August Lunch and Learns

Racism: Let’s Talk
Grab a bite to eat and join us for a Zoom Lunch and Learn! Steven K. Ragsdale will lead us in a three-part series to discuss racism in America.

Steven is a senior consultant and former administrator with over 25 years building and managing hospital operations, developing healthcare innovations and advancing pathways to better and safer care. His work in diversity, equity and inclusion is guided by his steep understanding and desire to appreciate concepts that drive difference as a social construct and how it animates group performance over time. His interpretation of system theory and design is often paired with historical analysis to shape innovative models that improve outcomes and efficiencies in disparate care models. His strategic efforts have led to measurable cost saving improvements for many across the United States across the healthcare arena. He joined the Johns Hopkins Bloomberg School of Public Health as associate faculty in January 2020.

Steven has a degree in history and cultural studies in Latin America and a Master of Science in Law from the University of Maryland-Francis King Carey School of Law. He serves on the Board of Directors of the Baltimore City Historical Society as Chairman of the Education Subcommittee and Blue Water Baltimore, where he is a member of the Justice, Equity, Diversity and Inclusion Subcommittee. Steven was born in Baltimore City and continues to enjoy living in Maryland.

Tuesday | Aug. 11 | 12:30 to 1:30 p.m.
Part I – History of Racism in America

Tuesday | Aug. 18 | 12:30 to 1:30 p.m.
Part II – Unconscious Bias

Tuesday | Aug. 25 | 12:30 to 1:30 p.m.
Part III – What do we need to move forward as a country and how can I help?

All SSA members will receive the Zoom link via email in an SSA update. If we do not have your email, please contact the office at 202-364-7602 or email hprecou1@jh.edu.

Journey to Hope DC Conference

We had originally planned our 5th annual Journey to Hope DC conference in May. Due to COVID-19, we postponed the conference. We had hoped that it would be possible for us to invite Alzheimer’s family care partners to the Sibley campus to gather together again. Unfortunately, it might be quite a while before people will be able to gather safely. We realize how important this conference is to so many and due to popular demand, we will be offering a series of Journey to Hope sessions via Zoom on different dates this fall.

The beauty of offering Journey to Hope via Zoom is that Alzheimer’s care partners will be able to join us from wherever they are. No need to make plans for alternative care for your loved one for one day. We will also offer links to the recorded sessions. Care partners can view them at their convenience if they are not able to join the live events on-line.

When we reschedule the Journey to Hope DC conference, we hope to include the original speakers who were confirmed for our postponed May date:

Keynote Speaker: Where Are We with Treatment Development for Alzheimer’s? Kostas Lyketsos, M.D.

Recognizing and Transforming the Experience of Grief, Kelsang Varahi, M.D., M.A., M.S.

The Power of Storytelling, Jay Newton-Small, founder and CEO of MemoryWell, LLC


There will be time for Q&A with the speakers during the Zoom sessions. Participants will have an opportunity to learn how to improve connections with the person with memory problems and to take care of themselves in the process. Sponsors will provide information about local resources.

Stay tuned for the Journey to Hope DC Conference details and rescheduled dates.
Greetings, Dear Members!

So much has happened in our country since I wrote last. We submitted the last newsletter to layout before the World Health Organization characterized COVID-19 as a pandemic. Since that time, to date, nearly 12 million cases have been identified worldwide, and nearly three million cases in the United States alone.

We have learned a lot over these months, more than we ever thought we might need to know. We first learned about handwashing, then added social or physical distancing, followed by learning how to help prevent COVID-19 spread by appropriately wearing masks.

A lot of us learned to use Zoom, FaceTime and Google to keep up with our family members and to keep ourselves engaged. Still others felt uncomfortable with the technology, and all hoped for a swift end to the pandemic.

Sadly, we are likely to be in this situation for quite a bit longer. I’ve had to change my thinking. At first, I thought about “getting through it,” sort of a survival-type mentality. Now that I am teleworking, I am in the house all the time. Like many of you, and as an older adult, the kind of isolation this pandemic has brought has not been easy for me.

As it became clear that this was not going away quickly, it made sense to look at what I need to do to live my life in such a way that I may thrive rather than just survive. What does it mean for me to thrive now? That means practicing good self-care and care for others by continuing with good hand hygiene, social distancing and masking. It means pacing myself, staying connected to people virtually, either by phone or Zoom or other platform.

More than anything, for me, it means taking this time to look at what I really value and to live in the present, making the most of each day. I’m trying to stay out of the future, stay out of the worry about how long this will go on, about whether or not, despite my best efforts, I, or someone I love will get this virus.

I am asking myself these questions:

- **For what am I grateful – right now, in this moment?** Am I able to be grateful for more solitude somehow? Gratitude helps me transform difficult moments.

- **What opportunities do I have to make life better for someone else?** When I am able to reach out to others via Zoom, or a note, or a quick phone call, both of us are the better for it.

- **What matters most?**

Speaking of what matters most – there has been so much going on in addition to the novel coronavirus. We have all seen more evidence of systemic racism on the television, social media, and the news. Many of us at Sibley, part of Johns Hopkins Medicine, gathered on June 5 for White Coats for Black Lives, a time of reflection and gathering in solidarity for equality and racial justice. And we have done even more to help us listen to and learn from one another.

For me, I have found the need to educate myself more. Coming from a family that lived beneath the poverty line, I thought white privilege didn’t apply to me. It does. I have friends who can’t get a cab or walk into a store without being followed. And people die with “routine” traffic stops. We have to do better. And it begins with me – with my attitudes and my actions.

If you would like to join me, please read about the upcoming Lunch and Learn session called *Racism: Let’s Talk*, on page 1 of this issue. We’ll do a series and talk about how we can each make a difference. It will be history AND hope.

Indeed, this is an unprecedented time. And we are in it together.

Warmly,

Marti

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Keep Moving

Qigong/Body Awakening with Jeffrey Robbins

Qigong, part of traditional Chinese medicine, concentrates on body structure (correct spine alignment), meditation (to calm the mind and relax the body) and correct breathing (to increase oxygen intake and toxin expulsion). Body Awakening uses slow, nonimpact movements derived from the martial arts to improve respiratory and balance functions of the body while addressing each student’s individual health issues. Combined, these two practices are the ideal way for you to experience both the mental and physical aspects of Eastern health exercises. $150 for the 10-week session (or $18 per class for late registrants). Tuesdays, 11:30 a.m. to 12:30 p.m. Summer session begins on July 14 and runs through Sept. 15. This is a 10-week class via Zoom. Late registration is welcome for new students. Please call the SSA office at 202-364-7602 at your earliest convenience to register and pay. Advance registration and payment required. Students will receive the Zoom link after they pay for the class.

Beginning Tai Chi with Jeffrey Robbins

Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve health. Often called “meditation in motion,” it promotes serenity and the connection of the mind and body. $150 for the 10-week session (or $18 per class for late registrants). Wednesdays, 12:15 to 1:15 p.m. Summer session begins on July 15 and runs through Sept. 16. This is a 10-week class via Zoom. Please call the SSA office at 202-364-7602 at your earliest convenience to register and pay. Advance registration and payment required. Tai Chi veterans welcome to register late. Beginners would benefit from starting at the beginning of the session. Please call the SSA office (202-364-7602) at your earliest convenience to register and pay. Advance registration and payment required. Students will receive the Zoom link after they pay for the class.

Reservations or Questions:
To register for programs email hprecou1@jh.edu, call 202-364-7602 or use the registration form on page 15

PLEASE NOTE: We have switched to virtual classes during COVID-19 – you are welcome to join the sessions via Zoom. The instructors who teach our more rigorous sessions where students may need individual assistance and guidance with exercise equipment look forward to seeing you in person when it is safe to gather.
Write Your Life Story

Would you like to share memories with your family and friends? Many older adults wish to explore their life in writing but feel daunted by writing an autobiography. In this class, participants learn to focus on key moments and write short, vivid pieces. They can enjoy doing this once—or use this to start creating a record of the unique moments, people, and places in their lives. Author, poet and writing teacher, Mary Quattlebaum, will share a short example for class discussion, guide the class to focus and write, and offer time for reading aloud and positive comment. Participants might share their written pieces with family, preserving treasured memories for future generations.

Mary is the author of stories and poems for adults published in literary journals and anthologies and of 27 award-winning books for children. Mary founded and for 12 years, directed a grants-funded creative and memoir writing program for older adults in Washington, D.C., with classes in libraries and senior centers, and an annual creative writing festival at the National Council on Aging. Website: www.maryquattlebaum.com

Class size is limited to 12 participants. Please call the SSA office at 202-364-7602 or email hprecou1@jh.edu at least one week in advance to register for this event. Participants will receive the Zoom link when they register.

Tuesday | July 28 | 3 to 4 p.m. | via Zoom

It’s Never Too Late for Real Change

If you’d like to try to live a rich, full, and active life – forget about the latest fad diet or exercise regime. Instead, why not follow the proven practices of thousands of people around the world who live actively into their 80’s, 90’s, and 100’s. They do so without a constant exercise of willpower – or by giving up what they love. Their secret? Find out during a free Zoom workshop on Aug. 6.

Our presenter, Jeff Hughes, has a compelling personal story. For 30 years, he was a lawyer and consultant who lived on long hours, little sleep, and a lot of junk food. His blood pressure was so high it was barely controlled with two medications. He was 60 pounds overweight and no matter what popular diet he tried, he couldn’t lose those extra pounds. More than 10 years ago, he began to make the type of changes he will talk about in this presentation. Changes that worked for him — and that last.

Jeff will discuss how you can take the first steps to live a longer, happier, and healthier life.

All SSA members will receive the Zoom link via email in an SSA update at the end of July.

Thursday | Aug. 6 | 3 to 4 p.m. via Zoom

Poetry and Healing

Discover a new way to express yourself and find healing during challenging times.

Everyone can benefit from expressing themselves, and therefore everyone can benefit from poetry therapy, which taps into the language of the heart. Poetry Therapy is for anyone who is willing to come and open their heart and listen within. Poetry Therapy is like a mirror to help one look both within and ahead.

Bahareh Amidi, Ph.D., M.S., is a poetry therapist who believes words and voice can be instrumental in the healing process for people of all ages and backgrounds worldwide. Dr. Amidi holds a master’s degree in counseling psychology from the College of Notre Dame and a Ph.D. in educational psychology from Catholic University of America. She completed a two-year program at the Institute for Poetic Medicine in California and has learned to appreciate the beautiful healing qualities of poetry therapy.

Dr. Amidi has taught at universities and schools and held poetry workshop and seminars in hospitals and clinics worldwide.

Class size is limited to 12 participants. Please call the SSA office at 202-364-7602 or email hprecou1@jh.edu at least two weeks in advance to register for this event. Participants will receive the Zoom link when they register.

Tuesday | Sept. 15 | 2 to 3 p.m. via Zoom

“In the end, we will remember not the words of our enemies, but the silence of our friends.”
- Dr. Martin Luther King, Jr.
We are all being tasked to find our way in this new landscape of facing the coronavirus. I am a healthy 81-year-old woman, a retired psychotherapist and grief counselor facing the issue of protecting myself just like everyone else in the world.

Being confined at home is not such a struggle for me as it is for so many others as I have been working on adjusting to being alone and retired since the death of my husband in June 2016. I have learned so much about managing on my own and living without a lot of the everyday stimulation of a working life.

This is a more extreme life reversal for those who are used to being out in the world, very active, working and involved with other people every day. Following are some suggestions of ways to deal with our new circumstances.

1. **Self-empowerment is key here.** Remind yourself you are not alone. We are all in this together. But having never faced such a circumstance before, we each need our own tools for coping.

2. **Take good care of yourself.** It is critical that we take care of ourselves both emotionally and physically. We need to be conscious of good nourishment and good hygiene as well as giving ourselves emotional support.

3. **We can choose how we confront this situation** as with any challenge or potential adversity. Of course we are afraid and uncertain. But we will cope best if we manage our feelings so that we don’t continually scare ourselves.

   Our situation is a dramatic one, yet it is important that we don’t overdramatize it. We can tell when we are overwrought, overly frightened, thinking a lot about illness and dying, imagining the worst. Yes the worst is out there in the world, but not in our personal experience.

   The secret of staying grounded is staying in the present. That means managing our thoughts and fears. Yes, people have died. You haven’t. Stay in your own reality instead of your imagination.

4. **We don’t have to feel like victims.** We can choose to sink, swim or fly in the face of this adversity.

   Sinking is scaring yourself and making negative pronouncements like, “I can’t do this” or “I won’t make it out of this alive.” Swimming means accepting the reality of this epidemic, staying the course, doing good self-care, and not going off the deep end. Flying means making our lives satisfying even with all the limitations of today. There is certain nobility in accepting and embracing our altered circumstances and the ambiguous future.

5. **We are social beings.** Thus it is critical that we combat social isolation and loneliness, which can lead to discouragement, hopelessness and depression.

   We may not be able to be in groups or crowds or go to restaurants and theatres for now. We need a new kind of social life where we reach out to and connect with others by telephone, especially with people living alone.

   I now have a list of friends, family, and former colleagues all over the country with whom I intend to connect by telephone. I plan to call at least two people every day. (On my first day of telephoning I had five amazing conversations with friends.) Email and social media connections are helpful. Live interactions may be more satisfying.

6. **Focus on keeping your spirits up.** Now that we have the time and space, we can create and complete all kinds of projects. Make a list of possibilities, and then maybe complete one at a time. Writing and sending this information is my first new project. But like most of us, I have several new and unfinished projects to keep me occupied and satisfied.

7. **Learn something new.** First on my list is to learn how to have a group phone call with family so that we can check in and support each other every week or so. I have a long list of books I want to read and there is always Netflix.

8. **Doing activities that nourish us** can help enhance our lives in confinement. Now we can feel free to entertain ourselves with our hobbies, reading, writing, art, radio, television, exercise, puzzles, and video games (my favorites are scrabble, New Yorker jigsaw puzzles and video poker.)

9. **Accepting and facing our current reality as it changes day by day** is a little like standing up in a rocking rowboat. Yes, it can be awkward and uncomfortable. Life will feel scary at times. We need to stay steady as we hear more stories or see more changes in our environment like food shortages, travel restrictions, or important venues closed for now.

10. **We need to be flexible.** Much is in flux. Finding ways to adjust to limitations of resources, not working, altered social life and limited travel can make us stronger. Most of all keep reminding yourself we are all in this together. Hopefully we will all survive. But instead of worrying about survival, focus on making this day a good one for you whatever you have or do or want. The very best we can do at this challenging time is to stay present and enjoy our lives just as they are right now. *I WISH YOU WELL!*

Used with permission from Judy Tatelbaum

www.judytatelbaum.com
Sibley Oncology Programs | July to September

Sibley Memorial Hospital Cancer Program Events/Classes
All classes are free and will take place via Zoom. Contact the staff member listed to register and get the Zoom log-in information.

Cancer Caregivers: Caring for Yourself and Your Loved One during COVID-19 - via Zoom

Tuesday, July 28 | 4 to 5:30 pm

Family members and caregivers face their own stresses as they support and care for a loved one with cancer. Join other caregivers to hear from Sibley experts about caregiving concerns; including health insurance, disability, advance care planning, financial matters, employment, FMLA, coping with a cancer diagnosis, intimacy, respite, and stress management for the caregiver. You will have the opportunity to ask specific questions about practical or emotional concerns and learn about relevant resources. For more information and to register, contact Samantha Rockler, M.S.W., at 202-537-4107 or srockle1@jh.edu.

Reiki Self-Care Class - For Anyone with History of Cancer and Their Caregivers – via Zoom

Reiki is a subtle, meditative practice that uses light, still touch on the body to help relieve stress, promote balance, and encourage self-healing. This one-on-one experience will offer you a chance to discover a simple self-care practice that can help you feel better. For more information, contact Pam Goetz at pgoetz4@jh.edu. To schedule an appointment, please email luttygeralyn@gmail.com and marionswerner@gmail.com and include the word “REIKI” in the subject line.

Meditation and Mindfulness: Practices to Help Anyone Affected by Cancer – via Zoom

Every Thursday | 7 to 8 p.m.
Every Sunday | 7 to 7:40 p.m.

Patients, family members and caregivers will learn ways to regulate the stress response, discover a deeper sense of ease and gain a greater sense of balance and intentional choice in their lives. No prior experience needed. For more information and to register, contact Pam Goetz at pgoetz4@jh.edu.

Restorative Yoga for Cancer Patients and Survivors – via Zoom

Every Monday | 7 to 8:30 p.m. | Mat yoga class
Every Wednesday | 10 to 11 a.m. | Chair yoga class
Every Friday | 5 to 6 p.m. | Combined chair and mat class

These free weekly restorative and active classes are designed for people with a history of cancer. Join us to practice meditative and gentle yoga using mindful movement, balance and breathing techniques to help reduce anxiety, increase bodily awareness and regain strength and mobility. For more information and to register, contact Pam Goetz at pgoetz4@jh.edu.

Sibley Memorial Hospital Cancer Support Groups

Brain Tumor Support Group - via Zoom

Second Wednesday of each month (Excluding Aug. 12) | July 8, Sept. 9 | Noon to 1 p.m.

This monthly open discussion group is a place for patients and their families to gain support and friendship. Please note August session is cancelled. For more information and to register, contact Meagan Paulk, M.S.W., at 202-537-4107 or mpaulk2@jh.edu.

Breast Cancer Support Group - via Zoom

First and third Wednesdays of each month | July 15, Aug. 5, 19, Sept. 2, 16 | Noon to 1 p.m.

This bi-monthly group offers a place of support for patients being actively treated for breast cancer, up to stage 3, and are no more than 12 months out from chemotherapy, surgery, or radiation. For more information and to register, contact Jacqueline Buschmann, M.S.W., at 202-660-5777 or jbuschm2@jh.edu.

Gynecologic Oncology Support Group - via Zoom

Second Tuesday of each month | July 14, Aug. 11, Sept. 8 | 2 to 3 p.m.

This ongoing monthly support group, open to all gynecologic cancer patients, provides a place to meet others with similar experiences and gain support and friendship. For more information and to register, contact Samantha Rockler, M.S.W., at 202-537-4107 or srockle1@jh.edu.

Metastatic Cancer Discussion Group - via Zoom

Fourth Monday of each month | July 27, Aug. 24, Sept. 28 | 1 to 2 p.m.

This monthly group is open to patients and caregivers for conversations about living and coping with advanced cancer. Videos and readings will be used to stimulate discussion and reflection- facilitated by Sue Ely, N.P. in palliative care and Liz Single, social worker. For more information and to register, please contact Liz Single at 202-660-7839 or esingle6@jhmi.edu.
Support groups are free, ongoing and open to new members. Call the numbers listed below for more information and registration.

**Adjusting to Loss and Change**
These groups are designed to help navigate the challenging transitions we experience in our lives. The meetings will explore different coping mechanisms we can use that will enable us to move forward. Please contact the facilitator, Kelsang Varahi, directly for more information kelsangvarahi@aol.com.

**Bereavement Support for Widowed Persons**
Widowed Person Outreach—Helping and Healing offers support groups for people who have been widowed two years or less. An ongoing group meets on the second and fourth Wednesdays of the month over conference call or Zoom. For grieving spouses and life partners under 70 years of age, a group meets Wednesdays at 4 p.m. every second and fourth Wednesday via Zoom. Call 202-537-4942 for more information and to register. Please leave a message on the voice mail system and a volunteer will be in touch with you.

**Care Partner Support Group**
These support groups are for those caring for someone who needs assistance. It may simply be the challenges of aging or chronic illness, such as Alzheimer’s or other forms of dementia, cancer, Parkinson’s disease, or even because of mental health issues. You are also welcome to join us if your loved one is long distance or in a care community. Group leader: Marianne Panke, M.A., L.M.T. There are five support groups that meet regularly during the month via Zoom. Frequency of meeting times and days vary according to the group. Please email Marianne for more information and to register Mpanke1@jhmi.edu.

**Club Memory**
Club Memory is a supportive, social engagement group for people with Mild Cognitive Impairment (MCI), early-stage Alzheimer’s or other forms of dementia, and their care partners or family. Club Memory meets at multiple locations throughout D.C. on-line and over the phone via Zoom. Registration required. Please email Shruti Goel Sgoel2@jhmi.edu, Sharon Sellers Sseller7@jhmi.edu, Marianne Panke Mpanke1@jhmi.edu or call 202-364-7602 for more information.

**D.C. Area Myotonic Dystrophy Support**
This social support group is for people with myotonic dystrophy. For more information on meeting times please contact Pat Dinsmore at 202-361-1087 or by email at p.dinsmore@icloud.com. Visit Myotonic.org for more information.

**Lyme Disease Support**
Support group meetings are suspended during July, August and September of 2020. For more information about Lyme disease and other events, offerings and support resources, please call the National Capital Lyme Disease Association 703-821-8833 or visit natcaplyme.org

**Parkinson’s Disease & Movement Disorders Support**
For those living with Parkinson’s disease and other movement disorders, their care partners and family members. Meets the second Thursday of the month July 9, Aug. 13, and Sept. 10 from 2:30 to 3:30 p.m. via Zoom. Group leader: Marti Bailey. Please call 202-364-7602 for more information or to register.

**PSP Support Group**
CurePSP is the leading nonprofit organization working to improve awareness, education, care and cure for devastating prime-of-life neurodegenerative diseases. These include progressive supranuclear palsy (PSP), corticobasal degeneration (CBD), multiple system atrophy (MSA) and others. CurePSP will be offering a support group on the third Saturday of each month for individuals and their care partners as well as family members diagnosed with PSP, CBD and MSA. Members of our support group help provide emotional and practical support to those diagnosed and their loved ones, and reduce the sense of isolation associated with these rare brain diseases. PSP Support group meets the third Wednesday of every month July 15, Aug. 19, Sept. 16, from 2 to 4 p.m. online and over the phone via Zoom. For more information and to register, call Stephen Goldman at 301-330-6954.

**Stroke Support Group**
Group leader: Jenni Knittig, R.N., Sibley stroke coordinator. Meets every Wednesday of the month at 1 p.m. via Zoom. The Stroke Support Group offers survivors, their caregivers and other family members a chance to share concerns and support each other. Professionals from various disciplines provide advice, resources and timely updates and information about post stroke recovery in an informal setting. For more information, please contact Jenni Knittig at 202-660-7413 or jknitti1@jhmi.edu.

“I am no longer accepting the things I cannot change. I am changing the things I cannot accept.”

- Angela Davis
Update for Annual Members

We send monthly renewal reminders via email through our MemberClicks database. If your annual membership has expired and you haven’t received an email asking if you’d like to renew, please provide your email address to hprecou1@jh.edu.

When you renew your annual membership, if we have your photo in our badge database, we will update your membership dates and send you a new card (with your existing photograph). If you have never received an SSA membership card and you’d like to renew, please email your photo to Honora Precourt by emailing hprecou1@jh.edu.

If you have any questions about your membership dates, please let us know. Annual membership options began in January 2017. If you joined the Sibley Senior Association before 2017, you do not need to renew your membership on an annual basis – you are a lifelong member.

COVID-19 Update

We will be adding additional Zoom events for the quarter after this newsletter has been published. We send weekly email updates to more than 2,000 members. If we do not have your email address you will not be able to find out about our new events in a timely manner.

The Sibley Senior Association (SSA) office is closed in response to COVID-19 and we are all working remotely to continue to provide you with information and resources. We have hosted many events via Zoom over the past few weeks including Meditation and Mindfulness sessions, Aging on Your Own Terms Conference webinars, Support Groups, Exercise classes and Mental Health webinars.

When you review this third quarter newsletter, you will notice we offer many opportunities to stay engaged and keep in touch. We hope you will join us on our Zoom sessions on your computer or over the phone.

If you haven’t been receiving our weekly emails, we may not have your correct email address. If you’d like to provide your email address to keep connected or if you need assistance joining Zoom sessions, please call 202-364-7602 or email hprecou1@jh.edu.

Zoom Links

Zoom links will be sent via email in the weekly SSA updates. If we do not have your email, please contact the office at 202-364-7602 or email hprecou1@jh.edu.

Trivia Quiz

By SSA member Donald Saltz

1. How many times was Franklin D. Roosevelt elected president of the U.S.?
2. What country is larger, Nepal or Morocco?
3. Was the Colossus of Rhodes one of the Seven Wonders of the World?
4. What does SB mean in a baseball box score?
5. On what does the guava fruit grow?
6. In what story by Erskine Caldwell is there a character named Ty Ty?
7. What is the “Cornhusker State?”
8. When one receives England’s Order of the Garter, what he become?
9. What are the two Latin words used in a legal sense which mean “you may have the body?”
10. Who is remembered as playing Andy Hardy in the movies?

Answers on Page 13
Preventive Care for Older Adults in the Time of COVID-19

Join Laura Sander, M.D., M.P.H. as she helps us understand how we may keep ourselves healthy during the pandemic. She will answer your questions about which preventive measures are crucial to continue during this time, as well as discuss how telemedicine will integrate into the "new normal" of healthcare.

Dr. Sander is the medical director for Sibley Primary Care as well as for community outreach and population health at Sibley Memorial Hospital. She is an assistant professor in the Department of Medicine at Johns Hopkins University School of Medicine and an instructor in the Department of Health Policy and Management at Johns Hopkins University Bloomberg School of Public Health. Dr. Sander is board-certified in internal medicine by the American Board of Internal Medicine, as well as public health and general preventive medicine by the American Board of Preventive Medicine.

Dr. Sander earned her medical degree at the University of Pennsylvania School of Medicine. She continued on to earn her Master of Public Health degree at Johns Hopkins University Bloomberg School of Public Health, where she completed a residency in general preventive medicine and served as chief resident.

Dr. Sander is a fellow of the American College of Physicians and is a member of the American College of Preventive Medicine.

Tuesday | July 21 | Noon to 1 p.m. | via Zoom

All SSA members will receive the Zoom links via email in an SSA update.

Feeling Stressed?

Try these simple stress relieving tips.

1. **Exercise.** Exercise is a way to manage stress and you can do it easily at home. The main thing is to find a physical activity that you enjoy, whether it’s yoga, dancing or cleaning.

2. **Write.** Dedicating a time of day to write about a situation that is bothering you may reduce tension and give you stress relief for the rest of the day.

3. **Laugh.** Laughter is the best medicine. It is proven to lower tension, and at the same time, improves blood flow and the health of your heart. Watch a funny movie and forget about your worries for a while.

4. **Be kind to yourself.** Think about positive affirmations daily. Tell yourself you are doing a good job and believe it!

5. **Meditate.** Practice deep breathing and meditation exercises daily and when you feel tension rising.

Daily Virtual Mindfulness Sessions — Monday through Friday

Sponsored by Johns Hopkins Mindfulness Program

Mindfulness meditation can be an excellent resource to manage stress and anxiety during uncertain times. Join Dr. Neda Gould, faculty member in the Department of Psychiatry and Behavioral Sciences and Director of the Mindfulness Program, for daily weekday meditations at 9 a.m. Tuesday and Thursday, and at noon Monday, Wednesday and Friday open to the entire Johns Hopkins Medicine community. Sessions will be 30 minutes in length and will include a variety of mindfulness meditation practices in a virtual format.

Join a session here: jhjhm.zoom.us/j/747490420 | Meeting ID: 747 490 420

Monday - Noon | Tuesday - 9 a.m. | Wednesday - Noon | Thursday - 9 a.m. | Friday - Noon

Don’t have 30 minutes? Check out Dr. Gould’s two-minute meditations.

https://www.insidehopkinsbayview.org/mindful/index.html
Sibley's LGBTQ Resource Nurse Receives Johns Hopkins LGBTQ+ Achievers Award

Clare Madrigal has dedicated herself to helping support the LGBTQ+ community. As an LGBTQ resource nurse for both Sibley and Howard County General hospitals, Clare educates and advocates for patients and staff members while performing community outreach.

At Sibley, Clare provides LGBTQ+ education for every new employee, while volunteering to help the Johns Hopkins Center for Transgender Health with clinical intakes. Clare serves on Sibley’s DC Pride parade planning committee and helped establish the first LGBTQ+ donor fund.

Clare has provided LGBTQ presentations at several national conferences, and is a board member of the Frederick Center — the LGBTQ+ center for Frederick County, Maryland.

Clare exemplifies Johns Hopkins Medicine’s core values every day, ensuring that all patients and staff members are treated with the utmost respect. Her pleasant and cheerful demeanor welcomes all who interact with her, making her a joy to work with.

It Takes a Village

Are you connected with a “Village” in your neighborhood? As you may know, the Village model enables people to remain in their own homes and neighborhoods as they age. Villages help keep people stay connected and engaged with their communities. Villages are typically nonprofit organizations led by an executive director and board of directors. Most Villages have a small staff and rely upon volunteers. Members pay an annual fee to receive benefits including resources, activities, and support. Volunteers drive members to appointments, visit with members, help members around the home and garden, and bring meals and provisions to members who are not able to get out and about. Some Villages offer wellness programs and coordinate access to affordable services.

Many of our members have relied upon the resources and services of their local Village for the past few years. They have come to appreciate the Village concept more and more as the COVID-19 Pandemic made it necessary for people to shelter in place. Many Villages have quickly pivoted to switch to online Zoom meetings to replace gatherings. In addition to helping members with IT, Villages have arranged for friendly check-in phone calls and have delivered homemade meals during the pandemic.

We hope to offer an opportunity for you to meet local Village leaders in the fall via a Zoom webinar. This is an abbreviated list of some of the Villages in our area:

**DC Villages:**
- Capitol Hill Village: capitolhillvillage.org
- Cleveland & Woodley Park Village: clevelandwoodleyparkvillage.org
- DC Waterfront Village: dcwaterfrontvillage.org
- Dupont Circle Village: dupontcircuitvillage.net
- Georgetown Village: georgetown-village.org
- Mount Pleasant Village: mountpleasantvillage.org
- Northwest Neighbors Village: nnvdc.org
- Palisades Village: palisadesvillage.org
- Pennsylvania Avenue Village: pavillageeast.org

**Maryland Villages:**
- Bethesda Metro Area Village: bmavillage.org
- Chevy Chase at Home: chevychaseathome.org
- Little Falls Village: littlefallsvillage.org
- Silver Spring Village: silverspringvillage.org
- Villages of Kensington: villagesofkensingtonmd.org
- Village of Takoma Park: villageoftakomapark.com

**Virginia Villages:**
- Arlington Neighborhood Village: arlnvil.org
- At Home in Alexandria: athomeinalexandria.org
- Mount Vernon At Home: mountvernonathome.org
- Reston for a Lifetime: restonforalltime.org

There are more than 250 Villages in the United States (and more than 40 in the development stage). For more information about the Village concept and to learn about its roots in Massachusetts (Beacon Hill Village was founded in 1999) and our metro area (Capitol Hill Village was the first village in D.C.), please visit the Village to Village Network at vtvnetwork.org.
Argentina and Chile – Coastal Cities
Come see photographs and be regaled with stories from Marti Bailey’s trip by ship around the tip of Argentina and through the Chilean fjords. Marti traveled with the following ports of call: in Argentina - Ushuaia (Tierra del Fuego); in Chile - Beagle Canal (Passage), Punta Arenas, Magellan Strait, Canal Sarmiento, Castro (Chiloé Island), Puerto Montt, and Valparaiso.

Thursday | July 30 | 3 to 4 p.m. | via Zoom

South Georgia Island and Antarctica
Join us to view photographs and be regaled with stories from Marti Bailey’s once-in-a-lifetime adventure to Antarctica. Penguin and seal photographs abound (including some downy penguin chicks).

Tuesday | Aug. 4 | 1 to 2 p.m. | via Zoom

Southeast Asia
Come see photos of Tagaytay, Philippines, and hear about traditions of a Filipino wedding. Then head with Marti to Petronas Towers in Kuala Lumpur, and wander around in Bangkok.

Thursday | Sept. 17 | 3 to 4 p.m. | via Zoom

Note: All SSA members will receive the Zoom link via email in the weekly SSA updates. If we do not have your email, please contact the office at 202-364-7602 or email at hprecou1@jh.edu.

Meditation and Mindfulness Opportunities at Sibley
Mindfulness meditation is the practice that encourages one to “pay attention, on purpose, non-judgmentally, in the present moment, as if your life depended on it” (Jon Kabat-Zinn)–which of course it does. This practice can lead to greater calmness and clarity and has been shown to help practitioners reduce stress and meet the challenges of illness more skillfully and with more ease.

Mindfulness Meditation has been shown to be effective in reducing stress, anxiety and loneliness, coping with symptoms and side effects, improving sleep and boosting the immune system. We offer one-hour sessions via Zoom on Tuesdays and Thursdays.

You may join the Zoom sessions on the computer or over the phone.

First-time and experienced meditators are welcome! Call 202-364-7602 or email hprecou1@jh.edu to sign up for the Zoom sessions.

All SSA members will receive the Zoom links via email in an SSA update.

Tuesdays | 11 a.m. to noon | Led by Leyla M. Kenny, Ph.D., L.I.C.S.W.

Thursdays | 1 to 2 p.m. | Led by Patricia Ullman, J.D., certified meditation instructor

Speak So Others Will Listen
When you speak, do others listen? If not, why not? Are people talking over you? Do you barely get a word in? Feel like you’re in a constant struggle to make yourself heard or claim your turn? Want to change that? Join national speaker and author, Susan I. Wranik, M.S., M.A., CCC-SLP, as she examines the many aspects that contribute to communication - the exchange of information, including speech, body language, and gesture. Learn techniques to strengthen your delivery, make your point, and help others remember what you say. Every move you make says something about who you are and what you feel. Do your actions support what you say - or do they contradict you? Learn how to strengthen your delivery so when you speak, others listen.

Susan, a Milwaukee native, is a national speaker, author, linguist and medical professional passionate about communication, quality of life, and giving voice to other people’s voices. Susan began her career as a translator/interpreter for the Italian Ministry of Defense and later moved to clinical work as a speech-language pathologist.

All SSA members will receive the Zoom links via email in an SSA update.

Tuesday | Aug. 18 | 2 to 3 p.m. | via Zoom
Special Programs and Activities

**Aging on Your Terms Conference**

Due to COVID-19, we hosted our annual Aging on Your Terms Conference a different way this year. We held conferences on Friday afternoons in May and June. People who were not able to join the conference live are able to watch the recording through the link below. A copy of the presentation slides is also available. More than 200 members of the Sibley Senior Association participated to learn about senior living communities, the importance of behavioral health as we age, and creative ways to fund our retirement.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker(s)</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 15</td>
<td><strong>Session 1</strong></td>
<td>Rosemary Oshinsky, Susita Moorthy, and Margarita Matamoros</td>
<td>Ingleside Rock Creek/King Farm</td>
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<td></td>
<td>Healthy Habits</td>
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<td>May 22</td>
<td><strong>Session 2</strong></td>
<td>Kathleen McGuinness</td>
<td>Smith Life Care</td>
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<td></td>
<td>Pressing Through and Pressing Forward:</td>
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<td></td>
<td>Finding Hope after Trail Walking the El Camino</td>
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<tr>
<td>May 29</td>
<td><strong>Session 3</strong></td>
<td>Susy Elder Murphy</td>
<td>Debra Levy</td>
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<td></td>
<td>What is Care Management and Why Do I Need It</td>
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<tr>
<td>June 5</td>
<td><strong>Session 4</strong></td>
<td>Chris Ullman</td>
<td>Grand Oaks</td>
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<td>Find Your Whistle</td>
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<tr>
<td>June 12</td>
<td><strong>Session 5</strong></td>
<td>Patricia Ullman</td>
<td>Maple Heights Senior Living</td>
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<td>Meditation for Beginners</td>
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<tr>
<td>June 29</td>
<td><strong>Session 6</strong></td>
<td>Monika Micklos and Carolyn Richar</td>
<td>Capitol Caring and Seabury Resources</td>
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<tr>
<td></td>
<td>Building Resilience during COVID-19</td>
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To view the Zoom presentations go to: [https://tinyurl.com/SibleyWebinars](https://tinyurl.com/SibleyWebinars)

We will offer additional sessions with topics that may include Telehealth, Integrative Health, and Local Villages.

We are so appreciative of our sponsors who have committed to sponsoring our three annual events – Aging on Your Terms, Journey to Hope, and Sex and Aging.

**Patron Level Sponsors:**
Thanks to our own Grand Oaks Assisted Living as well as:
Debra Levy Eldercare Associates
Ingleside
Maple Heights Senior Living
SmithLife Home Care

**Supporter Level Sponsors:**
Advanced Nursing and Home Support
Capital Caring
Corewood Home Care
JSSA
Premier Home Care
Book Marks: Coffee and Camaraderie

Love to read? Come join our lively discussion of everything from novels to biographies to memoirs. Due to COVID-19, Book Marks is having Zoom meetings instead of meeting in person. You may join on your computer or over the phone. We meet virtually on the second Tuesday of each month, 1:30 to 2:30 p.m. Note: Book selections may be subject to change. Each month the Sibley Senior Association (SSA) will email SSA members information with the Zoom link as well as the final book selection.

July 14
God Help The Child: A Novel
by Toni Morrison
From book jacket: At the center of the novel is a young woman who calls herself Bride, whose stunning blue-black skin is only one element of her beauty, her boldness and confidence, her success in life, but which caused her light-skinned mother to deny her even the simplest forms of love. There is Booker, the man Bride loves and loses to anger. Rain, the mysterious white child with whom she crosses paths. And finally, Bride's mother herself, Sweetness, who takes a lifetime to come to understand that “what you do to children matters. And they might never forget.”

Aug 11
God Save Texas: A Journey Into the Soul of the Lone Star State
by Lawrence Wright
From Amazon.com: This nonfiction book is a journey through the most controversial state in America. It is a red state, but the cities are blue and among the most diverse in the nation. Oil is still king, but Texas now leads California in technology exports. Low taxes and minimal regulation have produced extraordinary growth, but also striking income disparities. Bringing together the history and the contemporary, the political and the personal, Texas native Lawrence Wright gives a colorful, wide-ranging portrait of a state that not only reflects our country as it is, but as it may become—and shows how the battle for Texas's soul encompasses us all. NYT Notable Book, winner of the National Book Critics Circle, and NPR's Best Book of the Year.

Sept. 8
Washington Black: A Novel
by Esi Edugyan
From Amazon.com: Eleven-year-old George Washington Black—or Wash—a field slave on a Barbados sugar plantation, is initially terrified when he is chosen as the manservant of his master's brother. To his surprise, however, the eccentric Christopher Wilde turns out to be a naturalist, explorer, inventor, and abolitionist. Soon Wash is initiated into a world where a flying machine can carry a man across the sky, where even a boy born in chains may embrace a life of dignity and meaning, and where two people, separated by an impossible divide, can begin to see each other as human. But when a man is killed and a bounty is placed on Wash's head, they must flee together. Over the course of their travels, what brings Wash and Christopher together will tear them apart, propelling Wash ever further across the globe in search of his true self. A story of self-invention and betrayal, of love and redemption, and of a world destroyed and made whole again. NYT's one of the 10 Best Books of the Year.

All SSA members will receive the Zoom link via email in an SSA update.

“If there’s a book that you want to read, but it hasn’t been written yet, then you must write it.”
- Toni Morrison

Living Alone

The Sibley Senior Association invites you to join a discussion group, now meeting via Zoom, on how to better cope with living alone. All members of SSA and Widowed Persons Outreach are welcome. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/partner. Experiences of WPO and the SSA show us that there is value to those living alone from sharing experiences and needs about their special situation. Join us to discuss the benefits and challenges of living alone in the D.C. Metro area. Living Alone meets the third Monday of every month. The group is moderated by Ken Gordon, a member of SSA and WPO. Register for the discussion group by calling SSA at 202-364-7602, or by emailing to kengordon@alum.mit.edu. Until further notice, the group is meeting online via Zoom.

All SSA members will receive the Zoom links via email in an SSA update.

Third Monday of each month | July 20, Aug. 17, Sept. 21 | Noon | via Zoom

Quiz on page 8

1. Four (1932, ’40 and ’44)
2. Morocco
3. Yes
4. Stolen base.
5. The guava trees
6. “God’s Little Acre”
7. Nebraska
8. Knight of the Garter
9. Habeas corpus
10. Mickey Rooney
## Ongoing Events

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
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<tbody>
<tr>
<td>11 a.m. to noon</td>
<td>Meditation and Mindfulness via Zoom</td>
<td>Meditation and Mindfulness via Zoom</td>
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<tr>
<td>11:30 a.m. to 12:30 p.m.</td>
<td>12:15 to 1:15 p.m.</td>
<td>1 to 2 p.m.</td>
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<td></td>
<td>Jeffrey Robbins Tai Chi via Zoom (July 15 through Sept. 16)</td>
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<tr>
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<td>11 a.m. to noon</td>
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<tr>
<td></td>
<td>Jeffrey Robbins Qigong/Body Awakening via Zoom (July 14 through Sept. 15)</td>
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### July

<table>
<thead>
<tr>
<th>Thursday, July 9</th>
<th>2:30 to 3:30 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Parkinson’s Disease and Movement Disorders Support Group via Zoom</td>
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<thead>
<tr>
<th>Tuesday, July 14</th>
<th>1:30 to 2:30 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Book Marks via Zoom</td>
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<thead>
<tr>
<th>Wednesday, July 15</th>
<th>2 to 4 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>PSP Support Group via Zoom</td>
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<thead>
<tr>
<th>Monday, July 20</th>
<th>Noon to 1 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Living Alone Discussion Group via Zoom</td>
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<thead>
<tr>
<th>Tuesday, July 21</th>
<th>Noon to 1 p.m.</th>
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<tr>
<td></td>
<td>Preventive Care for Older Adults via Zoom</td>
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<tr>
<th>Tuesday, July 28</th>
<th>3 to 4 p.m.</th>
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<tr>
<td></td>
<td>Write Your Own Story via Zoom</td>
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<td></td>
<td>4 to 5:30 p.m.</td>
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<td></td>
<td>Cancer Care Givers Support Group via Zoom</td>
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<tr>
<th>Thursday, July 30</th>
<th>3 to 4 p.m.</th>
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<tr>
<td></td>
<td>Travel (Virtually) to Argentina and Chile via Zoom</td>
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### August

<table>
<thead>
<tr>
<th>Tuesday, Aug. 4</th>
<th>1 to 2 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Travel (Virtually) to South Georgia Island and Antarctica via Zoom</td>
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<tr>
<th>Thursday, Aug. 6</th>
<th>3 to 4 p.m.</th>
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<tr>
<td></td>
<td>Never Too Late for Real Change via Zoom</td>
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<tr>
<th>Tuesday, Aug. 11</th>
<th>12:30 to 1:30 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Racism – Let’s Talk Part 1– History of Racism in America via Zoom</td>
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<tr>
<td></td>
<td>1:30 to 2:30 p.m.</td>
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<td></td>
<td>Book Marks via Zoom</td>
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<tr>
<th>Thursday, Aug. 13</th>
<th>2:30 to 3:30 p.m.</th>
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<tr>
<td></td>
<td>Parkinson’s Disease and Movement Disorders Support Group via Zoom</td>
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<tr>
<th>Monday, Aug. 17</th>
<th>Noon to 1 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Living Alone Discussion Group via Zoom</td>
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<tr>
<th>Tuesday, Aug. 18</th>
<th>12:30 to 1:30 p.m.</th>
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<tr>
<td></td>
<td>Racism – Let’s Talk Part 2– Unconscious Bias via Zoom</td>
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<td></td>
<td>2 to 3 p.m.</td>
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<td></td>
<td>Speak So Others Will Listen via Zoom</td>
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<tr>
<th>Wednesday, Aug. 19</th>
<th>2 to 4 p.m.</th>
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<td></td>
<td>PSP Support Group via Zoom</td>
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<tr>
<th>Tuesday, Aug. 25</th>
<th>12:30 to 1:30 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Racism – Let’s Talk Part 3– What do we need to move forward as a country and how can I help? via Zoom</td>
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### September

<table>
<thead>
<tr>
<th>Tuesday, Sept. 8</th>
<th>1:30 to 2:30 p.m.</th>
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<tr>
<td></td>
<td>Book Marks via Zoom</td>
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<tr>
<th>Thursday, Sept. 10</th>
<th>2:30 to 3:30 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Parkinson’s Disease and Movement Disorders Support Group via Zoom</td>
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<thead>
<tr>
<th>Tuesday, Sept. 15</th>
<th>2 to 3 p.m.</th>
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<tbody>
<tr>
<td></td>
<td>Poetry and Healing via Zoom</td>
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<tr>
<th>Wednesday, Sept. 16</th>
<th>2 to 4 p.m.</th>
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<tr>
<td></td>
<td>PSP Support Group via Zoom</td>
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<tr>
<th>Thursday, Sept. 17</th>
<th>3 to 4 p.m.</th>
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<tr>
<td></td>
<td>Travel (Virtually) to Southeast Asia via Zoom</td>
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<tr>
<th>Monday, Sept. 21</th>
<th>Noon to 1 p.m.</th>
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<td></td>
<td>Living Alone Discussion Group via Zoom</td>
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### Medicare

Did you know if you are within three months of turning 65 years old, you may go ahead and apply for Medicare?

If you’re not already getting benefits, you should contact Social Security Administration about three months before your 65th birthday to sign up for Medicare. You should sign up for Medicare even if you don’t plan to retire at age 65. (Social Security Administration)

The toll free number for Social Security is (800) 772-1213.

---

### “Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

- Thich Nhat Hanh
To register, check the class or program you’d like to attend. If it isn’t listed, please write it in the space provided. Mail this form to the Sibley Senior Association office, 5255 Loughboro Road, NW, Washington, DC 20016. Please make all checks payable to Sibley Memorial Hospital. Or, you may call 202-364-7602 to register. Please provide your telephone number and email address. We will let you know if we need to reschedule or cancel an event.

Leave a Legacy of Caring

The important programs and activities the Sibley Senior Association provides are made possible through the generous support of donors. With a legacy gift to Sibley Memorial Hospital you can make a real difference for seniors and caregivers in our community. Whether you make a gift through your will, trust, or retirement account, or establish a gift that also provides income to you, there are many ways to support what matters to you.

Please contact Kristen Pruski at the Sibley Memorial Hospital Foundation to help plan your legacy.
202-537-4257 | kpruski@jhmi.edu | sibleyfoundation.org
Sibley Senior Association

Created for our community, The Sibley Senior Association (SSA) offers special services for an annual fee of $20 for individuals and an additional $18 for an associate membership at the same address. The Sibley Senior Association is designed just for people 50 and over. Membership gives you access to many special benefits, including discounted parking in the Medical Building parking garage, blood pressure checks, consults with our pharmacist, classes with our nutritionists, periodic screenings, recreational activities, classes, seminars, support groups and more.

**Staying Healthy** | To help you maintain your good health, membership in the Senior Association includes periodic screenings that can alert you to potential conditions before they become serious health risks. Screenings are by appointment and may include glaucoma, hearing, depression, fall risk and breast health. Other free health services offered include blood pressure checks, consults with Sibley pharmacists and classes by Sibley nutritionists.

**Staying Active** | Staying well is fun with a variety of exercise and recreation programs.

**Staying Independent** | Services to help keep you independent include the AARP Driver Safety Class, Fall Prevention Program, Save Your Back Program and special discounts.

**Providing Support** | A wide range of support services are available with regular meetings moderated by a health care professional or a volunteer trained by the sponsoring organization.

**Staying Informed** | Educational programs are presented throughout the year by medical, academic and other professionals to help you stay current.

### Membership Services
- 50% parking discount for new members
- Periodic health screenings
- Free blood pressure checks
- Exercise classes
- Day trips
- Talks on current health topics
- Pharmacy hotline
- Support groups

### Sibley Senior Association discounts
- $1.50 for weekday edition of the Washington Post at Centre Sibley
- Washington Hearing and Speech 5% off hearing aids
- Au Bon Pain 15% off food order
- Foer’s Pharmacy 10% off over-the-counter items
- Serenity Gift Shop 10% off gift items
- Potomac Home Support $1 per hour off companion care
- 10% discount at Capital Dental
- 13% to 17% discount at Simon Says Yoga at the Sangamore Shopping Center

### Services when hospitalized at Sibley
- Complimentary guest meal
- 10% gift shop/gift cart discounts

### Important phone numbers
- General Information 202-537-4000
- CST–Your Link to Life 855-427-8585
- Sibley Senior Association 202-364-7602
- Volunteer Services 202-537-4485
- Widowed Persons Outreach 202-537-4942