



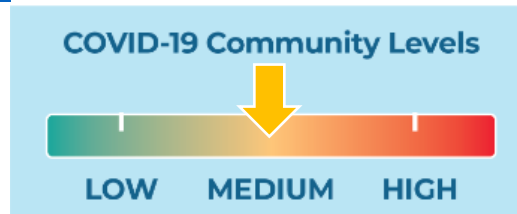
Village Ambassador Alliance Resource Newsletter from Suburban Hospital

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 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 December 23, Montgomery County has increased to "medium" community level of COVID-19, according to County data. To help protect yourselves and others from severe disease, please follow the following [CDC guidelines](#).



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

MONTGOMERY COUNTY VACCINATION & BOOSTER RESOURCES

- **NEW:** Please note the following closures of county-run vaccination clinics due to the holidays. [Click here to learn more](#).
- **Appointments are recommended.** [Click here to find a vaccination clinic near you](#).
- Need transportation assistance? The County offers free taxi rides to adults 65 years and greater or adults **with disabilities**. [Click here to learn more](#) or call Connect-A-Ride at **301-738-3252**
- Are you homebound? You may call the Montgomery County COVID-19 Call center at **301-777-2982** to have the vaccine administered at your home.
- Have more questions about the COVID-19 vaccine? The County answers some Frequently Asked Questions (FAQs). [Click here to review](#).

MONTGOMERY COUNTY COVID-19 TESTING RESOURCES

- **You have at-home options!** [Click here](#) to learn more about selecting rapid or PCR tests.
- **NEW:** As of December 30, 2022, County-run COVID-19 testing clinics will be walk-in only, unless otherwise noted; an appointment is **not** required.

MONTGOMERY COUNTY FLU CLINICS

County-operated flu clinics have closed for the season, however you may receive your flu shot from your primary care provider or local pharmacy.

OTHER 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.

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 for more information and to register. [CLICK HERE](#) for additional Cancer workshops and classes from Sibley Memorial Hospital.

Diabetes Thrive 365

2nd 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](#).

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, 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: American Red Cross Blood Drive

Wednesday, January 25 | 10 a.m. -4 p.m. | **At Suburban Hospital**

Donating blood makes a big difference in the lives of others. Help save up to three lives by giving blood this winter. [REGISTER HERE](#).

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

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](#).

NEW: Congratulations! Four Villages Awarded Advances in Aging Grants

In October, Suburban Hospital invited all Montgomery County villages to invest in deliberate approaches to address identified unmet needs in the community. We are pleased to announce the following awardees:

Bethesda Metro Area Village will address advanced care planning

Friendship Heights Neighbors Network will address advanced care planning

Greater Stonegate Village will address a variety of aging topics such as nutrition, fall prevention, and access to care, to name a few

Little Falls Village will address advanced care planning

We look forward to sharing their progress in these areas over the next year. The implementation period is January – December 2023.

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, 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 16

NEW: Aging in Reverse with Yogadance

Wednesday, January 18 | 1-2 p.m. | **At Oasis**

Recent research supports the hypothesis that dance and yoga reverse aging, as does positive thought processes. Come join Kathy Hankins and learn about Yogadance, a practice that incorporates the benefits of yoga and dance with a touch “forget your age” brain trickery to physically and mentally turn back the clock. It is suitable for all types of people including the non-yogi and the experienced yogi. It’s not a lot of work, but produces a generous benefit. [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

NEW: Medicare: Fraud or Abuse

Wednesday, January 25 | 11 a.m. – 12:30 p.m. | **Ring House 1801 East Jefferson Street, Rockville**

Start 2023 by learning more about Medicare and how to recognize cases of fraud and abuse. Rafael Espinoza, State Health Insurance Assistance Program (SHIP) Director will focus on how to distinguish between fraud and error, when a provider is committing abuse, and recognizing phone or Social Security scams and how to report them. Sponsored by Charles E. Smith Life Communities. [REGISTER HERE](#)

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: 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](#)

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

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 red and black stylized figure in a wheelchair, with the text "Maryland Durable Medical Equipment Re-Use" below it. The main text reads "Give or Receive the Gift of Mobility" in a large, bold, black font, followed by "Donate or Receive Durable Medical Equipment" in a smaller, bold, black font. Below this, there is a photograph of rows of wheelchairs. To the right of the photo, the text "DONATIONS NEEDED:" is followed by a list of items: "Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Supports, Crutches, Hospital Beds, 'Hoyer' Lifts, Medical Reclining Chairs, Tub Transfer Benches, & Much More!". Below that, "DONATIONS WILL BE:" is followed by a list: "Sanitized", "Repaired", and "Redistributed to adults and children with mobility needs". At the bottom right, there are three contact options: an envelope icon with "DME.MDOA@maryland.gov", a telephone icon with "240-230-8000", and a globe icon with "aging.maryland.gov". A "LEARN MORE" button is located at the bottom left of the advertisement. The Maryland Department of Aging logo is visible in the bottom left corner of the advertisement.

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

