Southern Maryland Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness Division



GREETINGS!

This newsletter supports the health and wellness of *all* older adults. It is curated to highlight *free* resources and events focused on the safety and wellness of adults, however you may notice the inclusion of some opportunities highlighted in *green* that are intended for for youth and/or families.

Don't live in the County? Many of the virtual offerings listed are open to *any* zip code.

Thank you for sharing widely!

Highlights

In this edition you will find content in each of these sections:

On-Going Programming from Suburban Hospital

Upcoming Programming from Suburban Hospital

Cancer Programming from Suburban Hospital

Upcoming Programming from Washington Metro Oasis

Programming from Our Partners



ON-GOING PROGRAMMING FROM SUBURBAN HOSPITAL



Learn to Live Well with Diabetes

Connect with a certified diabetes care and education specialist for customized one-on-one sessions to fit your individual needs.

Call **301-896-6032** to learn more about **Diabetes Self-Management Training (DSMT)**, the referral process, and what to ask your insurance provider about their coverage for this important service.

Alcohol & Other Drugs Seminar

This educational seminar for 13-18 year olds and their families teaches how drugs affect the body, the legal aspects of substance use, and how substance use can impact your life and goals. Call **301-896-2036** to learn more.

Concerned Persons Program Mondays | 5:15-6:15 p.m. | FREE

Suburban's Outpatient Addiction Treatment Center staff will help friends and family members understand substance abuse disorders, the treatment process, and treatment resources. CLICK HERE TO JOIN BY ZOOM | Password: CPP

Diabetes Thrive 365 2nd Wednesday | 6-7 p.m. | FREE

Facilitated by a Certified Diabetes Educator, this meeting features guest speakers addressing a variety of topics important for living well with diabetes. **REGISTER HERE**.

Peripheral Neuropathy Support Group 3rd Thursday | 7-8 p.m. | FREE

Share experiences, information and hope about PN treatments and self-help coping remedies. **REGISTER HERE**.



Senior Shape

Tuesdays & Thursdays | 10:30-11:15 a.m. | Virtual | FREE Mondays & Thursdays | 10-10:45 a.m. | In-Person | <u>Langley Park Senior Activity Center</u> | FREE Thursdays | 11:30 a.m. -12:15 p.m. | In-Person | <u>Gwendolyn Britt Senior Activity Center</u> | FREE

To Register: To register for an in person class, contact the senior activity center directly. To register for a virtual class, email <u>krmcgrail@jhmi.edu</u> with your full name and zip code.

UPCOMING PROGRAMMING FROM SUBURBAN HOSPITAL

Engage from the Comfort of Home!

Suburban Hospital continues to offer most of its programs online using the Zoom platform. Registration is required unless otherwise noted.

To view the full calendar of events, please go to **events.suburbanhospital.org**

Week of Monday, March 11

Easing the Burden: Pain Management Strategies

Thursday, March 12 | 1-2 p.m. | FREE

Join interventional pain management specialist Dr. Stephanie Van for an overview of pain and function management as we age. By the end of this session, you will understand what structures commonly cause pain as the body ages, be able to talk to your doctors about pain more effectively and adapt some practical strategies to reduce pain and age gracefully. **REGISTER HERE**.

Lifestyle Factors Affecting the Risk of Alzheimer's Disease Wednesday, March 13 | 2-3:30 p.m. | FREE

Alzheimer's Disease is likely caused by a combination of genetic, environmental, age, and lifestyle factors. These lifestyle factors may include physical activity, a healthy diet, social engagement, cigarette smoking, and excessive drinking. This event, sponsored by Suburban Hospital, is in partnership with Friendship Heights Neighbors Network and is part of FHNN's collaboration with Little Falls Village. **REGISTER HERE**.

Week of Monday, March 25

Dine, Learn & Move: Decoding the Nutrition Label

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

Join us for an informative session where you'll learn how to decipher and make sense of complex nutrition labels. Discover how to spot hidden ingredients, understand serving sizes, and make informed choices that support your health and wellness goals. The session will start with fitness and end with a live cooking demo! To register, email wellnessinfo@co.pg.md.us.

Reinvigorate Your Spring with Traditional Chinese Medicine

Thursday, March 28 | 1-2 p.m. | FREE

Did you know acupuncture is just one modality in a larger system of medicine known as traditional Chinese medicine (TCM)? In addition to acupuncture, another component of TCM is dietetic therapy. A registered nurse and doctor of acupuncture will offer an overview of TCM and its modalities along with dietary suggestions for Spring and self-care treatments for common springtime conditions, such as seasonal allergies and strains/sprains. **REGISTER HERE**.

CANCER PROGRAMMING FROM SUBURBAN HOSPITAL

Upcoming Programming



Colorectal Cancer: What You Need to Know Tuesday, March 19 | 6-7 p.m. | **FREE**

This session will define colorectal cancer, discuss the risk factors, signs and symptoms, and screening options. The presentation will also discuss ways to reduce the risk of developing colorectal cancer. Open to all. **REGISTER HERE**

Cancer Support Groups, Classes & Workshops at Sibley Memorial Hospital

- Brain Tumor Support Group
- Breast Cancer Support Group
- Caregiver Support Group
- Gynecologic Oncology Support Group
- Lung Cancer Support Group
- Metastatic Support Group
- Pancreatic Cancer Support Group

These groups offer the opportunity to meet others going through similar experiences and gain support and friendship. Each support group is facilitated by a social worker to provide a safe and informative community. **CLICK HERE** to learn more about support groups and find more upcoming classes and workshops.

On-Going Programming

Walk & Talk Breast Cancer Support Group 1st Thursday | 10-11 a.m. | FREE

Get the latest updates on breast cancer treatment, research and nutrition; meet other breast cancer survivors; and share your experiences in this virtual support group that meets the first Thursday of each month. Email Jamie Borns at jborns1@jhmi.edu to learn more and register.

Bladder Cancer Support Group for Women 1st Thursday | 12-1 p.m. | FREE

This support group for women with bladder or urothelial cancer meets the first Thursday of each month. Participants can talk with others going through similar experiences and gain support and friendship. For more information and to register, contact Samantha Rockler at <u>srockle1@jhmi.edu</u> or **202-537-4105**.

Restorative Yoga for Cancer Patients, Survivors & Caregivers

Mat Yoga | Mondays | 7:30-8:30 p.m.| FREE Chair Yoga | Wednesdays | 10-11 a.m.| FREE Chair or Mat Yoga | Fridays | 12-12:45 p.m.| FREE

These restorative and gentle yoga classes for people with a history of cancer use mindful movement, balance and breathing techniques to help reduce anxiety, increase bodily awareness and regain strength and mobility. Contact Pam Goetz at <u>pgoetz4@jh.edu</u> for more information and to register

UPCOMING PROGRAMMING FROM WASHINGTON METRO OASIS

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes in a virtual format. Membership is required, but *free* to join!

If you have any questions or need assistance in registering for a class please contact <u>washingtonmetro@oasisnet.org</u> or **240-800-3745** with questions.



Week of Monday, March 4

Wise Investing for Women Monday, March 4 | 1-2 p.m. | **FREE**

We'll focus on investing and the different challenges women face on their financial journeys. **REGISTER HERE**



Week of Monday, March 18

AARP Smart Driver Course Wednesday, March 20 | 10:30 a.m.-3:30 p.m. | \$20/25 | In-Person

Drivers who complete this course may receive a multi-year discount on their auto insurance, depending on state regulations. **REGISTER HERE**

Active, healthy & engaged

View the full Winter 2024 catalog

PROGRAMMING FROM OUR PARTNERS

Upcoming Programs

Psychedelic-Assisted Therapy: Extending Compassion and Whole Person Healing Wednesday, March 27 | 11 a.m.-12 p.m. | FREE

Join CaringMatters for a free webinar to explore the history of psychedelic drugs, research results and opportunities, available resources, and their potential to alleviate suffering and improve quality of life for those experiencing serious illness, such as cancer, or those approaching end-of-life. To learn more and register, **CLICK HERE.**

HALT: Health & Lifestyle Training Monday, March 25 | 12 p.m. | FREE

HEAT is a year-long online program for people at risk of type 2 diabetes. During the program, a live coach will be available by text, phone, or video chat to support you on your journey to better health. Register for an info session; classes begin April 1. For more information, call **301-856-9465** or email <u>wellnessinfo@co.pg.md.us</u>

National Nutrition Month

In these free sessions from PG Parks, you will get nutritional tools, learn how to prepare healthy meals with step-by-step cooking demos, and explore ways to make healthier choices for the entire family.

Eating the Rainbow: Vegetable Cooking Demo

Tuesday, March 5 | 1-2 p.m. | **FREE** | In-person **REGISTER**

Love Your Gut: Pre + Probiotics Cooking Demo Thursday, March 7 | 6-7 p.m. | FREE | Virtual

<u>REGISTER</u>

Bone Appétit: Healthy Joints Cooking Demo Wednesday, March 13 | 6-7 p.m. | FREE | In-person REGISTER

Plant Based Eating Nutrition Workshop

Tuesday, March 19 | 11 a.m.-12 p.m. | FREE | Inperson

REGISTER

One-Pan Wonder: Low-Cost Meals Cooking Demo Thursday, March 21 | 6-7 p.m. | FREE | Virtual REGISTER

Savory & Sensible: Kidney Health Cooking Demo Thursday, March 28 | 6-7 p.m. | FREE | In-person REGISTER

On-Going Programming

Pro-Bono Counseling

At Pro Bono Counseling, our priority is to provide the mental health support that suits you best by making the right match. If you live in Maryland and have problems affording the right care, reach out to us to see how we can help. Call us now at **(410) 825-1001** for a confidential phone interview. Phones are answered Monday through Friday, 8:00 a.m. to 4:00 p.m. If you need immediate help, please call or text 9-8-8 or chat at <u>988Lifeline.org</u> to reach the National Suicide Prevention Lifeline. To learn more about PBC, <u>CLICK HERE</u>.

Healthy Living Resources



<u>CLICK HERE</u> to be directed to the Classes and Events page. All offerings are **FREE**.

PROGRAMMING FROM OUR PARTNERS, CONTINUED

Free Resources

Access Hears: Over-the-Counter Hearing Aids and Personal Sound Amplifiers

Access HEARS, Inc. is a 501(c)3 non-profit organization whose mission is to connect individuals with hearing loss to the solutions they need to age well. Eligible individuals must be age 60 and over with perceived mild-to-moderate hearing loss and an annual income below 250% of the Federal Poverty Guidelines. Access HEARS distributes the devices on a first come, first served basis, and provides one-on-one support to help individuals become confident users of hearing technology. For more information, contact Shelley Stein, Client Services Manager at **410-870-9373** or **shelley@accesshears.com**.



Prince George's County Resources

- **Caring Bridge:** a free, non-profit online space that brings together family and friends during any type of health event. <u>CLICK HERE</u>
- Caring Matters: a variety of grief and support groups, also offered in Spanish. CLICK HERE
- Prince George's Hospice: review the "Services" page for a list of support groups offered, including in Spanish. <u>CLICK HERE</u>
- **Prince George's County Food Equity Council**: food pantry listings updated weekly and food resources in 7 languages. <u>CLICK HERE</u>
- **Roberta's House**: Children, adults, and families who experience loss are able to transform their despair to hope, and become healthy and ultimately create safer communities. <u>CLICK HERE</u>