



## Wellness Resource Newsletter from Suburban Hospital

**Happy New Year!** 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 older adults, including but not limited to COVID-19. It may be shared with anyone you know that would benefit.

**Thank you for sharing widely!**

### PRINCE GEORGE'S COUNTY VACCINATION RESOURCES

1. Are you eligible for a **booster**? [Click here to learn more about eligibility.](#)
2. Prince George's County Health Department offers vaccinations at two clinics **by appointment only.** [Click here to learn more.](#)
3. Have more questions? [Click here to see if your question is on the Frequently Asked Questions list.](#)

### PRINCE GEORGE'S COUNTY COVID-19 TESTING RESOURCES

1. **Rapid test kits** are also available at eight locations while supplies last. Each kit contains 2 rapid antigen tests. Proof of residency (driver's license, utility bill, lease agreement) must be provided. Kits are **FREE.** [Click here to see the list of locations and hours of operations.](#)

### 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](https://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

#### Senior Shape

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

Mondays & Thursdays | 10-10:45 a.m. | **IN-PERSON** | [Langley Park Senior Activity Center](#) | **FREE**

Thursdays | 11:30 a.m. -12:15 p.m. | **IN-PERSON** | [Gwendolyn Britt Senior Activity Center](#) | **FREE**

Senior Shape is an exercise program for the 55+ population designed to improve and maintain balance, muscle strength, flexibility and cardiovascular strength. Classes are led by certified group fitness instructors and set to music. Modifications, including seated options, are always available. **To register for the virtual class, contact Kate McGrail at [kmcgrail@jhmi.edu](mailto:kmcgrail@jhmi.edu) with your full name and zip code of residence. To register for an in person class, contact the senior activity center directly.**

### **Help People with Diabetes to Get the Tools They Need to Live Well and Thrive**

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. Please help us spread the word among members of your community. **A referral from a health care provider is required**, and participation may be covered by the participant's insurance plan. **Please contact Suburban's Outpatient Diabetes Services at 301-896-6032 or [click here](#) to learn more.**

### **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

### **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](mailto:pgoetz4@jh.edu) for more information and to register. [CLICK HERE](#) for additional Cancer workshops and classes from Sibley Memorial Hospital.

### **Diabetes Thrive 365 - English**

2<sup>nd</sup> Wednesday | 6-7 p.m. | **FREE**

Facilitated by a Certified Diabetes Educator, the monthly meetings feature guest speakers discussing a variety of topics to help you get the support you need to thrive 365 days-a-year. [REGISTER HERE](#).

### **Diabetes Thrive 365 - Spanish**

3<sup>rd</sup> Wednesday | 6-7 p.m. | **FREE**

Prospera con tu diabetes los 365 días del año con nuestro grupo de apoyo en Español. **Registrate: llame al 301-896-2849**

### **Peripheral Neuropathy Support Group**

3<sup>rd</sup> 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, January 9

**NEW: Falling Isn't Hip Anymore: Tips on Preventing Falls**

Wednesday, January 11 | 1-2 p.m. | **FREE**

Each year, 3 million older people are treated in emergency departments for fall injuries that can lead to hospitalization for head injuries or hip fractures. Join Suburban Hospital's Trauma Service as they discuss risk factors for falling, the importance of safety checks, and tips on preventing falls and staying independent. [REGISTER HERE.](#)

### Week of Monday, January 16

**NEW: Freedom from Smoking**

Wednesdays | January 18-March 1 & Friday, February 10 | 6-7:30 p.m. | **FREE**

Embark on Freedom From Smoking®—America's gold standard smoking cessation program for over 25 years—to gain the skills and techniques needed to take control of your behavior and quit smoking.

[REGISTER HERE.](#)

### Week of Monday, January 23

**NEW: Dine, Learn & Move: Ready, Set, Goal**

Wednesday, January 25 | 6-7:30 p.m. | **FREE**

This New Year, commit to a healthy beginning by learning how to set SMART goals that prioritize exercise and healthy eating! We'll kick off this session with a physical activity, followed by a nutrition education segment, and finish with a healthy cooking demonstration. Registration is open to all. Email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us)

**NEW: Best Foot Forward**

Thursday, January 26 | 1-2 p.m. | **FREE**

Learn about common problems that can affect your mobility and comfort from podiatrist, Dr. David Engorn. Get your questions answered about bunions, hammertoes, fungus and corns. Discussion will also include the importance of foot hygiene and proper shoes. [REGISTER HERE.](#)

## 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](mailto: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, January 9

**NEW: Prostate Enlargement and Voiding Dysfunction: Prevention and Treatment**

Monday, January 9 | 3-4 p.m. | **FREE**

Take early steps to take care of your prostate and bladder. Join Dr. Daoud Dajani, a urologist with Chesapeake Urology, for a full discussion about prostate and bladder health focusing on early prevention and intervention. [REGISTER HERE](#)

### Week of Monday, January 23

**NEW: Overview of Parkinson's Disease**

Monday, January 23 | 3-4 p.m. | **FREE**

Parkinson's Disease is a neurological condition said to impact more than 1 million people in the U.S. Join Dr. Justin Martello for an overview of the disease and how the Parkinson Foundation of the National Capital Area helps people slow its progression. [REGSITER HERE](#).

## PROGRAMMING & RESOURCES FROM OUR PARTNERS

**RECORDING: OTC Hearing Aids: Are They Right For You?**

On Wednesday, December 21, Friendship Heights Neighbors Network hosted a health education session featuring Dr. Carrie Nieman, associate professor in the department of Otolaryngology-Head and Neck Surgery at Johns Hopkins University School of Medicine. [Watch the recording here.](#)

**NEW: Four Weeks to Wellness Nutrition Workshop Series**

The MNCPPC Health & Wellness Team bringing a Four Weeks to Wellness Nutrition Workshop Series and fitness opportunities to you this new year! Join us on your path to wellness as you set your personal goals to start the New Year off right!

**Wellness Walk**

Saturdays | January 7, 14, 21 & 28 | 10-11 a.m. | **Fairwood Community Park** (near the restrooms)  
Walking is great for your physical and mental health! Learn how to establish a walking routine and connect with others with similar fitness goals. Participants can walk at their own pace on a route determined by the instructor. Level: All. Registration required. Ages 13 & up; FREE. [Register Here](#)

**Healthy Store Tour**

Thursday, January 12 | 6-7 p.m. | **FREE**  
Join us for a virtual Giant Store tour! During this interactive store tour, learn how to fill your cart with nutrient-packed foods that will help you stay on track with your personal health and wellness goals throughout 2023. Registration required. All ages welcome. [Register Here](#)

**Meal Planning to Fit Your Budget**

Thursday, January 19 | 6-7 p.m. | **FREE**  
Rethink your weekly shopping routine and stretch your grocery dollar even further. In this virtual session, participants will be provided with tips for creating healthy meals at home while staying on a budget. Registration required. All ages welcome. [Register Here](#)

### **Healthy Lifestyle Changes & Staying Motivated Nutrition Workshop**

Thursday, January 26 | 6-7 p.m. |

In this virtual session, learn how lifestyle factors such as hydration, sleep, and stress affect your health and get tips to stay motivated and self-care strategies on your journey to healthier living. Registration required. All ages welcome. [Register Here](#)

### **FIT & STRONG**

Tuesdays & Thursdays | January 10 – March 30 | 9:30 – 11 a.m. | **FREE**

Are you looking for a class to improve exercise frequency, increase strength, and help with goal setting to promote overall health? Join MNCPPC for Fit & Strong!, an evidence-based physical activity program that combines aerobics, stretching, balance, strength, endurance exercises, and health education to promote healthy behavior changes. For additional details and registration information, see the attached Fit Strong Card, attached. [Register Here](#)

### **How Older Adults Can Get Started With Exercise**

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. If you want to get started with exercise, start slow and consider talking to a doctor about the exercises and activities that are best for you. A few questions you might ask are:

- Do I have any health conditions that might affect my ability to exercise?
- Are there any exercises or activities I should avoid?
- Is my preventive care up to date?

Learn more about [getting started with exercise](#)

### **HOW CAN STRENGTH TRAINING BUILD HEALTHIER BODIES AS WE AGE?**

Good news! You don't have to bench press 300 pounds or run a marathon to show off the benefits of strength training. Researchers from the National Institutes of Health (NIA) have been studying the effects of strength training for more than 40 years and have identified multiple ways it can benefit older adults, including maintaining muscle mass, improving mobility, and increasing the healthy years of life. [Learn more](#) about these findings from NIA-supported researchers, along with their tips for maintaining strength or becoming stronger as we age.

### **10 MYTHS ABOUT AGING**

Many people make assumptions about aging, what it is like to grow "old", and how older age will affect them. But as we are getting older, it is important to understand the positive aspects of aging. Research at the National Institutes for Health has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices. [Read on](#) to learn about 10 common misconceptions related to aging and older adults.

### **Prince George's County Community Food Programs**

[CLICK HERE](#) for a comprehensive list of county food pantries, updated every Friday

### Healthy Living Resources from Giant Food (On-going)

[CLICK HERE](#) to be directed to the “FREE Services” page



#### 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](mailto: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" and "Donate or Receive Durable Medical Equipment". It lists "DONATIONS NEEDED" such as wheelchairs, power chairs, rollators, scooters, walkers, shower supports, crutches, hospital beds, "Hoyer" lifts, medical reclining chairs, tub transfer benches, and much more. It also lists "DONATIONS WILL BE" sanitized, repaired, and redistributed to adults and children with mobility needs. At the bottom, there is a red bar with a "LEARN MORE" button and contact information: an email icon for DME.MDOA@maryland.gov, a phone icon for 240-230-8000, and a globe icon for 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

**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](mailto:DME.MDOA@maryland.gov)  
 240-230-8000  
 [aging.maryland.gov](http://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. [Prince George's 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
4. **NEW:** [Roberta's House of Prince George's County](#) - Children, adults, and families who experience loss are able to transform their despair to hope, and become healthy and ultimately create safer communities.

**Forward.** *For all of us.*

*Together, we're moving health care forward.*

**Suburban Hospital Community Health & Wellness**

