



Village Ambassador Alliance Resource Newsletter

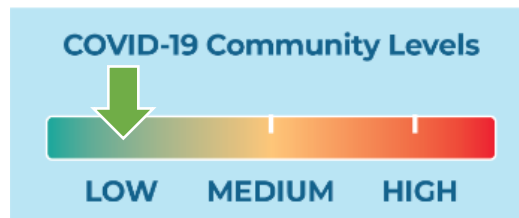
Greetings! This newsletter supports the health and wellness of *all* older adults. It is curated to highlight resources and events focused on the safety and wellness of adults. You may notice the inclusion of some opportunities for youth and/or families to be shared with intergenerational villages.

This newsletter is distributed directly with our amazing Village Ambassadors, but may be shared with anyone you know that would benefit.

Thank you for sharing widely!

STAY SAFE!

As of May 25, Montgomery County remains at "low" community level of COVID-19, according to County data.



Source: [Montgomery County COVID-19 Surveillance](#)

MONTGOMERY COUNTY RESOURCES

Crisis Center (240) 777-4000	EveryMind Crisis Hotline (301) 424-0656
For Caregivers CLICK HERE	Nutrition Assistance CLICK HERE or Call 311
Thrive at Home CLICK HERE	IT Support CLICK HERE
Where's My Bench? CLICK HERE	Virtual Rec Room CLICK HERE

SUBURBAN HOSPITAL VIRTUAL PROGRAMMING

Suburban Hospital continues to offer most of its programs online and hopes that you will participate from the comfort of your home. Virtual programs will use the Zoom platform. **Registration is required for all programs and events unless otherwise noted.** To view the full calendar of events and register for classes, please go to events.suburbanhospital.org.

If you know someone who would like to join a virtual event but is not connected to the internet, please have them call 301-896-3844 to register.

Would you like to receive Suburban Hospital's WellWorks events calendar directly to your inbox? [Click here to subscribe.](#)

On-Going Programming from Suburban Hospital

Learn tips and tools to live well and thrive with Diabetes

Diabetes Self-Management Training (DSMT), an evidence-based program incorporating the needs and goals of people with diabetes into a personalized plan to improve health outcomes, is now available through Suburban Hospital. **A referral from a health care provider is needed**, and participation may be covered by a person's insurance plan. Please contact Suburban's Outpatient Diabetes Services at **301-896-6032** to learn more.

NEW: Know Your Numbers – Visiting Nurse

Tuesdays | 12-4 p.m. | **FREE** | **Friendship Heights Village Community Center** | 4433 S Park Ave, Chevy Chase

Drop by any time for a first-come, first-served blood pressure screening from a Suburban Hospital nurse health educator. The nurse is available to help answer questions about medications or physician's instructions.

Concerned Persons Program

Every Monday | 5:15-6:15 p.m. | **FREE**

Suburban's Outpatient Addiction Treatment Center staff will help friends and family members understand substance abuse disorders, the treatment process, and treatment resources.

[CLICK HERE TO JOIN BY ZOOM](#) | Password: CPP

DATE CHANGE: Diabetes Thrive 365

Wednesday, May 31 | 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](#)

Restorative Yoga for Cancer Patients, Survivors & Caregivers

Mat Yoga | Every Monday | 7:30-8:30 p.m. | **FREE**

Chair Yoga | Every Wednesday | 10-11 a.m. | **FREE**

Chair or Mat Yoga | Every Friday | 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 pgoetz4@jh.edu for more information and to register. [CLICK HERE for additional Cancer workshops and classes from Sibley Memorial Hospital.](#)

Talk & Walk 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 srockle1@jhmi.edu or 202-537-4105.

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.](#)

Nutrition One on One

Rolling | \$85/hour; \$45/half hour

A registered and licensed dietitian will conduct a thorough health evaluation and create personalized nutrition and exercise strategy to meet your specific health concerns. **To schedule a session, please call 301-896-3615. Phone calls will be returned on Tuesdays & Wednesdays.**

Upcoming Programming from Suburban Hospital

Week of Monday, May 29

Type 1 Peer Support Group

Wednesday, May 31 | 7:30-9 p.m. | **FREE**

Are you living with type 1 diabetes or raising a child with type 1 diabetes? Join JDRF for an informal conversation to share information and connect with others who have similar concerns. [REGISTER HERE.](#)

Week of Monday, June 5

NEW: Cancer Survivorship Series: Stronger and Healthier Together

Wednesday, June 7 | 5-6:30 p.m. | **FREE**

If you have a history of cancer and have completed treatment in the past two years, please join us for a free, six-week survivorship series via Zoom that will provide education to aid your recovery and guide you in taking steps to wellness. Registration is required and participants are expected to attend all sessions. [CLICK HERE](#) for full schedule and to register.

Week of Monday, June 12

NEW: Be F.A.S.T

Wednesday, June 14 | 1-2 p.m. | **FREE**

When it comes to stroke, timely treatment is of the essence to reduce damage and improve recovery time. Join Dr. Malik Adil as he will discuss prevention, risk factors, signs and symptoms, new developments in stroke treatment and how we are working to enhance patient outcomes. [REGISTER HERE.](#)

Week of Monday, June 19

NEW: Better Breather's Club

Tuesday, June 20 | 11 a.m.-Noon | **FREE**

Be part of this patient-centered and community-based club that supports persons with chronic lung disease including COPD, asthma, idiopathic pulmonary fibrosis, and lung cancer. [REGISTER HERE.](#)

NEW: Managing Your Medications

Tuesday, June 20 | 1-2 p.m. | **FREE** | **Holiday Park Senior Center** | 3950 Ferrara Dr., Silver Spring
Suburban Hospital Pharmacy Residents will de-mystify the do's and don'ts of medication management. Learn helpful tips and practical approaches to proper dosage and uses, the dangers of non-compliance and the future of prescription medications. [REGISTER HERE.](#)

NEW: UTI's in Older Adults: Prevention, Symptoms, and Treatment

Wednesday, June 21 | 1-2 p.m. | **FREE**

Urinary tract infections, or UTIs, are a common health problem that affects millions of people each year, especially older adults. While UTIs can cause mild problems for young adults, they can have more severe consequences in seniors. UTI symptoms may include frequent urination, pain or burning when passing, altered mental status, fever, and nausea or vomiting. While these infections may be easily diagnosed, their treatment may not always include antibiotics. During this webinar panel, we will hear about prevention, diagnosis, and treatment of UTIs from members of the Hospital Epidemiology and Infection Control Team at Suburban Hospital. This event is brought to you in partnership with Little Falls Village and in cooperation with Friendship Heights Neighbors Network. [REGISTER HERE.](#)

NEW: Keep Your Eye on the Prize

Thursday, June 22 | 1-1:30 p.m. | **FREE**

Dr. Mona Kaleem, ophthalmologist from the Wilmer Eye Institute, will discuss glaucoma and its effect on eye health. She will detail how it is diagnosed, prevented and how to treat it. [REGISTER HERE.](#)

Week of Monday, June 26

NEW: Dine, Learn & Move: Alzheimer's Alerts: 10 Warning Signs of Alzheimer's Disease

Wednesday, June 28 | 6 - 7:30 p.m. | **FREE**

Alzheimer's disease (AD) is the most common form of dementia – a continuous decline in thinking, behavioral and social skills that affect a person's ability to function independently. To celebrate World Alzheimer's Month, we welcome a guest from the Alzheimer's Association to bring awareness of signs of AD. We'll also fight the disease by moving our body and participating in a live cooking demonstration featuring the Mediterranean diet – another tool to fight AD. Registration is free but required by sending an email to wellnessInfo@co.pg.md.us.

WASHINGTON METRO OASIS VIRTUAL PROGRAMMING

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes in a virtual format. **Browse the full catalogue and register at <https://washington-metro.oasisnet.org/>** **Membership is required but is FREE to join.** If you have any questions or need assistance in registering for a class please contact washingtonmetro@oasisnet.org or **240-800-3745** with questions. You also can

drop by the Oasis Center in the Macy's Home Store at [Westfield Montgomery](#) mall, Monday through Thursday from 10 a.m.–4 p.m.

Upcoming Programming from Oasis

Week of Monday, May 29

NEW: Memory Cafe Support Group

Friday, June 2 | 11 a.m.-Noon. | **FREE**

Are you or a loved one experiencing issues with memory loss or other cognitive impairment? Do you have trouble with your daily activities? Join us for a fun and social way for you to meet and spend time with others experiencing a similar journey. You are not alone. [REGISTER HERE.](#)

Week of Monday, June 6

NEW: Caregivers Support Group

Wednesday, June 7 & 21 | 11 a.m.-Noon. | **FREE**

Even when caring for a loved one is an act of love, it still takes many new skills and a great deal of energy. It also raises a lot of questions. Our Caregiver Series offers a place to learn from the experiences of others and to encourage those who are in similar circumstances. The sessions will be facilitated by compassionate professionals. Some sessions will spotlight expert guest speakers on a variety of topics to support you in your caregiving journey. Most sessions will allow time for questions and group discussion. This group is strictly for those who are in a caregiver role. This series is sponsored by Family and Nursing Care. [REGISTER HERE.](#)

Week of Monday, June 12

NEW: The Impacts of Hearing Loss on the Aging Process

Monday, June 12 | 3-4 p.m. | **FREE**

Join Dr. Dinkes, to learn how chronic diseases such as hypertension, arthritis, kidney disease, falls, diabetes, depression, high cholesterol, heart failure, and Alzheimer's disease affects hearing abilities. What an audiologist is and the work they do, hearing aid candidates, styles, and options available today. [REGISTER HERE.](#)

Week of Monday, June 19

NEW: Stop the Bleed – Save a Life

Wednesday, June 21 | 3-4 p.m. | **FREE**

Learn how to act as an immediate responder to help save lives when disaster strikes. Individuals with little or no medical training will learn how to use their hands to apply pressure to a wound, pack a wound to control bleeding, how to correctly apply a tourniquet. These three techniques will empower you to assist in an emergency and potentially save a life. Get trained! [REGISTER HERE.](#)

PROGRAMMING & RESOURCES FROM OUR PARTNERS

NEW: Learn CPR – Save a Life

Thursday, June 1 | 12-1 p.m. | **FREE**

If you are called to give CPR in an emergency, you will most likely be trying to save someone you love: a spouse, a parent, a co-worker, or a friend. The American Heart Association invites you to join us for a one-hour webinar presented by SAIC to learn the lifesaving skill of **Hands-Only CPR**. By the end of the activity, you will be aware of how and when to use Hands-Only CPR, what to do when calling 911 and specific ways to take action and get involved! Please share this invitation with your colleagues, friends and family. **The more people that know Hands-Only CPR, the more lives could be saved!** [REGISTER HERE](#)

Pro Bono Counseling

Pro Bono Counseling (PBC) is a non-profit 501(c)(3) corporation founded with the goal of connecting uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals who provide care on a volunteer basis at no cost. At Pro Bono Counseling, our priority is to provide the mental health support that suits you best. We do that by prioritizing 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 [988Lifeline.org](https://www.988lifeline.org) to reach the National Suicide Prevention Lifeline.** To learn more about PBC, [CLICK HERE](#).

Why do some 80 Year Olds Seem Like They're 60?

To learn why, including why some 60 year olds seem like they're 80, [read the full article](#) in the *Dome*, a publication of Johns Hopkins Medicine.

Montgomery County Senior Site

[CLICK HERE](#) to access the Montgomery County Senior Site, which features resources such as:

- Age Friendly Montgomery
- Hiring In-Home Elder Care
- Vital Living Networker
- Older Driver Resources
- 50+ in Montgomery County
- Transportation Services

Online Tool Will To Older Adults Find Transportation Providers

Montgomery County recently launched a new online tool to help older adults find volunteer ride providers to help them get where they need to go, when they need to get there. The **online tool** uses GIS mapping to connect an address with organizations, such as nonprofit groups and senior villages, who provide volunteer rides for such things as medical appointments and grocery shopping. In addition to free bus rides and a discounted taxi program for eligible residents, the County supports nonprofit organizations that offer volunteer rides. [READ FULL ARTICLE HERE](#)

Safe Driving Tips National Institute on Aging at NIH

While many older adults value the independence of driving, changes that happen with age may alter a person's ability to drive safely. Changes in health, including medical conditions or injuries, may also affect a person's driving skills. However, there are steps you can take to help stay safe on the road:

- **Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving. Get your vision and hearing checked regularly.
- **Avoid driving at certain times of day.** If you have trouble seeing in the dark, cut back on or stop driving at night. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- **Talk with your doctor.** If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.

Explore more [safe driving tips for older adults](#). This information is also available in [Spanish](#).

Healthy Living Resources from Giant Food

[CLICK HERE](#) to be directed to the Classes and Events page. All offerings are **FREE**.

NEW: Flyer attached



Our Free Services Include:

- Online Personalized Consultations
- **Online Nutrition Classes**
- **Workplace Wellness Programs**
- Community Wellness Events
- *Healthy Living by Giant* podcast. Available on your favorite podcast app or [here](#).
- **Healthy Living by Giant Facebook Group**
- Para obtener información sobre nuestros servicios en español contactenos al nutricion@giantfood.com

Free Durable Medical Equipment (On-going)



The advertisement features a yellow background with a red border. On the left, there is a circular logo with a stylized figure in a wheelchair and the text "Maryland Durable Medical Equipment Re-Use". Below the logo is a photograph of rows of wheelchairs. The main text reads "Give or Receive the Gift of Mobility" in large, bold letters, followed by "Donate or Receive Durable Medical Equipment". Below this, there are sections for "DONATIONS NEEDED:" and "DONATIONS WILL BE:". The "DONATIONS WILL BE:" section lists "Sanitized", "Repaired", and "Redistributed to adults and children with mobility needs". At the bottom, there is a red banner with a "LEARN MORE" button, an email icon with "DME.MDOA@maryland.gov", a phone icon with "240-230-8000", and a globe icon with "aging.maryland.gov". The Maryland Department of Aging logo is in the bottom left corner.

Give or Receive the Gift of Mobility
Donate or Receive Durable Medical Equipment

Maryland Durable Medical Equipment Re-Use

DONATIONS NEEDED:
Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Supports, Crutches, Hospital Beds, "Hoyer" Lifts, Medical Reclining Chairs, Tub Transfer Benches, & Much More!

DONATIONS WILL BE:

- Sanitized
- Repaired
- **Redistributed** to adults and children with mobility needs

LEARN MORE

DME.MDOA@maryland.gov

240-230-8000

aging.maryland.gov

Maryland
DEPARTMENT OF AGING

GRIEF & SUPPORT GROUPS

1. [Caring Matters](#) – a variety of grief and support groups, also offered in Spanish
2. [Montgomery Hospice](#) – review the “Services” page for a list of support groups offered, including in Spanish
3. [Caring Bridge](#) - a free, non-profit online space that brings family and friends together during any type of health event

Forward. *For all of us.*

Together, we're moving health care forward.

Suburban Hospital Community Health & Wellness

