



COVID-19 Resource Newsletter from Suburban Hospital

Greetings! We continue to stress that the most important thing you can do for yourselves, your families and your community is to continue to mask, distance, wash and monitor. Every action and every individual plays an important role in continuing to support the health and wellness of Prince George's County.



LOCAL COVID-19 TESTING & VACCINE RESOURCES

Follow the links to learn more about local COVID-19 resources

County-sponsored vaccination clinics are open registration with appointments 7 days a week
[Schedule your own FIRST DOSE appointment HERE](#)

Sites Operated by Prince George's County (click link below for maps)
[Sports & Learning Complex](#) – Landover

Prince George's County Disease Control Hotline
(301) 883-6627 from 8 a.m. to 8 p.m.

Sites Operated by State of Maryland
Enter your zip code [here](#) to find a site
Stay up to date by texting "MDREADY" to 898-211 for updates on mass vaccination sites
Need more help? Call 855-634-6829 7 a.m. to 10 p.m. daily to specifically assist residents **without internet access**

Still Unsure & Want to Know More?
[COVID-19 Vaccine Hesitancy: 12 Things You Should Know](#) shared by Sherita Golden, MD, MHS, chief diversity officer at Johns Hopkins Medicine, who specializes in diabetes, heart conditions and patterns of disease in diverse communities

FREE ONLINE PROGRAMMING OFFERED BY SUBURBAN HOSPITAL

Suburban Hospital continues to offer most of its programs online and hopes that you will participate from the comfort of your home. Programs held online will use the Zoom platform, and instructions will be sent to registered participants to access. **Registration is required for all programs and events, unless otherwise noted**, at events.suburbanhospital.org

Most opportunities listed below are free, but if you or someone you know needs financial assistance, please contact Kate McGrail at krmcgrail@jhmi.edu

If you know someone who is not connected to the internet but would like to join one of the virtual events by phone, please call 301-896-3939 to register

On-going Opportunities

NEW: 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.

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

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.*

Senior Shape with Rosaline Law - Sponsored by Suburban Hospital

Tuesdays & Thursdays | 10:30-11:15 a.m. | **FREE**

A certified group fitness instructor will help you reach your goals from the safety of your own home. Senior Shape focuses on the four areas recommended by the National Institute on Aging: Endurance, Strength, Balance, and Flexibility. All fitness levels are welcome and posture modifications are available to meet you where you're at! **To register, email Kate McGrail at kmcgrail@jhmi.edu with your first and last name and zip code of residence.**

Upcoming Opportunities

Breast Cancer Support Group

Monday, September 1 | 12-1 p.m. | **FREE**

This support group meets the first Wednesday of each month and offers a place for patients in active treatment for breast cancer to share similar experiences and gain support. Contact Janie Meiser at 202-660-5742 or jmeiser2@jhmi.edu to register and learn more.

Diabetes Thrive 365

Wednesday, September 8 | 6-7 p.m. | **FREE**

Facilitated by a Certified Diabetes Educator, the monthly meetings feature guest speakers discussing a variety of topics important for living well with diabetes. Every 2nd Wednesday of the month learn strategies, exchange information, and get the support you need to thrive 365 days-a-year. [REGISTER HERE](#)

Dine, Learn & Move: Change Your Mood with Your Food and Your Moves

Wednesday, September 22 | 6-7:30 p.m. | **FREE**

Join us for 90 minutes of virtual fun – get active, learn simple tips for making healthy choices, and engage with a chef during a live cooking demonstration. This month we'll learn to incorporate vitamins and supplements without taking shortcuts to nutritious eating. **To register email wellnessinfo@co.pg.md.us**

Best Foot Forward

Thursday, September 23 | 1-2 p.m. | **FREE**

Orthopedic Surgeon [John Thompson MD](#), will talk about common foot and ankle conditions and answer questions about bunions, hammertoes, fungus and corns. [REGISTER HERE](#)

16th Annual Prostate Cancer Symposium

Monday, September 27 | 7-8:30 p.m. | **FREE**

The 16th Annual Prostate Cancer Symposium will feature [Christian Pavlovich, MD](#), Director of the Prostate Cancer Active Surveillance Program and Fellowship Director of Urologic Oncology for the [Brady Urological Institute](#) at Johns Hopkins Medicine. Dr. Pavlovich will discuss genetic testing for men with prostate cancer and how it impacts treatment approaches. [REGISTER HERE](#)

WASHINGTON METRO OASIS ONLINE PROGRAMMING

Washington Metro Oasis, a partner of Suburban Hospital, is pleased to offer many of its classes online. Browse the full catalogue and register at <https://washington-metro.oasisnet.org/>

Upcoming Opportunities

September is Fall Prevention Month!

Balance and Fall Prevention

Monday, September 13 | 1:30-2:30 p.m. | **FREE**

Feeling unsteady on your feet? Join Lynn and Danielle, physical therapists at Suburban Hospital, in a lecture regarding what contributes to our sense of balance, how to improve our balance, and how to prevent falls both at home and in the community. [REGISTER HERE](#)

Exercises to Help You Build Strength and Prevent Falls

Monday, September 20 | 1:30-2:30 p.m. | **FREE**

Do you ever feel imbalanced? Come to this interactive class during which neurological physical therapist assistant and personal trainer, Aubrey Reinmiller, will clarify the most common reasons for imbalance while sharing some exercises to improve your balance! In this class, you will also learn about the different body systems that contribute to your sense of balance and practical exercises that can help make you steady. [REGISTER HERE](#)

Happy Feet: If They Can Do It, So Can We!

Monday, September 27 | 1:30-2:30 p.m. | **FREE**

This lecture is designed to help older adults maintain healthy feet and balance to prevent falls. We will be looking in depth at causes of falls, risk factors, foot deformities, and prevention. [REGISTER HERE](#)

ADDITIONAL PROGRAMMING & RESOURCES

On-going Opportunities

Let's Get Healthy!

1st & 3rd Tuesdays | 6-7 p.m. | \$5 suggested donation

Yoga and meditation classes, stress management workshops, healthy eating lessons, group discussions and more! Facilitated by Ma'Sheka Thomas of a Healthier You, Inc. For more fun events from Creative Suitland, [click here](#).

[REGISTER HERE](#)

Power to STOP Diabetes | **FREE**

A free, yearlong lifestyle change program that promotes better eating habits and increased physical activity! To learn more, contact the Johns Hopkins Brancati Center at brancaticenter@jhmi.edu or 410-614-2701, or Tonya Rosebrough at trosebr1@jhmi.edu or 410-209-0784.

Grief & Loss Support Group from Adventist Hospital

Wednesdays | 4-5 p.m. | **FREE**

Need Help Coping After the Loss of a Loved One? This support group will help you process your loss with others on the same journey and give you a supportive environment to express feelings of grief.

Ages 24+

[REGISTER HERE](#) or call **301-838-4912**

Daily Virtual Mindfulness Program from Johns Hopkins

Mondays, Wednesdays, Fridays | 12 p.m. | **FREE**

Tuesdays & Thursdays | 9 a.m. | **FREE**

jhjm.zoom.us/j/747490429 | Meeting ID 747490 420

Join Dr. Neda Gould, faculty member in the Department of Psychiatry and Behavioral Sciences Department and Director of the Mindfulness Program for daily weekday meditations. **No registration required**; to join, copy and paste the link above into your browser.

Maryland Senior Call Check
[Register Online](#) or Call **866-502-0560**

Friendship Line

Staff and volunteers trained by the Institute on Aging specialize in offering a caring ear and a friendly conversation for county residents aged 60 or greater, or persons with disabilities.

1-800-971-0016

Upcoming Opportunities

Giant Nutrition: Click [here](#) to view **FREE** upcoming classes

Wearable Technology sponsored by Senior Planet, hosted by Chevy Chase at Home

Tuesday, August 31 | 11:30 a.m. – 12:30 p.m. | **FREE**

From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology. **Access on Zoom** [here](#) **(Meeting ID: 838 625 9542)**

The Power of Words sponsored by Charles E. Smith Life Communities

Wednesday, September 1 | 1-2 p.m. | **FREE**

We communicate with each other every day. But it's not always what you say, but what others understand and how you make them feel that counts. Join us as we feature Susan I. Wranik, MS, MA, CCC-SLP, national speaker, author, linguist and medical professional passionate about communication, quality of life, and giving voice to other people's voices.

[REGISTER HERE](#)

Grief & Support Groups

Caring Matters

Grief Support & Support Groups

Prince George's Hospice

Grief Support

Caring Bridge

A free, non-profit online space that brings family and friends together during any type of health event. [CLICK HERE](#) to learn how it works

Forward. *For all of us.*

Together, we're moving health care forward.

Suburban Hospital Community Health & Wellness



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE