

Sibley SENIOR

First Quarter 2024

SIBLEY MEMORIAL HOSPITAL, A MEMBER OF JOHNS HOPKINS MEDICINE

Join Us at Our Annual Sex and Aging Conference Healthy Sex, at Our Age!

Saturday • Feb. 24 • 12:30 to 4:30 p.m. • via Zoom

Disability and chronic illness are as much a part of life as is our sexuality. More than 36% of adults over 65 years old report having a disability. Nearly 95% of adults 60 and older have at least one chronic condition, while nearly 80% have two or more. Injuries are also a concern. Whether a person is born with a disability, acquires one or develops chronic illness, they may experience challenges giving and receiving sexual pleasure. Participants will learn ways to work around barriers and find ways to achieve emotional intimacy and sexual expression.



Reframing Sexuality, Disability and Chronic Illness

with Melanie Davis, Ph.D.

Melanie Davis, is the author of *Our Whole Lives Sexuality Education for Older Adults*. She is a certified sexuality counselor, educator and supervisor through the American

Association of Sexuality Educators, Counselors and Therapists. Melanie has taught and trained across the U.S. and Canada, and her research on professional scope of practice, referrals, mentoring, leadership and sex educator entrepreneurship has been published in peer-reviewed anthologies. She is in private practice with the New Jersey Center for Sexual Wellness.



Women's Health

with Sharon Malone, M.D., F.A.C.O.G., N.C.M.P.

Dr. Malone is a nationally known expert in women's health. She is board certified by the American College of Obstetricians and Gynecologists and a Certified National

Menopause Practitioner by the North American Menopause Society. Throughout her professional career, Dr. Malone has

been active in reproductive rights, reducing teen pregnancy and eliminating health care disparities.

She has seen health care from both sides — as a physician and a child of parents who negotiated health care for themselves and their families in the Jim Crow South. Despite living next door to two hospitals, preventative health care was never a part of her family's life. As a result, Sharon's mother would lose her life to colon cancer diagnosed too late for treatment. This searing life experience has informed how Sharon has chosen to practice medicine and has brought focus to the health care issues she has chosen to pursue.



A Healthy Libido at Any Age

with Rufus Tony Spann, Ph.D., L.C.P.C., L.P.C.

Rufus Spann is a certified sex therapist, mental health correspondent and founder of Libido Health, an inclusive health and wellness app engineered to bridge sexual

health and overall wellness gaps specifically for the BIPOC and LGBTQIA+ community. Prior to founding Libido Health, he served as Chief Clinical Officer for Henry Health/Hurdle, a digital health platform for people of color.

Rufus began his career as a licensed professional counselor and nationally certified school psychologist, eventually expanding his vocation to educate future mental health professionals as an associate professor at the University of Southern California. Since 2021, he has served as a Forbes Health Advisor, contributing to high-principled content informed by research, data and expert insight. Rufus holds a doctorate in school psychology from Howard University and a master's degree in clinical counseling from John Hopkins University.

To register, visit smh.memberclicks.net/2024SexAndAging, email pnunez3@jhmi.edu or call 202-364-7602 at least two weeks in advance.

The first 30 registrants will receive Dr. Malone's book, *Grown Women Talk*, when it is published in April.



Greetings, Dear Members!

Over the last quarter, I was thinking about several things to share with you. As is sometimes the case, I didn't write them down. Elizabeth Gilbert, author of *Eat, Pray, Love* and *Big Magic* posits that when you don't adopt an idea that comes your way, it leaves you and finds a more hospitable environment (my summation – not nearly as elegant as she writes it). Thus, the ideas found other homes, and I got to my deadline without developing the things that were on my mind.

Let's talk about the new year, 2024. As we face the beginning of a new year, we have a decision — resolution or no resolution. I've often rebelled about setting resolutions, but in recent years have decided for words of intention, e.g., focus words that will guide my behavior.

As I come into this new year, I want to be more mindful about my use of my phone, tablet and television. One of my goals this year is to be more structured in my evenings and to accomplish at least one thing every single day that I would rather put off. I also want to use technology deliberately, for the purpose of connection.

Why? One of the things I have been thinking about is how so many of us have gotten attached to our devices. We often walk into a quiet room and find multiple people looking at a screen — perhaps even sitting next to each other but

not speaking. Waiting rooms, churches and even family rooms have people interacting more with phones, iPads or computers than with each other. I bring it up because I do it too.

To be clear, our devices help us stay connected to the world and often to each other. So, this whole idea can be confusing. Which is it? Do I use technology (this includes television) to stay connected or to avoid connection? Do I use technology to be productive and do good in the world or do I use it to avoid activities like difficult conversations or social interactions in general? I'm very good at staying focused during the day, but at night I often use technology to avoid chores or some other thing I would really just rather put off.

My two words of intention for 2024 are mindful and connected. What are your words? If you feel like sharing, call them in to our office! We would love to hear from you.

Warmly,

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

In this Issue

Letter from the Editor	p 2	Parking Reminder	p 7
Keep Moving.....	p 3	Personal Growth	p 8
Oncology Programs	p 4	Taking Charge of Your Health	p 11
Trivia Quiz	p 5	Special Programs and Activities	p 12
Support Groups	p 6	Calendar	p 14
Honoring Care	p 7		

Sibley Senior Association Exercise Classes — First 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

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.



Outdoor Walking Group

Are you up for a nice walk outdoors in the brisk weather? Join us once a month for a healthy walk in and around the lovely Palisades community, led by a staff member of the Sibley Senior Association. Everyone is required to wear a mask. We've enjoyed real estate walks checking out new construction, walking along the Capital Crescent trail and identifying plants in neighborhood gardens. We meet in the lobby at the front of Building D, weather permitting. Please wear comfortable clothing and don't forget to bring a water bottle. We usually meet the fourth Wednesday of each month.

**Wednesdays | Jan. 31, Feb. 28, and March 27
3 to 4 p.m. | Weather Permitting**

Register at smh.memberclicks.net/2024WalkingGroupSSA, email pnunez3@jhmi.edu or call 202-364-7602.

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/1Q2024TaiChiSSA, email pnunez3@jhmi.edu or call 202-364-7602.

Wednesdays | Jan. 10 through March 27 | Noon to 1 p.m.

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

"Winter passes and one remembers one's perserverance." — Yoko Ono

Sibley Oncology Programs | January-March

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



Art Therapy and Cancer Survivorship Series

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.

Ask the Experts: Lung Cancer Webinar

Wednesday | Jan. 10 | 6 to 7:30 p.m.

The multidisciplinary lung cancer team from Johns Hopkins Kimmel Cancer Center at Sibley Memorial Hospital will discuss updates in treatments and answer your questions about lung cancer. Topics will include biomarker testing, ongoing clinic trials, immunotherapy, radiation treatment, stage 4 disease management and survivorship. Register at 2024lungwebinar.events.sibley.org.



Bringing Nature Indoors Webinar

Wednesday | Jan. 17 | 7 to 8 p.m.

Dr. Blanda will present ways to incorporate mindfulness in nature during a cancer journey, even if getting outside is difficult. Participants will learn the benefits of having an indoor naturescape and easy strategies to bring nature indoors.

CLIMB: Children's Lives Include Moments of Bravery

**Mondays and Tuesdays | Feb. 20 through March 26
5:30 to 6:30 p.m.**

CLIMB is a six-week, group-based, evidence-backed program to empower children, teens and families with knowledge and skills to navigate a parent's or guardian's cancer. Each week families participate in group sessions to learn ways to manage strong emotions and improve family communication.

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.

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 | March 6 through April 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.

"Winter is a season of recovery and preparation." — Paul Theroux

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 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 Aging on Your Terms conference last September, which was the second of our three-part conference series for 2023-2024 (Journey to Hope, Aging on Your Terms and Sex & Aging). Participants learned about lung health, the importance of social connection and health, how to enjoy the benefits of having less stuff and more freedom, and the gift and benefits of making your final plans. Our Sex & Aging conference will be held on Saturday, February 24.

We are very grateful for our sponsors who help support our conference series and the Club Memory[®] program throughout the year:

Champion Sponsor

Aging Well Eldercare
(formerly Debra Levy Eldercare Associates)

Patron Sponsors

AndCo Consulting
Family and Nursing Care
Goodwin Living at Home
Grand Oaks Assisted Living

Supporter Sponsors

Ingleside Engaged Living
Seabury Care Management
Seniors Helping Seniors
SmithLife Homecare



By SSA member
Donald Saltz

Answers on Page 13

1. Who made a hit recording of the song "Come Back When you Grow Up Girl?"
2. In literature, what does Rex Stout's detective character Nero Wolfe raise as a hobby?
3. In the 1976 movie "The Missouri Breaks" who portrays a mean cowboy hired to eliminate a gang of horse thieves?
4. Musician Harry James was the husband of what famous actress?
5. When water freezes, what does it do physically?
6. What are the first 10 amendments to the U.S. Constitution called?
7. What was Elvis Presley's popular nickname?
8. Is it true or false that there was just one year between 1 B.C and 1 A.D?
9. In what state is the University of Notre Dame?
10. Where was President Harry Truman living when an attempt to assassinate him occurred in 1950?

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 | Jan. 22, Feb. 26 and March 25 | 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: memberclicks.net/q4-arthritis-support-group, email 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 | Jan. 8*, Feb. 5 and March 4
1 to 2 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 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 Parkinson's disease. 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 monthly via Zoom. Times and days vary by group. For more information and to register, contact group leader Marianne Panke, M.A., L.M.T., at 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 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.

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. Visit myotonic.org for more information.

Parkinson's Disease & Movement Disorders Support Group

**Thursdays | Jan. 11, Feb. 8 and March 14
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 | Jan. 25, Feb. 22 and March 28 | 4 to 5 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.

PSP Support Group

**Saturdays | Jan. 20, Feb. 17 and March 16 | 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 to register, or visit curepsp.org/ineedsupport to view support group offerings.

Stroke Support Group

Wednesdays | Jan. 3, Feb. 7 and March 6 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 or Katie Foster, Sibley stroke coordinator, at 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, email 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.

Honoring Extraordinary Care

Monika Petter lends her support to a number of worthy causes throughout the D.C. area including veterans and the arts, and recently she has turned her support to Sibley — in honor of the extraordinary care she received from Dr. Jeffrey Lin, director, Sibley Center for Gynecologic Oncology and Advanced Pelvic Surgery as well as many other wonderful physicians and nurses.



Monika Petter, Sibley Senior Association member and Sibley Foundation supporter.

We are grateful to Monika for her thoughtful and generous support of Dr. Lin and his work in the gynecologic oncology surgery space to improve the lives of women in our community.

Monika says, “I gave to Sibley in honor of Dr. Lin out of gratitude for the excellent care I received from him as a patient. I know firsthand the comfort of being well cared for, and I want others to experience this when they are in need. I hope my gift will inspire others to give as well!”

To learn about how you can support the Center for Gynecologic Oncology or to honor a physician, nurse or other caregiver at Sibley, contact Andrea Travis, director of development, Sibley Foundation, at atravis@jhmi.edu or 202-364-7696.



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.

A Hacking Situation: Beware of Scams

One of our members tried to reach a handyman who installed a stair rail over a decade ago. She found an old business card and sent him an email and provided her address and phone number. She referred to her children who were young at the time and now in their 20s. She also called the number on the card and left a message. This was the odd email response she received:

Thanks for mailing (name of business), this is what I can do and be of help, when will you be available for this what time and date? It's just we need to get some materials that will be needed for this and you going to make a deposit of \$100 for this just let me know when you are going to be ready and how to make the deposit so I can come and make the work done successfully, how are your children now will be happy meeting them again Mail me immediately you receive my message Thanks (Name of business owner)

Our member thought it was oddly written, too urgent and creepy, so she did not respond. A few hours later, she received a second email:

Hello Nice meeting you back here, do you receive my message? Thanks (Name of business owner)

Luckily, the (real) repair person called her and informed her his old email address had been hacked. The hacker had a similar email address but it included a repeated letter. The hacker now had her phone number and email address. She wrote back and stated her husband had completed the repair and they no longer needed his services, but would keep him in mind. She immediately opened the original email and selected the three dots next to the return arrow and highlighted "report as phishing." She will no longer receive any emails from that address.

Did you notice the red flags:

- Urgent request to forward money immediately
- Incorrect grammar and punctuation
- Long run-on sentence, awkward phrasing and missing words
- Return email address does not match

Please be careful when you open and read emails. If something doesn't look right, do not respond to the email and do not open any links or attachments!

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 | Jan. 15, Feb. 19 and March 18 | 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 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

If you are looking to incorporate creativity and healing into 2024, 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 | Feb. 14 | 2 to 3 p.m. | via Zoom

Class size is limited to 12 participants.

Register at smh.memberclicks.net/FebPoetryHealing2024, email pnunez3@jhmi.edu or call 202-364-7602 at least one week in advance. Participants will receive the Zoom link after they register.



The Connection Between Storytelling, the Arts and Wellness

with David Olawuyi Fakunle, Ph.D.

If you were fortunate enough to watch the Millennium Stage event with Renee Fleming, Arts & Wellness with NeuroArts Blueprint, featuring David Olawuyi Fakunle, you'll be eager to continue the conversation about how important the arts are to our physical and mental health. Join David as he guides participants on an exploration through the world of arts, culture and health. Look forward to learning about the science that explains the impact of creative expressions on health and wellbeing, including David's personal and professional experiences utilizing storytelling as a multidisciplinary method for understanding and embracing the human experience.

David is a mercenary for change, employing the necessary skills and occupying the necessary spaces to help strengthen everyone divested from their truest self, particularly those who identify as Black, Indigenous and/or a person of color. David serves as assistant professor of Public and Allied Health at the Morgan State University School of Community Health & Policy; adjunct assistant professor at the University of Florida Center for Arts in Medicine; and associate faculty in Mental Health at the Johns Hopkins Bloomberg School of Public Health. He is co-founder and CEO of DiscoverME/RecoverME, an organization that utilizes the African oral tradition to empower use of storytelling for healing and growth.

Wednesday | March 20 | 11 a.m. to noon | via Zoom

To register, visit smh.memberclicks.net/2024StorytellingArtWellnessSSA, email 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. Members are also invited to join a virtual StrongerMemory check-in from 10 to 11 a.m. on the third Tuesday each month.

Tuesdays | Jan. 16, Feb. 20 and March 19 | 10 to 11 a.m. | via Zoom

Register at smh.memberclicks.net/2024StrongerMemorySSA, email 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.

Register for Thursday sessions at smh.memberclicks.net/2024ThursdayMeditationSSA. Or email 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.

Better Nutrition in 2024

Let's start 2024 in a healthy way. According to the National Institute on Aging, making a plan to eat healthy can keep you healthy and active longer. Join us as Jodie Hofacre, R.D., L.D.N., C.B.D.C.E., the outpatient dietitian at Sibley Memorial Hospital, explains how to make smart food choices. Some people may think establishing healthy eating habits is challenging. Learn about healthy nutrition in older adults and discover how a plant-based food diet can help. Jodie will review the basics about food groups that can help prevent diabetes and highlight vitamins and minerals that are important for our aging bodies.

Thursday | Jan. 18 | 2 to 3 p.m. | via Zoom

Register at smh.memberclicks.net/BetterNutrition2024SSA, email pnunez3@jhmi.edu or call 202-364-7602.

National Nutrition Month Event: Beyond the Table



Let's celebrate National Nutrition Month by joining Jodie Hofacre, the outpatient dietitian at Sibley Memorial Hospital. It's never too late to start to make smart food choices. According to the Academy of Nutrition and Dietetics, dietary needs change throughout each stage of life. A balanced eating plan that focuses on nutritious foods and beverages can help ensure you're getting enough essential nutrients to maintain optimal health or manage health conditions.

Thursday | March 7 | 1:30 to 2:30 p.m. | via Zoom

Register at smh.memberclicks.net/NationalNutritionMonthMarch2024SSA, email pnunez3@jhmi.edu or call 202-364-7602.

Jodie Hofacre, R.D., L.D.N., C.B.D.C.E., provides comprehensive nutrition counseling, weight loss management /medical nutrition therapy for diabetic and bariatric patients and serves as the expert resource for health care staff for consultation and education.

Preparing for Surgery Over 65: What You Need to Know

Approximately half of all surgical procedures are performed on people over age 65. Age-related physiologic changes can negatively influence surgical outcomes, however being prepared can lessen adverse complications. Join Suzanne Dutton, D.N.P., G.N.P.-B.C., R.N., and Rosemary Trejo B.S.N., R.N.-B.C., to learn what to expect, how you can best prepare, what you can do in advance to avoid complications, what you should bring to the hospital and how to ease the transition back to home after your surgery.

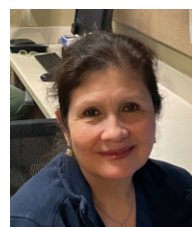
Friday | March 15 | 10 to 11 a.m. via Zoom

Register:

smh.memberclicks.net/MarchSurgeryPrep2024SSA, email pnunez3@jhmi.edu or call 202-364-7602.

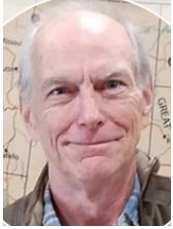


Suzanne Dutton, D.N.P., G.N.P.-B.C., R.N., coordinates the NICHE (Nurses Improving Care for Healthsystem Elders) program at Sibley Memorial Hospital. Prior to coming to Sibley in 2013, she practiced in various settings in the Washington D.C. area as a geriatric nurse practitioner. She works on a variety of issues at Sibley including LGBTQ+ education and advocacy, nurse resiliency, geriatric sensitivity utilizing virtual reality and geriatric nursing.



Rosemary Trejo, B.S.N., R.N.-B.C., has worked at Sibley Memorial Hospital for 35 years. She became the PRIME (Presurgical, Rehabilitative, Integrative, Medicine for Elders) coordinator in 2018. Prior to that, Rosemary served for 30 years in the hospital's surgical orthopedic unit. In her current role, she ensures exemplary adherence to geriatric protocols by assessing patients, planning care, implementing strategies and documenting patient progress. Rosemary was the recipient of *Washingtonian* Magazine's award for nursing clinical excellence and her work in geriatrics was featured in the magazine.

Medicare, Job-Based Health Insurance and Retirement



With Don Oellerich, Ph.D., M.S.W., Certified Medicare counselor with Arlington Virginia's Insurance Counseling and Assistance Program

Are you turning 65, still employed or entering retirement? If you are about to become or just became eligible for Medicare or would like to learn more about Medicare, join this presentation for:

- An introduction to Medicare
- Information on job-based insurance when you turn 65

Don Oellerich recently retired after 28 years with the office of the Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services (HHS) where he served as the deputy chief economist and senior advisor. He is an expert on matters related to poverty, welfare income support, research, evaluation, data analysis and modeling and general economic issues. His background includes supporting the Secretary of HHS as a Trustee for the Medicare and Social Security Trust Funds. He was looking for a meaningful opportunity when he discovered volunteer opportunities with Arlington Virginia's Insurance Counseling and Assistance Program (VICAP). He has been with their team for the past four years. Don earned his Ph.D. from the University of Wisconsin and his M.S.W. from Syracuse University.

Thursday | Feb. 1
10:30 to 11:30 a.m. | via Zoom

Register at smh.memberclicks.net/Feb2024MedicareSSA, email pnunez3@jhmi.edu or call 202-364-7602.

LGBTQ+ Sexual Health Equity Panel Discussion

Sexual and gender minorities often face discrimination and barriers regarding health care. While these barriers can impact many aspects of health, they are particularly apparent related to sexuality and gender expression. The LGBTQ+ community is frequently marginalized and treated by healthcare providers with a degree of insensitivity and a lack of knowledge of their unique challenges. We can learn how to address these issues.

Friday | Feb. 23 | 4 to 6 p.m. | via Zoom

This event is for members of the LGBTQ+ community and allies. Register at smh.memberclicks.net/2024LGBTQSexualHealthEquitySSA, email pnunez3@jhmi.edu or call 202-364-7602.

Health Equity Panel:



Moderator Clare Madrigal has been an emergency nurse for 16 years and recently served as the LGBTQ+ resource nurse for two Johns Hopkins Medicine hospitals. In this role, Clare provided LGBTQ+ health education for staff, community outreach and advocacy for patients, as well as employees. She holds a bachelor's degree in science and nursing from Capella University and an R.N. degree from Mercy Hospital College of Nursing. She also earned a certificate of plant based nutrition from Cornell University.



Rufus Tony Spann, Ph.D., L.C.P.C., L.P.C., is a certified sex therapist, mental health correspondent and founder of Libido Health, an inclusive health and wellness app engineered to bridge sexual health and overall wellness gaps specifically for the BIPOC and LGBTQIA+ community. Prior to Libido Health, he served as chief clinical officer for Henry Health/Hurdle, a digital health platform for people of color. Rufus holds a doctorate in school psychology from Howard University and a master's degree in clinical counseling from John Hopkins University.



Ron Swanda has dedicated his life to serving the community at large. First, while serving in the Air Force and now in retirement as a volunteer advocate for seniors in Washington D.C. Ron served as vice-chair of the D.C. Commission on Aging and currently serves on the Age-Friendly D.C. Task Force and the AARP-DC Executive Council. He is a member of Seabury's Care Management Advisory Council and the Seabury Ward 6 Senior Advisory Council. Prior to retiring, Ron was a senior executive with a trade association representing the manufacturers of general aviation airplanes.

Additional panelists to be announced.

Special Programs and Activities

Now in Person! Book Marks

Love to read? Come join our lively discussion of everything from novels to nonfiction to history and biographies. **We have great news! Starting in January, we are meeting in person and online.** If you are eager to join people in person, meet us at the Palisades Library.* If you are not able to participate in person, join us online via Zoom. We will use the same Zoom link each month. The Sibley Senior Association will email the Zoom link to new registrants each month.



Tuesdays | Jan. 9, Feb. 13, March 12
1:30 to 2:30 p.m. | via Zoom or at the Palisades Library*

*The Palisades Library is located at 4901 V St. N.W., Washington, D.C. 20007, at the corner of 49 St., one block from MacArthur Boulevard N.W., and less than two miles south of Sibley Memorial Hospital. **Parking:** limited availability behind the library with ample street parking in the surrounding neighborhood. Please arrive a few minutes early to secure a spot.

We meet the second Tuesday of the month. When you register, let us know if you are attending in person or via Zoom. If you are a newcomer, register at smh.memberclicks.net/2024BookMarksSSA, email pnunez3@jhmi.edu or call 202-364-7602.

Note: Book selections may be subject to change.

January 9: Outline: A Novel by Rachel Cusk

From Amazon.com:

Rachel Cusk's *Outline* is a novel in 10 conversations. Spare and stark, it follows a novelist teaching a course in creative writing during one oppressively hot summer in Athens. The people she encounters speak volubly about themselves: their fantasies, anxieties, pet theories, regrets and longings. Through these disclosures, a portrait of the narrator is drawn by contrast, a portrait of a woman learning to face a great loss. *Outline* takes a hard look at the things that are hardest to speak about. It brilliantly captures conversations, investigates people's motivations for storytelling and questions their ability to ever do so honestly or unselfishly.

February 13: *The Soul of an Octopus: A Surprising Exploration of the Wonder of Consciousness* by Sy Montgomery

From Amazon.com:

Popular naturalist Sy Montgomery has practiced true immersion journalism in pursuit of the wild, solitary and predatory octopus. From New England aquarium tanks to the reefs of French Polynesia and the Gulf of Mexico, she has befriended octopuses with strikingly different

personalities. Each creature shows her cleverness in myriad ways. Montgomery chronicles the growing appreciation of this mollusk as she tells a unique love story. By turns funny, entertaining, touching and profound, the book reveals what octopuses can teach us.

March 12: *Trust* by Hernan Diaz

From Amazon.com:

Even through the roar of the 1920s, everyone in New York has heard of Benjamin and Helen Rask. At what cost have they acquired their immense fortune? This is the mystery at the center of *Bonds*, a successful 1937 novel. There are other versions of this tale of privilege and deceit. *Trust* elegantly puts these competing narratives into conversation with one another. A brilliant literary puzzle, *Trust* engages the reader in a quest for the truth while confronting the deceptions that often live at the heart of personal relationships, the reality-warping force of capital, and the ease with which power can manipulate facts.

Discussing the Facts Speaker Series

Presented by New Morning Star Baptist Church
and Sibley Senior Association

Sibley Senior Association is co-sponsoring a speaker series with New Morning Star Baptist Church on the last Wednesday of the month via Zoom. 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.

Past topics include COVID-19 (research and vaccines), mental health, normal aging and the brain, heart health, men's health, nutrition, stroke prevention, cancer, diabetes and health equity for people of color. Join us for the next topics in the series:

Jan. 31 – Oncology and Health Equity

**Feb. 28 – How a Healthy Lifestyle Can Help
with Grief and Loss**

March 27 – Health Equity

Wednesdays | Jan. 31, Feb. 28 and March 27
7 to 8 p.m. | via Zoom

Register for the Jan. 31 webinar at: smh.memberclicks.net/JanDiscussingFactsSSA. Register for the Feb. 28 webinar at: smh.memberclicks.net/FebDiscussingFactsSSA. Register for the March 27 webinar at: smh.memberclicks.net/MarchDiscussingFactsSSA.

You can also email pnunez@jhmi.edu or call 202-364-7602 to register at least one week before each event.

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. Please join us to share some laughs.

Thursdays | Jan. 4, Feb. 1 and March 7
Noon to 1 p.m. | via Zoom

Note: Meets at a new time starting January 2024.

Meets the first Thursday of each month. Register at smh.memberclicks.net/2024HumorHourSSA, email pnunez@jhmi.edu or call 202-364-7602 at least one week in advance.



Italian Conversation

Vieni a parlare in Italiano! Before the COVID-19 pandemic, our Italian Conversation group met on Mondays to talk about current events, movies, books, travel and the weather – in person, in Italian. Our current online Italian Conversation group began a year ago and has a core group of Italian language enthusiasts. New members who speak fluent Italian are welcome.

Our moderator, Stefania Amodeo, has taught Italian at the University of Maryland for 38 years and recently retired. She holds a master’s degree from Harvard and is originally from Genova, Italy. We are so grateful to Ms. Amodeo for volunteering to lead the sessions each week “Molte grazie!”

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

Register at smh.memberclicks.net/2024ItalianConversationSSA, email pnunez@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.



Quiz on page 5

1. Bobby Vee.
2. Orchids, by the thousands.
3. Marlon Brando. The gang he goes after is led by Jack Nicholson.
4. Betty Grable. Both James and Grable are deceased.
5. It expands.
6. Bill of Rights.
7. “The King”
8. True.
9. Indiana.
10. As the White House was being renovated at the time, the President was living in the Blair House which is across Pennsylvania Ave. near the White House. The Blair House is customarily reserved for guests of the President.

Calendar | January-March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ONGOING WEEKLY EVENTS	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		
JANUARY						
	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	12	13
14	15 Noon to 1 p.m. WPO Living Alone Discussion Group	16 10 a.m. to 11 a.m. StrongerMemory	17	18 2 to 3 p.m. Better Nutrition in 2024	19	20 2 to 4 p.m. PSP Support Group
21	22 1 to 2 p.m. Arthritis Support Group	23	24	25 4 to 5 p.m. Parkinson's Care Partner Support Group	26	27
28	29	30	31 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts			
FEBRUARY						
				1 10:30 to 11:30 a.m. Medicare and Retirement Noon to 1 p.m. Virtual Humor Hour	2	3
4	5	6	7	8 2:30 to 3:30 p.m. Parkinson's Support Group	9	10
11	12	13 1:30 to 2:30 p.m. Book Marks	14 2 to 3 p.m. Poetry and Healing	15	16	17 2 to 4 p.m. PSP Support Group
18	19 Noon to 1 p.m. WPO Living Alone Discussion Group	20 10 a.m. to 11 a.m. StrongerMemory	21	22 4 to 5 p.m. Parkinson's Care Partner Support Group	23 4 to 6 p.m. LGBTQ+ Sexual Health Equity Panel Discussion	24 12:30 to 4:30 p.m. Sex and Aging Conf. Healthy Sex at Our Age
25	26 1 to 2 p.m. Arthritis Support Group	27	28 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts	29		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH						
					1	2
3	4	5	6	7 Noon to 1 p.m. Virtual Humor Hour 1:30 to 2:30 p.m. National Nutrition Month	8	9
10	11	12 1:30 to 2:30 p.m. Book Marks	13	14 2:30 to 3:30 p.m. Parkinson's Support Group	15 10 to 11 a.m. Preparing for Surgery	16 2 to 4 p.m. PSP Support Group
17	18 Noon to 1 p.m. WPO Living Alone Discussion Group	19 10 a.m. to 11 a.m. StrongerMemory	20 11 a.m. to Noon The Connection Between Storytelling, the Arts and Wellness	21	22	23
24	25 1 to 2 p.m. Arthritis Support Group	26	27 3 to 4 p.m. Outdoor Walking Group 7 to 8 p.m. Discussing the Facts	28 4 to 5 p.m. Parkinson's Care Partner Support Group	29	30
31						



**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

Trivia Tuesday at Oasis

Charm City Trivia

Join Oasis friends for an afternoon of trivia games and light refreshments to brighten up a winter day.

Tue, Jan 30 | 1-2:30pm | At Oasis | \$20 | Class 134



Walk with a Naturalist: Seneca Creek State Park

Marianne Starr, Naturalist

Let's look for waterfowl as well as signs of spring as we meander along part of 90 acre Clopper Lake.

**Sat, Mar 2 | 10:30am-12:30pm
Seneca Creek State Park | \$30 | Class 176**



Sign up and learn about the rest of our classes:
washington-metro.oasisnet.org

Questions?

(240) 800-3745 | washingtonmetro@oasisnet.org



5255 Loughboro Road, NW
Washington, DC 20016

Non Profit Org.
U S Postage
P A I D
Baltimore, MD
Permit 4475

Sibley Senior

*Published quarterly for members
of the Sibley Senior Association*

Editor

Marti Brown Bailey

Contributing Writers

Diane Brown

Honora Precourt

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