



## Village Ambassador Alliance 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 Montgomery County.



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### MONTGOMERY COUNTY VACCINATION RESOURCES

**[Follow the links to learn more about how to register for the COVID-19 vaccine](#)**

**[REGISTER FOR VACCINE HERE](#)**

**[Montgomery County COVID-19 Vaccine FAQ](#)**

Click [here](#) to stay up to date on the most frequently asked questions

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### MONTGOMERY COUNTY COVID-19 TESTING OPTIONS & RESOURCES

**[Follow the links to learn more about local COVID-19 resources](#)**

Click [here](#) to see the testing schedule

- **WHO:** For anyone, including children, who lives, works, or regularly visits Montgomery County
- **WHAT:** PCR nasal self-swab
- **WHERE & WHEN:** the link above offers weekly testing updates at various locations; some are walk-in and some may require an appointment
- **HOW:** if the site that is convenient for you requires an appointment, a phone number will be listed for that site
- **COST:** If you have insurance, it will be collected, but no charges will be passed on to you

- **RESULTS:** will take between 3-5 days; instructions on how to access your results can be found in the link above

**Montgomery County Disease Control Hotline**

(240) 777-1755

**MC311 Customer Service Center**

311 or (240) 777-0311

Monday – Friday 7 a.m. – 7 p.m.

[Free Home-Based Tests](#)

Review the instructions to learn if you are eligible; this service is for *individual households only*

[Other sites offering COVID-19 Tests](#)

Review for site-specific requirements such as doctor’s order and/or appointment

**OTHER MONTGOMERY COUNTY RESOURCES**

Crisis Center (240) 777-4000	EveryMind Crisis Hotline (301) 424-0656
For Caregivers <a href="#">CLICK HERE</a>	Nutrition Assistance <a href="#">CLICK HERE</a> or Call 311
Thrive at Home <a href="#">CLICK HERE</a>	IT Support <a href="#">CLICK HERE</a>
Where’s My Bench? <a href="#">CLICK HERE</a>	Virtual Rec Room <a href="#">CLICK HERE</a>

**SUBURBAN HOSPITAL ONLINE PROGRAMMING**

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](https://events.suburbanhospital.org)

**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](mailto:pgoetz4@jh.edu) for more information and to register.

### **Friendly Faces at Suburban Hospital**

Rolling | **FREE**

To help connect patients with their loved ones, we have created a way for friends and families to share pictures with hospital patients through email. Family members and friends can email their favorite photos to JHH Friendly Faces at [jhhfriendlyfaces@jh.edu](mailto:jhhfriendlyfaces@jh.edu). We will print and deliver the photos to the patient's bedside. **Please be sure to have family member include the patient's full name, Suburban Hospital and room number in the email.**

### **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.*

## **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](mailto: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](mailto: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](#)

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## **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!**

#### **Oasis Member Walking Group**

Fridays | September 10-November 19 | \$12 for 6 sessions | **In-person**

Welcome back walkers! Let's enjoy being together in the beautiful fall outdoors. Our first walk will be at Great Falls, starting at The Old Angler's Inn. For future walks, we will explore several new locations (TBD). There will be an Oasis member leading each walk. Walk terrain is mostly flat, natural surface, with some small inclines and steps. Walkers will leave promptly at 10:30 am, so plan to arrive and park before then. An email will be sent with the location of the remaining five walks. On rainy days, the group will walk at Montgomery Mall. [REGISTER HERE](#)

#### **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](#)

#### **Build Better Balance**

Friday, September 17 | 1:30-2:30 p.m. | \$84 for 7 sessions

Improving your balance can help prevent falls and enhance your mobility! Each session will include strength training of your core and legs as well as stretching for common tight areas. You will learn practical strategies and tips for preventing falls while enjoying some fun balance and coordination exercises. Exercises may be performed seated or standing. [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](#)

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## **ONLINE PROGRAMMING & RESOURCES FROM OUR PARTNERS**

### **On-going Opportunities**

**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**

<https://jhjhm.zoom.us/j/747490420> | Meeting ID 747 490 420

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.

### **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**

### **Montgomery 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**