Village Ambassador Alliance 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 we may include opportunities for youth and/or families that are intended for 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!



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 & Sibley Hospitals

Upcoming Programming from Washington Metro Oasis

Programming from Our Partners

Contact

To learn more about the <u>Village Ambassador</u> <u>Alliance</u>, please reach out to Kate McGrail at <u>kmcgrail@jhmi.edu</u> or call **301-896-2494**

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.

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

Navigating the Crossroads of Heart Health & Menopause

The 22nd Annual Women's Health Symposium was held on Thursday, February 22. <u>Click here</u> to watch a recording of the highly-engaging one hour virtual event.

Know Your Numbers – Visiting Nurse

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

Drop by 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.

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. <u>Register here</u>.

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

Share experiences, information and hope about PN treatments and self-help coping remedies. <u>Register</u> <u>here.</u>

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.

Engage from the Comfort of Home!

Suburban Hospital offers *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 <u>events.suburbanhospital.org</u>

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. Though research continues, evidence is strong that people can reduce the risk of Alzheimer's and some other brain disorders. 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**

UPCOMING PROGRAMMING FROM SUBURBAN HOSPITAL

Stop The Bleed

Wednesday, March 13 | 6-7:30 p.m. | 8600 Old Georgetown Road, Bethesda | FREE

Join us for an in-person session, led by the Suburban Hospital trauma service, that teaches participants basic lifesaving medical interventions, including bleeding control with a tourniquet and using gauze to pack a wound. Mannequins are used to provide hands-on experience. The course is specifically designed for nonmedical personnel and the general public. **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 <u>wellnessinfo@co.pg.md.us</u>

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. **<u>REGISTER HERE</u>**

CANCER PROGRAMMING FROM SUBURBAN HOSPITAL & THE SIDNEY KIMMEL COMPREHENSIVE CANCER CENTER

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. <u>CLICK HERE</u> to learn more about support groups and find more upcoming classes and workshops.

On-Going Programming

Walk & Talk 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 o 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 caner 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 Molly Vencel at <u>mvencel1@jhmi.edu</u> or **202-660-6839**.

Restorative Yoga for Cancer Patients,

Survivors & Caregivers

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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 body 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 | Virtual or In-Person

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

Week of Monday, March 18

Volunteer Event at A Wider Circle Monday, March 18 | 1-3 p.m. | FREE | In-Person

A Wider Circle's Essential Support program provides basic items for the home to our neighbors seeking to rise out of poverty. Volunteers help sort donations and stock the showrooms where clients select their items. **REGISTER HERE**

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 multiyear discount on their auto insurance, depending on state regulations. **REGISTER HERE**

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PROGRAMMING & RESOURCES 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**.

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**.

Safe Medication Disposal at Home

To learn more, <u>click here</u> for a video and article from the U.S. Food & Drug Administration. **National Prescription Take Back Day is Saturday, April 27** - stay tuned for more information on how to participate at Suburban Hospital.

County Resources

- Crisis Center (240) 777-4000
- For Caregivers -<u>CLICK HERE</u>
- Thrive at Home <u>CLICK HERE</u>
- Where's My Bench? CLICK HERE

On-Going Programming

Free Programming from MCPL (Montgomery County Public Library)

MCPL offers programming and services for adults 50+ that are designed to reflect the wide interests of today's older adults. Come check out our book clubs, computer help, tax preparation, music performances, and health and wellness programs. CHECK IT OUT

Giant Food Healthy Living



Browse here for classes and events from a team of registered dietitians from Giant Food.

Tips for Caregivers

Caring for an aging family member often requires teamwork. <u>**CLICK HERE**</u> for tips from the National Institute on Aging.

Grief & Support Groups

- Caring Matters: a variety of grief and support groups, also offered in Spanish. <u>CLICK HERE</u>
- Montgomery Hospice: review the "Services" page for a list of support groups offered, including in Spanish. <u>CLICK HERE</u>
- Caring Bridge: a free, nonprofit online space that brings together family and friends during any type of health event. <u>CLICK HERE</u>
- EveryMind Crisis Hotline (301) 424-0656
- Nutrition Assistance <u>CLICK HERE</u> or call 311
- IT Support CLICK HERE