What Does That Look Like? Karen Stobbe and Mondy Carter

We will offer tips on communication, understanding behaviors and having purposeful things to do during the day. You will walk away with new tools to use every day.



### Learning to Care for Yourself While Caring for Someone Else

**Jane Van De Velde, D.N.P., R.N.**

You will learn simple tools and practices you can use when you are feeling depressed, sad, angry or anxious. These practices may help you to feel relaxed, calmer, more grounded and balanced. You will have the opportunity to both learn and practice these techniques during this session.

Jane Van De Velde, D.N.P., R.N., is a Reiki master practitioner and teacher with 20 years of experience. Her professional background is in community-based nursing with an emphasis in home care and hospice. Jane received her doctor of nursing practice from Rush University in Chicago.

Door prizes will be awarded during the conference – must be present to win. The venue is two blocks from the Judiciary Square Metro stop (4th Street entrance) and the Archives-Navy Memorial-Penn Quarter Metro stop. Street parking is available.

**Improve with Improv** (attendees will be invited to participate with improv prompts)

**Karen Stobbe and Mondy Carter**

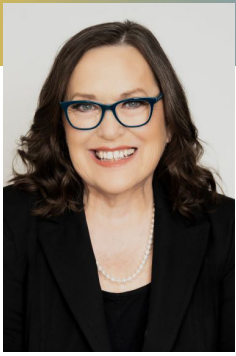
Improvisation has guidelines to help you learn to be a better performer. They are parallel to how to be a good care partner. Guidelines such as: Yes And..., Go with the Flow and Listen Fully. Karen and Mondy will facilitate each guideline and show you how to apply it to your daily life.

Karen Stobbe changed careers from theater and improvisation to health care when her father was diagnosed with Alzheimer’s. Since then, she has served as the director of education for Pioneer Network, written over 12 training programs and spoken all over North America.

Register at [smh.memberclicks.net/2024JourneyToHopeDCSSA](https://smh.memberclicks.net/2024JourneyToHopeDCSSA),  
email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before May 1.

You are invited  
to celebrate  
Marti Brown Bailey’s  
Retirement  
June 13, 2024

See page 7 for details.



## Greetings, Dear Members!

On Aug. 1, 2011, I started a new adventure. Julie Potter, who had been a Sibley Senior Association (SSA) leader since the inception and exclusively for many years, was retiring from Sibley. What big shoes for me to fill! She had addressed so many compelling needs for the aging community over the many years she led.

It has been more than 12-1/2 years as of this writing. I've tried different programs – some worked, some were not successful. I learned from what you or someone on our team told me and did my best to listen to what you wanted. Every year, as I personally experienced more aspects of aging myself, I tried to leverage that understanding as well.

Our team has grown. Most of you know Honora Precourt, our SSA manager, and the writer of nearly all our newsletters. Sharon Sellers came on board to help expand our Club Memory® program and Marianne Panke joined to lead our support group efforts. We have added Joyce Thompson, Jihan Starr, Shanida Thomas-Bodrick, Marisela Bolanos, Elijah McDuffie, Pam Nunez, Sydney Marshall, Kierstin Quinsland, Freya Winters and Tim Levens to help support our efforts out in the greater DC community. Each person has played a vital role in helping serve older adults. Many of you have also volunteered to support us in the office, or our art or Club Memory programs.

I mention all this for a reason – and that is that the SSA program is one that is not dependent on any one person. Our team is extraordinary. The energy, the care for people of all ages, but especially older adults, the teamwork ... I simply cannot say enough.

Many of you have heard me speaking about retirement over the last couple of years. On June 28, I will complete my last day as your director. I am so grateful to be leaving the SSA in good hands. Sharon Sellers, M.B.A, M.P.H., will be stepping into this position. Many of you already know her from our Discussions on Race, which she so capably organized. As a vital part of our team leadership already, she will seamlessly and comfortably assume this role.

I'm wondering if you happened to see the obituary about Iris Apfel, who died fairly recently at 102 years of age. She said something that I am thinking about as I move on to the next phase of my life. "If you don't learn constantly, you don't grow, and you will wither. Too many people wither on the vine. Sure, it gets a little harder as you get older, but new experiences and new challenges keep it fresh." I purpose to 'keep it fresh' by staying active, continuing to learn and continuing to serve older adults! Will you join me in keeping it fresh?

By the way, on June 13, the Sibley Foundation will be throwing a retirement party for all of us. I hope you will come!

Thank you for everything, dear friends. You have made this time so amazing.

Warmly,

Marti Bailey  
Interim Director of Community Affairs  
Director of the Sibley Senior Association (SSA) and  
Community Health at Sibley Memorial Hospital



## Meet Sharon L. Sellers, M.P.H., M.B.A.

Sharon Sellers has been an integral part of the Sibley Senior Association for more than eight years. She leads the Club Memory® Program that serves over 900 seniors in wellness centers and faith communities in the District of Columbia. Sharon facilitates support groups for care partners of persons with dementia and Alzheimer's disease. She frequently represents Sibley at D.C. City Council hearings and community meetings. In addition, Sharon is a frequent speaker in faith communities on a host of aging topics.

Sharon has over 25 years of experience as the executive director of several assisted living communities and nursing homes. She earned her M.B.A with a concentration in finance and an M.P.H. with a focus in health care administration from Columbia University. She is a certified trainer for Dealing with Dementia, a program of the Rosalynn Carter Institute for Caregiving.

## Sibley Senior Association Exercise Classes — Second Quarter 2024

As we go to press for this edition of Sibley Senior Newsletter, we continue to proceed with extreme caution.

The District of Columbia’s COVID-19 Health Guidelines state:

“...people who are at high risk of severe disease from COVID-19 who are not fully vaccinated should wear a face mask and maintain 6 feet of distance when interacting with people outside of their household.” [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance)

We ask exercise class participants to continue to:

- Get vaccinated • Practice social distancing • Wear a mask or face covering
- Wash your hands • Stay home if you feel sick

Our exercise classes were originally designed for Sibley Senior Association members. While we welcome non-members to attend, we recognize it does take time away from paying members. There is a \$10 quarterly administrative fee for non-members to attend as many SSA classes as desired during the quarter.

If the federal government or D.C. schools are closed due to snow, the classes at the Palisades Hub will be cancelled and make-up class(es) will be scheduled. If you feel weather conditions are dangerous, please do not attempt to drive.

- Wear comfortable clothing.
- Payment must be received **before** your first day in class.
- Make check payable to Sibley Memorial Hospital and mail to the Sibley Senior Association or call 202-364-7602 to pay via credit card. Note: there is a \$10 quarterly administrative fee for non-SSA members.
- No refunds after your first week in class.
- Always check with your doctor before starting a new exercise regimen.
- Call 202-364-7602 for more information and to register for your desired class as soon as possible.

### Beginning Tai Chi with Jeffrey Robbins

Foster balance, strength and concentration with this classic Chinese self-defense art that promotes serenity and connection of the mind and body. Class follows the 37-form Yang style. **Tai Chi veterans welcome to register late.** Beginners would benefit from starting at the beginning of a class. \$185 for the 12-week session (or \$18 per class for late registrants).

Advance registration and payment required. Register at [smh.memberclicks.net/2Q2024TaiChiSSA](https://smh.memberclicks.net/2Q2024TaiChiSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

**Wednesdays | April 10 through June 26  
Noon to 1 p.m.**

Palisades Hub | 5200 Cathedral Ave. NW,  
Washington, D.C. | Near MacArthur Blvd.  
Street parking available

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# Sibley Oncology Programs | April-June

All classes are free and will take place via Zoom, unless otherwise noted. Contact [cancersupportNCR@jhmi.edu](mailto:cancersupportNCR@jhmi.edu) to register and obtain the Zoom login information. For a full list of support services and programs visit [bit.ly/Kimmel-cancer-support](https://bit.ly/Kimmel-cancer-support).



## Art Therapy and Cancer Survivorship Series

Tuesday, May 7 – June 11 | 5 – 6:30 p.m.

Join art therapist Sarah Jones and Pam Goetz to help ground and creatively explore your inner artist for self-care. Participants are expected to attend all six weeks to support a stronger group connection and process. No art experience required. For more information and upcoming dates, contact Pam Goetz at [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu).

## Healing with Nature

Saturday, April 27 – May 11 | 10:30 a.m. – 12:30 p.m.  
Locust Grove Nature Center, Bethesda, MD

Attend these nature-informed and mindfulness-based sessions in nature. You will use mindfulness, light movement, breathwork and group discussion to deepen your understanding of yourself and improve your healing and wellbeing.



## Meditation and Mindfulness: Practices to Help Anyone Affected by Cancer

Thursdays | 7 to 8 p.m.  
Sundays | 7:30 to 8 p.m.

Patients, family members and caregivers will learn ways to regulate the stress response, discover a deeper sense of ease and gain a greater sense of balance and intentional choice in their lives. No prior experience needed.

## Reiki Self-Care Class — For Anyone with a History of Cancer and Their Caregivers

Reiki is a subtle, meditative practice that uses light, still touch on the body to help relieve stress, promote balance and encourage self-healing. Sibley offers half-hour private sessions, small group sessions and Reiki first degree training for self-care. For more information, contact Pam Goetz at [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu).

## Restorative Yoga for Cancer Patients and Survivors

Mondays | 7 to 8:30 p.m. | Mat yoga class  
Wednesdays | 10 to 11 a.m. | Chair yoga class

These weekly restorative and active classes are designed for people with a history of cancer. Join us to practice meditative and gentle yoga using mindful movement, balance and breathing techniques to help reduce anxiety, increase body awareness and regain strength and mobility.

## Survivorship Series: Stronger and Healthier Together

Wednesdays | June 5 through July 10 | 5 to 6 p.m.

Join this six-week series for people who have completed active cancer treatment in the last 24 months. Experts discussing nutrition, stress reduction, lymphedema risk reduction, exercise, emotional health, sexual health and side-effect management. Participants will have one-on-one coaching sessions with a certified health coach. For more information, contact Pam Goetz at [pgoetz4@jhmi.edu](mailto:pgoetz4@jhmi.edu).

## Women And Bladder Cancer Educational Series

Tuesday, June 18 | 4 – 5:30 p.m.

What You Need to Know to Manage & Cope – During and After Treatment

This series is for women impacted by bladder cancer only. Gain insights and practical tips on coping with a bladder cancer diagnosis with Nurse Navigator Cynthia Jeong and Social Worker Molly Vencel. Register and see all upcoming sessions at [2024womenbladdercancer.events.sibley.org/](https://2024womenbladdercancer.events.sibley.org/).

## Your Path to Purpose

Wednesday, April 10 and 17 | 5:30 – 6:30 p.m.

This two-part, interactive workshop is for cancer patients, survivors and family members to explore their purpose through reflective writing exercises.



## Parking Reminder

SSA members may obtain their parking discount validation chaser ticket at the security desks

in Building B or Building D. Please present your green SSA membership card to the security officer to obtain the discount validation chaser ticket. You may pay for parking either at the payment kiosk in Building A or Building D before you retrieve your car, or at the exit gate of the parking lot. Insert your parking ticket first, followed by your SSA discount validation chaser ticket.

## Kimmel Cancer Center Support Groups

These virtual groups offer an opportunity to meet others going through similar experiences and gain support and friendship. Each group is facilitated by an oncology social worker or nurse to provide a safe and informative community. Learn more by emailing [cancersupportGWA@jh.edu](mailto:cancersupportGWA@jh.edu) with the name of the support group you are interested in attending.

### Bladder Cancer Support Group for Women

First Thursday of each month | Noon to 1 p.m.

### Brain Tumor Support Group

Second Thursday of each month | Noon to 1 p.m.

### Breast Cancer Support Group

First Wednesday of each month | Noon to 1 p.m.

### Cancer Caregiver Support Group

First and third Monday of each month | Noon to 1 p.m.

### Gynecologic Oncology Support Group

Second Tuesday of each month | 2 to 3 p.m.

### Lung Cancer Support Group

Fourth Tuesday of each month | Noon to 1 p.m.

### Metastatic Cancer Discussion Group

Fourth Monday of each month | 1 to 2 p.m.

### Pancreatic Cancer Support Group

Second Thursday of each month | Noon to 1 p.m.

### Prostate Cancer Educational/Support Group

Third Monday of each month | times vary

### Talk and Walk (for breast cancer patients)

First Thursday of each month | 10:30 a.m. to Noon | In-Person

## Thank You to Our Sponsors

We hosted the Sex and Aging Conference last month. This was the third of our three-part conference series for 2023-2024 (Journey to Hope - DC, Aging on Your Terms and Sex & Aging). Participants learned about reframing sexuality, disability and chronic illness; women's health and how to foster a healthy libido at any age. Thanks to our generous sponsors, the first 30 people who registered for the conference will be receiving Dr. Sharon Malone's book, *Grown Woman Talk*, when it is published in April.

The first conference of the 2024 – 2025 series will be our Journey to Hope – DC conference for Alzheimer's family care partners. We are hosting our Journey to Hope – DC conference in person this year at the Johns Hopkins University Bloomberg Center at 555 Pennsylvania Avenue, NW.

We are very grateful for our sponsors who help support our conference series and the Club Memory<sup>®</sup> program throughout the year:

### Champion Sponsor

[Aging Well Eldercare](#)

(formerly Debra Levy Eldercare Associates)

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By SSA member  
Donald Saltz

Answers on Page 11

1. Identify the wife of the 11th century Earl of Mercia, Leofric.
2. Luke Appling was a star shortstop for many years for what major league baseball club?
3. The "Delta Queen" is what kind of boat? It plies the Mississippi River.
4. What is the birthstone for July?
5. Chihuahua is a state in what country?
6. What is the Roman numeral for 35?
7. A mascot is said to bring what?
8. On what river is the German city of Cologne?
9. How many books of the Bible are named "Kings"?
10. What was the first antibiotic drug?

# Support | You're Not Alone



Support groups are free, ongoing and open to new members. Please call the numbers or email the leaders listed for more information and registration details.

## Arthritis Support Group

**Mondays | April 22, May 27 and June 24 | 1 to 2 p.m.**

Meet with people experiencing similar challenges and learn tips and strategies to help with daily living activities. This is a safe environment to share how you are dealing with your physical symptoms and underlying feelings. Group leader: Amy Fox. Meets on the fourth Monday of the month. Register: [smh.memberclicks.net/q4-arthritis-support-group](https://memberclicks.net/q4-arthritis-support-group), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Bereavement Support for Widowed Persons

Widowed Person Outreach (WPO) — Helping and Healing offers support groups for people widowed two years or less. Ongoing groups meet on the second and fourth Wednesdays of the month via Zoom. WPO also sponsors in-person social gatherings once a month for widowed persons. Call 202-537-4942 for more information and to register. Please leave a voicemail, and a WPO volunteer will contact you.

## Better Breathers Club

**Mondays | April 1, May 6, June 3 | 12:30 to 1:30 p.m. via Zoom**

Better Breathers Club offers patient-centered and community-based educational opportunities and support to persons with chronic lung disease (COPD, asthma, pulmonary fibrosis, lung cancer and other chronic lung diseases) and their families, friends and care partners. Moderated by Jihan Starr, community dementia program manager, this is a support group where individuals living with chronic lung diseases can participate in problem-solving activities. Members can benefit from resourceful information directly related to their experiences and become valued members where trust and mutual support grow. Healthy discussions and debates are encouraged. Meets on the first Monday of the month with some exceptions.\* Contact Jihan Starr at [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu) or call 202-660-6822 for more information or to register.

*\*Better Breathers Club will not meet on federal holidays. If the first Monday of the month is a federal holiday, Better Breathers Club will meet on the second Monday of the month.*

## Care Partner Support Groups

These support groups are for those caring for someone who needs assistance with the challenges of aging, chronic illness, Alzheimer's or other forms of dementia, cancer or recovery from surgery. You are welcome to join us if your loved one is long distance or in a care community as long as you live in

the D.C. Metro Area. Three support groups meet regularly via Zoom. Times and days vary by group. For more information and to register, contact group leader Marianne Panke, M.A., at [mpanke1@jhmi.edu](mailto:mpanke1@jhmi.edu).

## Club Memory®

Club Memory is a supportive, social engagement group for people with mild cognitive impairment (MCI), early-stage Alzheimer's or other forms of dementia and their care partners or family. Club Memory meets at multiple locations throughout D.C., online and via Zoom. Registration required. Contact Jihan Starr, community dementia program manager, for more information about Club Memory and support groups at [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu) or call 202-660-6822.

## Lyme Disease Support Group

For information about Lyme disease, support resources and meeting groups, call the National Capital Lyme Disease Association at 703-821-8833 or visit [natcaplyme.org](http://natcaplyme.org).

## Myotonic Dystrophy Support Group

This social support group is for people with myotonic dystrophy. For meeting times, contact Pat Dinsmore at 202-361-1087 or email [p.dinsmore@icloud.com](mailto:p.dinsmore@icloud.com). Visit [myotonic.org](http://myotonic.org) for more information.

## Parkinson's Disease & Movement Disorders Support Group

**Thursdays | April 11, May 9, June 13  
2:30 to 3:30 p.m. | via Zoom**

For those living with Parkinson's disease and other movement disorders, their care partners and family members. Meets on the second Thursday of the month. Group leader: Marti Bailey. Call 202-364-7602 for more information or to register.

## Parkinson's Disease & Movement Disorders Care Partner Support Group

**Thursdays | April 25, May 23 and June 27 | 2 to 3 p.m. via Zoom**

For care partners and family members of those who are living with Parkinson's disease and other movement disorders. This group usually meets on the fourth Thursday of the month: Group leader: Marti Bailey. Call 202-364-7602 for more information or to register. Please note this is a new meeting time in 2024.

## PSP Support Group

**Saturdays | April 20, May 18 and June 15 | 2 to 4 p.m. via Zoom.**

CurePSP works to improve awareness, education, care and cure for devastating prime-of-life neurodegenerative diseases. These include progressive supranuclear palsy (PSP), corticobasal degeneration (CBD), multiple system atrophy (MSA) and

others. Metro DC Support Group for PSP/MSA/CBD meets on the third Saturday of the month. Contact Kristen Weidner at [weidner.kristen@gmail.com](mailto:weidner.kristen@gmail.com) to register, or visit [curepsp.org/needsupport](http://curepsp.org/needsupport) to view support group offerings.

## Stroke Support Group

Wednesdays | April 3, May 1 and June 5 | 1 p.m.  
via Zoom

Offers survivors, caregivers and family members a chance to share concerns and support each other. Professionals from various disciplines provide advice, resources, updates and information about post-stroke recovery in an informal setting. Meets on the first Wednesday of the month. For more information, contact Amy Chew, group leader, at [achew6@jh.edu](mailto:achew6@jh.edu) or Katie Foster, Sibley stroke coordinator, at [kfoster30@jhmi.edu](mailto:kfoster30@jhmi.edu).

## Transforming Loss Into Personal Growth

This ongoing support group enables participants to explore ways to transform the variety of losses we experience as we age. These cumulative losses are unsettling but can enable us to

find new meaning and purpose. Losses result when we retire, lose a partner or a friendship, relocate or adapt to new roles in life. Join us to explore how to invest in a path different than you (might) have expected or planned. Meets on the second and fourth Wednesdays of the month from 4 to 5:15 p.m., via Zoom. Participants attend regularly. The group leader Lobsang Damchoe, a retired physician, will contact new registrants before joining the group. Register: [smh.memberclicks.net/2024YouAreNotAlone](http://smh.memberclicks.net/2024YouAreNotAlone), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## NEW SUPPORT GROUP

### Anacostia Area Alzheimer's Care Partner Support Group

Designed for individuals caring for someone with Alzheimer's and other related dementias who may be experiencing some of the same challenges as other care partners. Join us for the comradery, information, togetherness and resources — and in time, you may become a resource for others. Meets via Zoom the first and third Monday of each month from 1:30 to 2:30 p.m. Email Jihan Starr for more information and to register [jstarr12@jhmi.edu](mailto:jstarr12@jhmi.edu).



*Celebrate!*

**Dr. Hasan Zia, President, Sibley Memorial Hospital  
& the Sibley Memorial Hospital Foundation**  
invite you to a reception in honor of

***Marti Brown Bailey***  
Director, Sibley Senior Association & Community Health

to celebrate her retirement and  
service to the community for more than 12 years

Thursday, June 13, 2024, 4:00-6:00 p.m.  
Sibley Memorial Hospital  
Medical Building, Conference Rooms 1 & 2



*This special event will raise funds in Marti's honor to benefit  
the Sibley Senior Association and the Club Memory Program.*

Make a gift online at <https://secure.jhu.edu/form/MB>

**RSVP to: [SibleyFoundation@jhmi.edu](mailto:SibleyFoundation@jhmi.edu) or 202-537-4257**

## Member Safety Tip

We always call our members if we receive an email that looks as if something's not right. For example, an SSA member's email was hacked recently and the hacker(s) sent this email to the SSA office (and many other addresses on their contact list):

Good morning,

I hope you're well; Can I ask a quick help from you?

Thank you

(first and last name)

In this case, they used our member's exact return email address. Quite a number of people contacted him by phone to let him know they received an odd message. They didn't think he would use the phrase "quick help." Our member sent an email to his contacts letting them know he had been hacked.

He told us his story so we could share it with you. If you see any red flags in emails you receive (allegedly) from people you know, please do not respond to the emails.

- Urgent request to forward money immediately
- Incorrect grammar
- Incorrect punctuation
- Long run-on sentence
- Awkward phrasing
- Missing words
- Return email address does not match intended recipient's email

Please be careful when you open and read emails. If something sounds a bit off, do not respond to the email – and definitely do not open any links or attachments! When in doubt, please pause. You can always call someone on the phone to verify their message. Let's stay safe in 2024.

## Living Alone

The Sibley Senior Association invites you to join a lively discussion group on how to better cope with living alone. All members of SSA and Widowed Persons Outreach (WPO) are welcome. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/partner. Experiences of the WPO and the SSA show us that there is value to those living alone in sharing experiences and needs about their special situation. Join us to discuss the benefits and challenges of living alone in the D.C. Metro area. Recent discussion topics include the retirement living options, online services for seniors, the value of participating

in community activities, cooking for one, opportunities for volunteering and the many resources for help/advice for seniors in the local area.

**Mondays | April 15, May 20 and June 17 | Noon to 1 p.m. via Zoom**

The Living Alone discussion group meets monthly on the third Monday via Zoom. Register for the discussion group by emailing [kenfgordon@gmail.com](mailto:kenfgordon@gmail.com) or calling the SSA office at 202-364-7602. The Zoom link will be provided to all registered attendees.



*Bahareh Amidi, Ph.D.*

## Poetry and Healing — Tap Into the Language of the Heart

It's not too late to incorporate creativity and healing into 2024. All are welcome to join our Poetry and Healing sessions. Discover a different way to express yourself and find healing during challenging times. Poetry therapy is for anyone who is willing to come and open their heart and listen within. It is like a mirror to help one look both within and ahead.

Dr. Bahareh Amidi is a poetry therapist who believes words and voice can be instrumental in the healing process for people

of all ages and backgrounds worldwide. She holds a master's degree in counseling psychology from the College of Notre Dame and a Ph.D. in educational psychology from Catholic University of America.

**Wednesday | May 15 | 2 to 3 p.m. | via Zoom**

Class size is limited to 12 participants.

Register at [smh.memberclicks.net/MayPoetryHealing2024](http://smh.memberclicks.net/MayPoetryHealing2024), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 at least one week in advance. Participants will receive the Zoom link after they register.





## Normal Aging and the Brain

As we age, many of us find ourselves forgetting things that we previously did not, or having a harder time remembering what we were doing when we arrive at the destination to do it. Ever walk into another room to retrieve an object and then forget someone's name when you only see them occasionally? How much of that is normal aging and should we be concerned?

Marti Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T., founder of Club Memory® and a certified dementia practitioner will talk about the impact of normal aging on the brain and how and when a person might be concerned. When should you seek help from a medical professional?

Friday | May 10 | 1 to 2:30 p.m. | via Zoom

Advance registration is required. Register at [smh.memberclicks.net/NormalAgingBrain2024SSA](https://smh.memberclicks.net/NormalAgingBrain2024SSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## StrongerMemory Brain Health

The StrongerMemory program offers a curriculum designed by Goodwin Living to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Participants spend just 20 to 30 minutes a day engaged in reading aloud, writing by hand and doing simple math quickly. Goodwin Living is a faith-based nonprofit which began in 1967 and serves over 2,500 older adults in the region through life plan and rental options and other services. StrongerMemory is available thanks to financial support from generous donors to the Goodwin Living Foundation.

Ready to try this innovative and easy-to-follow brain health program at home? SSA members are invited to download StrongerMemory, available in a workbook of exercises in English or Spanish, for free at [goodwinliving.org/stronger-memory](https://goodwinliving.org/stronger-memory). Members are also invited to join a virtual StrongerMemory check-in from 10 to 11 a.m. on the third Tuesday each month.

Tuesdays | April 16, May 21, and June 18 | 10 to 11 a.m. | via Zoom

Register at [smh.memberclicks.net/2024StrongerMemorySSA](https://smh.memberclicks.net/2024StrongerMemorySSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Meditation and Mindfulness

Mindfulness meditation is the practice that encourages one to “pay attention, on purpose, non-judgmentally, in the present moment, as if your life depended on it” (Jon Kabat-Zinn) – which of course it does. This practice can lead to greater calmness and clarity and has been shown to help reduce stress and meet the challenges of illness more skillfully and with more ease.

Mindfulness meditation has been shown to be effective in reducing stress, anxiety and loneliness, coping with symptoms and side effects, improving sleep and boosting the immune system. We offer two, weekly one-hour sessions via Zoom. First-time and experienced meditators are welcome!

Tuesdays | 11 a.m. to noon | via Zoom | Led by Leyla M. Kenny, Ph.D., L.I.C.S.W.

Thursdays | 1 to 2 p.m. | via Zoom | Led by Patricia J. Ullman, J.D., L.G.P.C., M.A., certified meditation instructor

Register for Tuesday sessions at [smh.memberclicks.net/2024TuesdayMeditationSSA](https://smh.memberclicks.net/2024TuesdayMeditationSSA).

Register for Thursday sessions at [smh.memberclicks.net/2024ThursdayMeditationSSA](https://smh.memberclicks.net/2024ThursdayMeditationSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602. All SSA members will receive the Zoom links via email in an SSA update. Each instructor uses their own Zoom link for the entire year. The Zoom link is the same every week.

## Earth Day Celebration with International Traveler and Photographer Daniel Fox



**Daniel Fox** is the author of *FEEL THE WILD*, Sony photographer, solo wilderness explorer and co-founder of *FUTURE of SPACE*. He has been described as a mix between Henry David Thoreau and Ansel Adams.

Daniel has spent months by himself in the wilderness, learning from nature. Today, Daniel is using these lessons to help and mentor while leading his company *FUTURE of SPACE* to shaping a better tomorrow.

In honor of Earth Day, we welcome Daniel to share the insights and beauty received from a life driven by exploring what the world and its people have to offer. There will be plenty of time for questions and answers.

**Thursday | April 11 | 3 to 4 p.m. | via Zoom**

Register at [smh.memberclicks.net/CelebrateNatureSSA2024](https://smh.memberclicks.net/CelebrateNatureSSA2024), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

## Member Poetry

**Chatter** By Jancis Long

Let them not take from me the things that matter  
The things that once I knew  
Before the world for me became a clutter  
Of words and things and such  
Which cannot mean so very much  
But people think they do  
And in their universe of chatter  
Forget that in the dark and quiet is you.

Millard Long's wife, Jancis, seemed like a character out of a 19th-century English or Russian novel. Her mother died when Jancis was five. Jancis was raised in central England by a reclusive father, who left home only to take the girls on afternoon walks. Until she was 16, Jancis lived in a household consisting of her father, sister and a housekeeper with no contact with other children and few adults. Jancis was homeschooled. Her early education consisted of reading library books, being tutored in French and an occasional lecture on opera from her father. By the age of 15 Jancis had written many short stories and one novella. She continued to write poems, short stories, professional articles, travel accounts, diaries and thousands of letters throughout her life. Jancis was a licensed psychotherapist. She passed away in November 2023.

## Annual Grief and Loss Conference *Sponsored by Widowed Persons Outreach (WPO)*

**Thursday | April 18 | 2 to 4 p.m. | Free via Zoom**

Anyone experiencing grief or loss, especially of a spouse or a life partner, is welcome to attend. Professionals including nurses, social workers and grief counselors are also invited.

Grief is a natural response to a bereavement or a loss of any kind, but the distress you understandably feel today need not be incapacitating or unnecessarily prolonged. Chris' approach is to help one come to terms with this new reality, while retaining a healthy and positive psychological relationship with the loved ones you have cherished, but who are now no longer physically present. His aim is to help establish strategies for living a fulfilling and joyful life - a life that can be continually enriched by the happy memories of times gone by. Live a life of gratitude, rather than regret.



**Speaker: Chris Haws**, certified grief counselor

Chris earned a master's degree with honors in psychology from Aberdeen University, Scotland, and post-graduate certification as a grief counselor from the American Academy of Grief Counseling. He specializes in bereavement and grief, substance abuse and recovery, and mindfulness and well-being.

**Thursday | April 18 | 2 to 4 p.m. | via Zoom**

There is no fee for the conference, but registration is required at [smh.memberclicks.net/WPOGriefAndLoss4182024SSA](https://smh.memberclicks.net/WPOGriefAndLoss4182024SSA), by emailing [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or calling 202-364-7602 before April 17.

Widowed Persons Outreach (WPO) is a 501(c)3 organization founded to offer community for the bereaved as they navigate the loss of a spouse. Visit [wpodc.org](http://wpodc.org) for more information. Donations to WPO are appreciated.

## LGBTQIA+ Health Equity

In honor of Pride month, on the eve of the 55 anniversary of the Stonewall uprising riots, Anthony L. Teano, MLA, will discuss health equity and social determinants of health. We will learn about the top health risks for LGBTQIA+ people and discover what we can all do to advance LGBTQIA+ health equity. All are welcome.



**Anthony “Tony” Teano** is a communications specialist with several aging programs at the Johns Hopkins School of Medicine including: the Alzheimer’s Disease Research Center, the Center on Aging & Health (COAH), Frailty Science, the Division of Geriatric Medicine & Gerontology and the U.S. Deprescribing Research Network. In 2022, Tony sought and won a competitive Diversity Innovation Grant to create a training program for geriatricians to become more culturally competent with LGBTQ+ aging issues. He worked with the Center for Innovative Medicine and supported initiatives for Medicine for the Greater Good (MGG), where he began advocating for advancing LGBTQ+ health. Tony serves as a member of the university-wide Diversity Leadership Council and is a 2021 recipient of the School of Medicine’s Pride Achiever’s award.

Tony was a staff member with the Office of the Vice President, where he contributed to advance team efforts for Vice President and Mrs. Al Gore, Jr. on LGBTQ and HIV/AIDS community events such as the D.C. AIDS Walk and the NAMES Project AIDS Memorial Quilt.

Thursday | June 27 | 7 to 8 p.m. | via Zoom

Register at [smh.memberclicks.net/LGBTQIAHealthEquitySSA2024](https://smh.memberclicks.net/LGBTQIAHealthEquitySSA2024), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.



Quiz on page 5

1. Lady Godiva.
2. Chicago White Sox.
3. Paddle wheeler.
4. The old one is onyx; the modern stone is ruby.
5. Mexico.
6. XXXV.
7. Good luck.
8. Rhine River.
9. Two: I Kings and II Kings. They relate the history of the reigns of the Jewish kings after David. The Roman Catholic Bible (Douay Version) includes four books — the two mentioned above plus I Samuel and II Samuel.
10. Penicillin, discovered in 1928 but produced a decade later.

## June is Pride Month



Historically LGBTQIA+ Pride is celebrated in June to mark the anniversary of the Stonewall Riots. You may recall Clare Madrigal, RN, who provided this background, “Preceding the uprising, the bar-goers would be harassed and arrested. During a police raid on June 28, 1969, the patrons of the bar had enough and fought back. The uprising lasted for several days. This was the spark of the LGBTQ+ rights movement. The following year, to mark the anniversary, there was a march, which has continued to this day. Today Pride is celebrated as a parade, but we must never forget how it all started.”

Sibley’s LGBTQIA+ committee continues to work on initiatives to make the hospital inclusive for our patients, staff and community. In March, the committee hosted a Call to Action information table in the cafeteria in honor of Transgender Day of Visibility. People visited the table to learn more about and volunteer at organizations that support or provide services for our transgender community.

Sibley Memorial Hospital will participate in the local DC Capital Pride Festival on June 9 at the Johns Hopkins Medicine Table. The festival takes place on Pennsylvania Avenue and is sponsored by the Capital Pride Alliance. There will be over 300 exhibitors (including service organizations, faith-based groups, educational institutions, government agencies, artists, consultants and potential employers), three entertainment stages and plenty of food options. The LGBTQIA+ community and allies are all invited. If you are interested in joining us, contact Ivy Hunt BC-RN BSN, at [ihunt4@jhmi.edu](mailto:ihunt4@jhmi.edu) or call 202-660-5730.

At Sibley Memorial Hospital, you are welcome.

## Discussing the Facts Speaker Series

Presented by New Morning Star Baptist Church  
and Sibley Senior Association

SSA is co-sponsoring a speaker series with New Morning Star Baptist Church on the last Wednesday of the month via Zoom (with some exceptions). The evening begins with a welcome prayer and program introduction from Reverend Dr. Donald K. Sadler, pastor of New Morning Star Baptist Church. Speakers are introduced by Marti Brown Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T., interim director of Community Affairs and director of the Sibley Senior Association and Community Health. The evening ends with a closing prayer from Pastor Sadler. We offer a different topic each month.

Previous discussion topics have included COVID-19 (research and vaccines), cancer prevention, mental health, heart health, nutrition, diabetes, and health equity for people of color. The dates in the series will be:

**April 24:** The Importance of Moving and Motion

**May 22:** Mental Health and Health Equity

(please note: this is the fourth Wednesday in May, not the last Wednesday of the month)

**June 26:** Alzheimer's and Health Equity

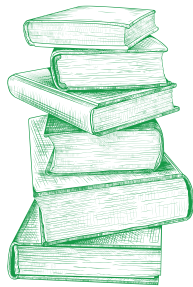
Register at: [smh.memberclicks.net/AprilSSADiscussingFacts](https://smh.memberclicks.net/AprilSSADiscussingFacts) for the April 24 session, [smh.memberclicks.net/MaySSADiscussingFacts](https://smh.memberclicks.net/MaySSADiscussingFacts) for the May 22 session and [smh.memberclicks.net/JuneSSADiscussingFacts](https://smh.memberclicks.net/JuneSSADiscussingFacts) for the June 26 session or email [pnunez@jhmi.edu](mailto:pnunez@jhmi.edu) or call 202-364-7602 at least one week before each event.

**Wednesdays | April 24, May 22 and June 26 | 7 to 8 p.m.  
via Zoom**

## Book Marks: Coffee and Camaraderie

New update: Choose In Person or Virtual

Love to read? Come join our lively discussion of everything from novels to nonfiction to history and biographies. We have been meeting in person and online for the past two months. If you are eager to join people in person to discuss the book, you are invited to join us in Palisades, DC. Or, you are welcome to join us from the comfort of your own home. We meet the second Tuesday of each month from 1:30 to 2:30 p.m. in person, at the Palisades



Library and remotely via Zoom. We will use the same Zoom link each month in 2024. The Sibley Senior Association will email the Zoom link to new registrants each month. If you are a newcomer, please register using this link: [smh.memberclicks.net/2024BookMarksSSA](https://smh.memberclicks.net/2024BookMarksSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu), or call 202-364-7602. When you register, please let us know if you are joining us in person or via Zoom.

**April 9**

**THE MALTESE FALCON** by Dashiell Hammett

*From Amazon.com:* The definitive masterpiece of the hard-boiled detective genre, The Maltese Falcon first appeared in the pages of Black Mask magazine in 1929. Tough, cynical PI Sam Spade is hired by the story's irresistible femme fatale, Brigid O'Shaughnessy, to locate the client's sister by tailing her companion. Spade's partner, Miles Archer, takes on the assignment, and quickly both he and the man he was shadowing are murdered. Spade is drawn into a circle of colorful characters - all of them after a legendary statuette of a falcon fashioned long ago for King Charles of Spain. Made of gold and encrusted with jewels, the falcon is worth a fortune. Missing for centuries, it resurfaced in Paris in 1911, covered in black enamel to disguise its value, and then disappeared again until it was traced to Constantinople - and now, it would seem, to Spade's own backyard.

**May 14**

**THE FRAUD: A NOVEL** by Zadie Smith

*From Amazon.com:* Historical fiction, based on real events and set against the legal trial that divided Victorian England, about who gets to tell their story—and who gets to be believed. It is 1873. Mrs. Eliza Touchet is the Scottish housekeeper—and cousin by marriage—of a once-famous novelist, now in decline, William Ainsworth, with whom she has lived for thirty years. Mrs. Touchet is a woman of many interests: literature, justice, abolitionism, class, her cousin, his wives. She suspects her cousin of having no talent; his successful friend, Mr. Charles Dickens, of being a bully and a moralist; and England of being a land of facades. Andrew Bogle, meanwhile, grew up enslaved on the Hope Plantation, Jamaica. Bogle finds himself in London, star witness in a celebrated case of imposture. The “Tichborne Trial”—wherein a lower-class butcher from Australia claimed he was in fact the rightful heir of a sizable estate and title—captivates Mrs. Touchet and all of England. Is Sir Roger Tichborne who he says he is, or a fraud? Deciding what is real proves a complicated task.

**June 11**

**TOM LAKE: A NOVEL** by Ann Patchett

*From Amazon.com:* In this moving novel about family, love, and growing up, Ann Patchett once again proves herself one of America's finest writers. In the spring of 2020, Lara's three

daughters return to the family's orchard in Northern Michigan. While picking cherries, they beg their mother to tell them the story of Peter Duke, a famous actor with whom she shared both a stage and a romance years before at a theater company called Tom Lake. As Lara recalls the past, her daughters examine their own lives and relationship with their mother, and are forced to reconsider the world and everything they thought they knew. As in all of her novels, Ann Patchett combines compelling narrative artistry with piercing insights into family dynamics. The result is a rich and luminous story, told with profound intelligence and emotional subtlety, that demonstrates once again why she is one of the most revered and acclaimed literary talents working today.

The Palisades Library (4901 V St NW, Washington, DC 20007) has limited parking behind the building and there is ample street parking in the neighborhood. Please arrive a few minutes early to secure a spot.

## Virtual Humor Hour

Please join us for a few good jokes! According to the Mayo Clinic, "When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.

Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles and increases the endorphins released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, which helps reduce some of the physical symptoms of stress."

There are some great longterm effects, too, "Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem."

Have some jokes, rhymes or riddles handy to share and we will laugh along with you. You don't have to memorize your joke — you may read it out loud! We might watch a clip featuring a comedian too. Humor alone won't cure our ills, but it can sure help us feel much better.

"Spring is the time of year when it is summer in the sun and winter in the shade" Charles Dickens

Which month is shortest? May – it only has three letters.

Does February march? No, but April may.

Please join us to share some laughs.

**Thursdays | April 4, May 2 and June 6  
Noon to 1 p.m. | via Zoom**

Meets the first Thursday of each month. Register at [smh.memberclicks.net/2024HumorHourSSA](https://smh.memberclicks.net/2024HumorHourSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 at least one week in advance.

## Italian Conversation

**felice primavera - Happy Spring**



Vieni a parlare in Italiano! Before the pandemic, our Italian Conversation group met on Mondays to talk about current events, movies, books, travel, and the weather – in person, in Italian. Our moderator, Stefania Amodeo recently retired from teaching Italian at the University of Maryland. She earned a master's degree from Harvard and is originally from Genova, Italy. The Italian Conversation group has a core group of Italian language enthusiasts, and we welcome newcomers who speak fluent Italian to the group. We are so grateful to Stefania for volunteering to lead the sessions each week, "Molte grazie!" This is not a language class— all conversation is in Italian during the sessions.

**Mondays | 2 to 3 p.m. | via Zoom | Free**

Register at [smh.memberclicks.net/2024ItalianConversationSSA](https://smh.memberclicks.net/2024ItalianConversationSSA), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602, at your earliest convenience.

*Note: This is not a language class. All conversation is in Italian during the sessions.*

# Calendar | April-June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ONGOING WEEKLY EVENTS</b>	2 to 3 p.m. Italian Conversation	11 a.m. to Noon Meditation and Mindfulness	Noon to 1 p.m. Jeffrey Robbins Tai Chi	1 to 2 p.m. Meditation and Mindfulness		
<b>APRIL</b>						
	1	2	3	4 Noon to 1 p.m. Virtual Humor Hour	5	6
7	8	9 1:30 to 2:30 p.m. Book Marks	10	11 2:30 to 3:30 p.m. Parkinson's Support Group 3 to 4 p.m. Explore the World with Daniel Fox	12	13
14	15 Noon to 1 p.m. WPO Living Alone Discussion Group	16 10 to 11 a.m. StrongerMemory	17	18 2 to 4 p.m. WPO's Annual Conference on Grief and Loss	19	20 2 to 4 p.m. PSP Support Group
21	22 1 to 2 p.m. Arthritis Support Group	23	24 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts	25 2 to 3 p.m. Parkinson's Care Partner Support Group	26	27 10 a.m. to 2 p.m. National Prescription Drug Take-Back Day
28	29	30				
<b>MAY</b>						
			1	2 Noon to 1 p.m. Virtual Humor Hour	3	4 11 a.m. to 5:30 p.m. Journey to Hope – DC Conference in person Washington, D.C.
5	6	7	8	9 2:30 to 3:30 p.m. Parkinson's Support Group	10 1 to 2:30 p.m. Normal Aging and the Brain	11
12	13	14 1:30 to 2:30 p.m. Book Marks	15 2 to 3 p.m. Poetry and Healing	16	17	18 2 to 4 p.m. PSP Support Group
19	20 Noon to 1 p.m. WPO Living Alone Discussion Group	21 10 to 11 a.m. StrongerMemory	22 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts	23 2 to 3 p.m. Parkinson's Care Partner Support Group	24	25
26	27 1 to 2 p.m. Arthritis Support Group	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JUNE</b>						
2	3	4	5	6 Noon to 1 p.m. Virtual Humor Hour	7	8
9 Noon to 9 p.m. DC Capital Pride Festival/ JHM table: 11 a.m. to 5 p.m.	10 1 to 2 p.m. Arthritis Support Group	11 1:30 to 2:30 p.m. Book Marks	12	13 2:30 to 3:30 p.m. Parkinson's Support Group 4 to 6 p.m. Celebration of Marti Brown Bailey	14	15
16	17 Noon to 1 p.m. WPO Living Alone Discussion Group	18 10 to 11 a.m. StrongerMemory	19	20	21	22 2 to 4 p.m. PSP support group
23	24 1 to 2 p.m. Arthritis Support Group	25	26 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts	27 2 to 3 p.m. Parkinson's Care Partner Support Group 7 to 8 p.m. Pride Talk – LGBTQIA+ Health Equity	28	29



## STAY HEALTHY, ACTIVE & ENGAGED

**Satisfy your curiosity** with lifelong learning classes in everything from the Arts to Current Events, History, Music, and more.

**Stay connected** by learning how to use technology with confidence.

**Take charge of your health** with classes in exercise, nutrition, and other wellness topics.

**Discover the joy of giving back** to our community by volunteering as an Oasis Intergenerational Tutor, a class coordinator, or other rewarding roles.

## Featured Classes

### Fire and Carbon Monoxide Safety in Your Home

*Jim Resnick, MCFRS Educator*

What do you really know about your smoke and carbon monoxide alarms? Come for a home safety “refresher” and learn about the free MCFRS Home Safety Check Program.

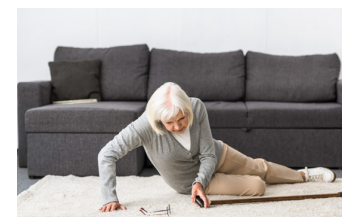


**Thu, May 16 | 10:30 - 11:30am | Class #317 | Hybrid | Free**

### Roll With It! How to Minimize Injury from a Fall

*John Natale and Maria Thannhauser, Suburban Hospital Physical Therapists*

Sometimes a fall cannot be prevented. Learn how to fall and how to get up from falls as safely as possible.



**Wed, Jun 5 | 1:00 - 2:00pm  
Class #346 | Hybrid | Free**

**Sign up and learn more!** [washington-metro.oasisnet.org](http://washington-metro.oasisnet.org)  
(240) 800-3745 | [washingtonmetro@oasisnet.org](mailto:washingtonmetro@oasisnet.org)



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## Sibley Senior

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## Sibley Senior Association

Created for our community, the Sibley Senior Association (SSA) offers special services for an annual fee of \$25 for individuals and an additional \$20 for an associate membership at the same address. The Sibley Senior Association is designed for people 50 and over. Membership gives access to many special benefits, including discounted parking in the Medical Building parking garage, blood pressure checks, consults with our pharmacist, classes with our nutritionists, periodic screenings, recreational activities, classes, seminars, support groups and more.

**Staying Healthy |** To help you maintain your good health, membership in the Senior Association includes periodic screenings that can alert you to potential conditions before they become serious health risks. Screenings are by appointment and may include glaucoma, hearing, depression, fall risk and breast health.

**Staying Active |** Staying well is fun with a variety of exercise and recreation programs.

**Staying Independent |** Services to help keep you independent include the AARP Driver Safety Class, Fall Prevention Program, Save-Your-Back Program and special discounts.

**Providing Support |** A wide range of support services are available with regular meetings moderated by a health care professional or a volunteer trained by the sponsoring organization.

**Staying Informed |** Educational programs are presented throughout the year by medical, academic and other professionals to help you stay current.

### Membership Services

- 50% parking discount in the parking garage next to building A for new members
- Periodic health screenings
- Exercise classes
- Day trips
- Talks on current health topics
- Pharmacy hotline
- Support groups

### Sibley Senior Association Discounts

- Serenity Gift Shop 10% off gift items
- 10% discount at Capital Dental for procedures not covered by insurance

### Important Phone Numbers

- Sibley Senior Association  
202-364-7602
- Sibley Memorial Hospital  
General Information  
202-537-4000
- Volunteer Services  
202-537-4485
- Widowed Persons Outreach  
202-537-4942