Sex and Aging
Embracing the Beauty of the Aging Body

Saturday | Feb. 29 | 12:30 to 4:30 p.m.

Sibley Memorial Hospital | 5255 Loughboro Road, NW | Building A | Conference Room 1

Speaker: Melanie Davis, Ph.D. | Cost: $15

Light refreshments served at 2:30 p.m.

Melanie Davis, Ph.D. is an adjunct professor for graduate programs at Drexel University and Widener University, and has taught at Moravian Theological Seminary, Moravian College and Marymount Manhattan College. She is the program manager for the Our Whole Lives program of the Unitarian Universalist Association, and author of Our Whole Lives Sexuality Education for Older Adults.

Dr. Davis is a certified sexuality educator supervisor through the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is on the editorial advisory board of the American Journal of Sexuality Education; the Advisory Council of the Woodhull Sexual Freedom Alliance, and is the co-president of the Sexuality and Aging Consortium at Widener University.

Dr. Davis co-founded and coordinates SaferSex4Seniors.org, an educational site for sexually active and/or interested adults.

She also provides professional development and presentations for physicians, nurses, medical students, long-term care professionals, educators, and clergy. Her mission is to help people learn about and enjoy healthy sexuality.

Topics may include:
• Embrace and Enjoy Your Aging Body
• Learning to Make Friends in Older Age
• Safer Sex for Seniors
• Desire and Pleasure

There will be time during the conference to visit the resource expo. Call 202-364-7602 to register before Feb. 14. Free parking for attendees who register in advance. Please note: Entrance to our visitor parking garage is on Dalecarlia Parkway (near the intersection of Dalecarlia Parkway and Loughboro Road, NW). Building A is next to the visitor parking garage.

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“One is the loneliest number.”
These are words from Harry Nilsson’s song, One, recorded by a band named Three Dog Night in 1969. It goes on to say:

“Two can be as bad as one, but the loneliest number is the number one.”

I’ve been thinking about loneliness and as a result, reading about it a bit. As I was approaching the anniversaries of the loss of my sister and my mother, I began to recognize certain feelings. The feeling of missing them, to be sure, but also feeling “lost in a crowd.” Have you ever felt that way? The experience of being with people, but still feeling a sense of loneliness?

It doesn’t happen all the time. For me it is a temporary feeling of disconnectedness. In Marshall Glass’s poem Waiting for Metaphors, in part he says:

“a lone flower
still bloomed
unbroken in wind or heat or dust
uncovered yet
waiting”

I sat with that poem for a bit. I did feel like a lone flower sometimes, bloomed but kind of waiting. In a holding pattern. All of this made me wonder if, in fact, loneliness is a type of grief, the grief of feeling disconnected.

Loneliness is often by another name – isolation. In recent years, much research has led to recognition of it as a public health problem. According to the National Institute on Aging, ongoing isolation has been identified as one predictor of negative health consequences, such as depression, heart disease and dementia. That certainly makes it worthy of thinking about.

What can be done when we experience loneliness or social isolation? One action identified as a possible repair is the assessment of our social networks, and either establishing new ones or strengthening those we have. What does that mean? It means making an effort to meet new people that may become friends, or working to reconnect with old friends and deepen and strengthen those friendships too.

As the director of the Sibley Senior Association, I don’t mind suggesting signing up for a discussion group, lecture, exercise or support group. Groups like this may permit us to meet new people. Most events are small enough to connect with someone you find interesting.

I’d like to point out that even those of us who are introverts are still at risk for the negative impacts of isolation. We may love our solitude, but solitude may quickly devolve into a devastating loneliness or depression. One certified relationship coach, Kyra Asatryan, suggests introverts concentrate on small groups or one-on-one interactions, or at a minimum, limiting time in large groups. A person may easily “charge up” by going home for some solitude, so think about giving that a try.

I started this by saying, “one is the loneliest number,” so you may be wondering what I am going to do about my loneliness? I’ve already started by taking a committee leadership role in a group I’m involved in. I’m excited that it will allow me to meet a few new people and maybe do some fun things.

How about you? Think about what you might do to strengthen or develop your social connections. It is a decision that will be good for your health.

With you in community,

Marti

Greetings, Dear Members!

“Widowed Persons Outreach (WPO) is a free community service that has been providing bereavement support to newly widowed persons in our community since 1992. WPO has over 30 volunteers. Men and women who have been widowed themselves have taken our volunteer training and are now helping newly widowed people through their grief in a variety of ways, including one-on-one help, support groups, social activities, educational events and a bi-monthly newsletter. For information, call the WPO office at 202-537-4942.

NEXT STEPS Activities
In addition to its ongoing support groups, WPO organizes a variety of social activities to help widows and widowers emerge from bereavement, particularly after the first two years of losing a spouse or partner. Volunteers organize luncheons at local restaurants, small group functions at private homes, tours, educational seminars and discussion groups.

WPO Welcomes New Volunteers
If you have been widowed for two years or more and would like to volunteer with WPO, call Marti Bailey at 202-660-5658. “We are always in need of volunteers—it is very rewarding,” said one of our founders, the late Peg Masi.

“Helping others in turn helps you. We all feel the need to repay the comfort and support we received when we needed it most.”
Fall Prevention B.E.E. Safe

Every 11 seconds, an older adult is treated in the Emergency Department for a fall; every 19 minutes, an older adult dies from a fall. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults (National Council on Aging). Besides osteoporosis, several other factors might contribute to falls: heart disease, diabetes, other medical conditions, side effects of medications, judgment problems, lack of exercise, inattention, vision problems or clutter. Whatever the reason, you can learn how to prevent falls with Janet Platt, O.T.R. Please call 202-364-7602 at least two weeks in advance to register.

Friday | Jan. 17 | 2 to 3 p.m. | Building D | Floor 1 | Conference Room 2

Arthritis and Your Hands

Each hand is made up of over 25 bones. In addition, there are multiple joints that work together to produce movement. Arthritic problems of the hands are painful and can affect function, grip strength, and activities of daily living. Janet Platt, O.T.R., Occupational Therapist, will teach you how to take care of your hands and minimize the effects of arthritis. This event books up quickly. Please call 202-364-7602 at your earliest convenience to register.

Friday | March 20 | 2 to 3 p.m. | Building D | Floor 1 | Conference Room 2

NEW

Having a Healthy Heart

In celebration of American Heart Month in February, the Sibley Senior Association welcomes Dr. Nancy J. Davenport, M.D. to talk with us about our hearts and fill us in on new treatments.

Dr. Davenport is a cardiologist of Sibley Memorial Hospital. She is board certified in internal medicine, cardiovascular disease and interventional cardiology. Dr. Davenport practices out of Capital Heart Associates in Sibley’s Medical Building, located in Washington, DC. She is also affiliated with Suburban Hospital, MedStar Washington Hospital Center and Georgetown University Hospital.

Dr. Davenport has expertise in heart transplantation, peripheral vascular disease, cardiac catheterization, angioplasty and congestive heart failure.

Dr. Davenport earned her bachelor’s and master’s degrees in nursing from Duke University, followed by a doctorate degree in cardiac physiology from George Washington University. She was a professor at American University for ten years and was heavily involved in research at the National Institutes of Health prior to returning to George Washington University to earn her medical degree. She went on to complete a residency in internal medicine at Georgetown University Medical Center, followed by a cardiovascular disease fellowship at Washington Hospital Center.

Dr. Davenport is a fellow of the American College of Cardiology and has been named a Top MD by Consumers’ Checkbook Magazine.

Advance registration is required. Call 202-364-7602 to register.

Friday | Feb. 21 | 11 a.m. to 12:30 p.m. | Building D | Floor 1 | Conference Room 2
Meditation and Mindfulness: Practices to Help Anyone Affected by Cancer

Every Thursday | 7-8 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 and drop-ins are welcome. For more information and location, contact Pam Goetz at pgoetz4@jh.edu or 202-243-2320.

Reiki Self-Care Class - For anyone with history of cancer and their caregivers

Day 1 | Saturday, Feb. 8 | 9 a.m. - 2:30 p.m.
Day 2 | Saturday, Feb. 15 | 9 a.m. - 2:30 p.m.

Reiki is a subtle, meditative practice that uses light, still touch on the body to help relieve stress, promote balance, and encourage self-healing. Reiki practice addresses the whole person, rather than specific symptoms or conditions.

This one-day or two-day training will offer you a chance to discover a simple self-care practice that can help you feel better:

- less stress, anxiety and pain
- more restful sleep
- greater resilience
- improved concentration and clarity
- a greater sense of calm and peacefulness

Participants attending both days will receive a Reiki First Degree Training Certificate

For more information and to register, contact Pam Goetz at pgoetz4@jh.edu or 202-243-2320.

Stronger and Healthier Together: Cancer Survivorship Series

4-week series | Spring Dates TBD

If you have completed treatment for cancer in the past two years, please join us for a four-week survivorship series. Each week the class hear from various experts with talks and interactive sessions that cover nutrition, exercise, lymphedema, yoga and Pilates, emotional health and well-being, stress reduction and self-care. Participants will be offered one-on-one consultations with the certified health coach and with the registered dietitian. Registration is required and participants are expected to attend all sessions. To register, contact Pam Goetz at pgoetz4@jh.edu or 202-243-2320.

Yoga for Cancer Survivors

Mondays | 7-8:15 p.m. | Free | Mat/floor yoga class
Wednesdays | 10-11:15 a.m. | Free | Chair class
Fridays | 1-2 p.m. | Free | Combined chair and mat class

These free, weekly restorative and active classes are designed for women and men 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. The Wednesday class is geared toward those with balance issues or who have trouble getting down to the floor and back up. Contact Pam Goetz at 202-243-2320 or pgoetz4@jhmi.edu for more information and location.

Yin/Yang Yoga for Young Survivors: A Balanced Practiced for Relaxing the Nervous System and Restoring Strength

Saturdays | 10 a.m. - 1 p.m.

This one-hour class is for anyone 40 years or younger, with a history of cancer. The class will explore both Yin and Yang practices through a yogic lens with passive stretching, gentle movement, and breathing practices that calm the nervous system, and power poses, strengthening movement, and breathing, which energizes the body and supports strength work. Contact Pam Goetz at 202-243-2320 or pgoetz4@jhmi.edu for more information and location.

Sibley Memorial Hospital Cancer Support Groups

Advanced Cancer Support Group

3rd Wednesday of each month | Jan. 15, Feb. 19, March 18
Noon-1 p.m. | Building B | Floor 1 | Medical Oncology Conference Room

For people living with advanced or metastatic cancer. For more information and to register, contact Susan Ely, N.P. at 202-537-4765 or sely3@jhmi.edu.

Brain Tumor Support Group

2nd Wednesday of each month | Jan. 8, Feb. 12, March 11
Noon-1 p.m. | Building B | Floor 1 | Medical Oncology Conference Room
Support groups are free, ongoing and open to new members. Call the numbers listed below for more information and registration.

**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 from 2 to 3:30 p.m. A six-session program also meets twice annually. For grieving spouses and life partners under 70 years of age, a group meets evenings every second and fourth Wednesday. Call 202-537-4942 for more information and to register and learn location. Registration required.

**Care Partner Support Group**
This support group is for persons who are 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 if your loved one is long distance or in a care community. Group leader: Marianne Panke, M.A., L.M.T. There are two support groups: first and third Tuesday from 1:30 to 2:30 p.m. and first and third Friday from 1:30 to 2:30 p.m. Please call for more information and to register: 202-660-7104. Registration required.

**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 DC. Registration required. Call 202-364-7602 for more information.

**Lyme Disease Support**
Group leaders are Monte Skall and Zena Wilder, R.N. Support group meetings are on the first Sunday of the month, (except Jan., July and Sept.) Feb. 2, March 1, from 2 to 4 p.m. in Building A, Floor 2, Conference Room 5. Registration required. For more information about Lyme disease or the schedule for this free event, please call National Capital Lyme Disease Association 703-821-8833. For additional information, visit natcaplyme.org

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

**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 Saturday of every month Jan. 18, Feb. 15, March 21 from 2 to 4 p.m., Building A, Floor 2, Room 5. For more information and to register, contact Stephen Goldman at 301-330-6954 or Safia Al Sadoon at 646-546-8685.

**Stroke Support Group**
Group leader: Jenni Knittig, R.N., Sibley stroke coordinator. Meets the third Wednesday of every month, Jan. 15, Feb. 19 and March 18 from 1 to 2:30 p.m. Building A, Floor 2, Conference Room 5. A light lunch is included. 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

**Anacostia Care Partners Support Group**
Are you caring for a family member or friend who is experiencing memory changes? Are you feeling anxious, stressed or overwhelmed?

Join us for a free, informal support group. What to expect: feel a sense of community, receive information and support, learn stress reduction and self-care techniques and discuss coping skills.

The group meets twice a month, every first and third Monday evening at the Anacostia Neighborhood Library, 1800 Good Hope Road, SE, Washington, DC 20020.

Advance registration required! Please contact Shruti Goel, Support Group Facilitator, at 202-660-5664 or sgoel2@jhmi.edu.
Keep Moving

Movement Class for people with Parkinson’s

Are you looking for a way to improve your ease in movement? The Feldenkrais® Method influences brain and behavior through a learning process involving movement exploration, trial and error, and problem-solving. ... The Feldenkrais Method offers persons with Parkinson’s Disease a way to discover and implement action patterns that can enhance functional ability.

This will be a chair movement program, care partners are welcome

Susanne Christov is an avid learner and observer of movement and helps her students to make new discoveries about themselves and find new pathways. She is a Guild Certified Feldenkrais Practitioner who graduated from a 4-year training at the Feldenkrais Institute in New York City in 2013. She has also worked and participated in continuing trainings overseas and in the US. Susanne holds a doctorate in Physical Therapy, works at Sibley Memorial Hospital as a PT and teaches classes and individuals in DC. When she is not on the floor doing Feldenkrais, she loves to walk in cities, parks, gardens and woods, at home in DC and around the world. This is a ten week program. Fee to be determined.

Advance registration is required. Call 202-364-7602 to register and pay at your earliest convenience.

Tuesdays | Jan. 14 through March 17 | 3:30 to 4:40 p.m. | Building A | Floor 2 | Conference Room 5
Exception: March 10 class will meet in Building D | Conference Room 1

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 on Tuesdays and Thursdays.

These groups are open to visitors, patients and staff. First-time and experienced meditators are welcome!
Registration required. Call 202-364-7602 to sign up.

Tuesdays | 11 a.m. to noon | Building A | Floor 2 | Conference Room 5 Led by Leyla M. Kenny, Ph.D., L.I.C.S.W.
Tuesday exceptions, Feb. 18 and March 17, Meditation will meet in Building B | Floor 6 | Conference Room 6B325.

Thursdays | 1 to 2 p.m. | Building A | Floor 2 | Conference Room 5
Led by Patricia Ullman, J.D., certified meditation instructor.
Third Thursday exceptions, Jan. 16, Feb. 20 and March 19, Meditation will meet in Building D | Conference Room 1.

Administration fee for non-members:
Our classes were originally designed for Sibley Senior Association members and we have noticed many non-members are also attending. While we welcome non-members to attend, we recognize it does take time and potential seats away from SSA members. In order to process your request, there is a quarterly administrative handling fee in the amount of $10 for non-members to attend SSA classes. Non-members may attend as many classes as desired during the quarter.

Keep your fitness goals and save money in 2020

Sibley Senior Association members may take advantage of a special discount program for yoga at Simon Says Yoga Studio in the Sumner Place Shops at 4611 Sangamore Road in Bethesda, MD (near Starbucks).

As of Jan. 1, there will be new prices at Simon Says Yoga, with great discounts for Sibley Senior Association members. If you show your SSA membership card, these are the discounts you may receive:

- Drop-in Class: $19 (regular price $22)
- 5 Class Pass: $90 (regular price $105)
- 10 Class Pass: $165 (regular price $199)

Reservations or Questions:
Register for programs online at Sibley.org/community/events, call 202-364-7602 or use the registration form on page 15.
Our exercise classes were originally designed for Sibley Senior Association members. While we welcome non-members to attend, we recognize it does take time away from paying members. There is a $10 quarterly administrative fee for non-members to attend SSA classes. Non-members may attend as many classes as desired during the quarter.

Please read the class schedule carefully for class locations.

- Wear comfortable clothing
- Classes will be meeting in off-campus locations.
- Payment must be received before your first day in class.
- Call 202-364-7602 to register for your desired class as soon as possible.
- For new students only: Late registrations are accepted the first three weeks of class (on all courses except Tai Chi Chung).
- No refunds after your first week in class.
- Make check payable to Sibley Hospital, and mail to the Sibley Senior Association, or call 202-364-7602 to have your payment processed over the phone with a credit card.
- Always check with your doctor before starting a new exercise regimen.
- Exercise classes must meet minimum numbers to start.
- If the Federal Government or DC Schools are closed due to snow, the classes at NUMC and Palisades Church will be cancelled. If you feel weather conditions are dangerous, please do not attempt to drive.
- For more information, call the SSA office at 202-364-7602.

Meeting at National United Methodist Church NUMC
3401 Nebraska Avenue, NW, DC

Total Body Workout with Carolyn
Wednesdays from 10:30 to 11:30 a.m. at National UMC. This class is designed to improve your posture, flexibility, range of motion and core strength (while standing and using mats on the floor). Bring your own mat, light weights and physical therapy straps. Participants must be able to get up and down from the floor easily. Carolyn Gichner has more than 40 years teaching experience. The winter session begins on Wednesday, Jan. 8 and runs through March 25. This is a 12-week class. Cost: $120 for one day a week or $210 for two sessions a week for late registrants. Late registrants are welcome for new students ($12 a class for late registrants). Please call the SSA office at 202-364-7602 at your earliest convenience to register and pay. Advance registration and payment required.

Strength & Balance with Howard
Tuesdays and Thursdays from 10 to 11 a.m. at National UMC. Howard Eady focuses on corrective postural exercises, corrective flexibility resistance training with the concentration on strength, dynamic, active and static balance training (no mat work). The winter session runs from Jan. 7 through March 26. This is a 12-week class. Cost: $120 for one day a week or $210 for two days per week. Late registrants are welcome for new students ($12 per session if once a week or $22 for two sessions a week for late registrants). Please call the SSA office at 202-364-7602 at your earliest convenience to register and pay. Advance registration and payment required.

Classes with Jeffrey Robbins – Palisades Community Church - PCC
5200 Cathedral Avenue, NW, DC – near MacArthur Boulevard
Street parking is available.

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, non-impact 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. $175 for the session (or $18 per class for late registrants). Tuesdays, 11:30 a.m. to 12:30 p.m. Winter session begins on Jan. 7 and runs through March 24. This is a 12-week class at the Palisades Community Church. Late registrants are 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.

Beginning and Intermediate Tai Chi with Jeffrey Robbins
Tai Chi Chung 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. $175 for the session (or $18 per class for late registrants). Wednesdays, 12:15 to 1:15 p.m. Winter session begins on Jan. 8 and runs through March 25. This is a 12-week class at the Palisades Community Church. Tai Chi veterans welcome to register late. Beginners would benefit from starting at the beginning of a class. Please call the SSA office at 202-364-7602 at your earliest convenience to register and pay. Advance registration and payment required.

Meeting at Mazza Gallerie
5300 Wisconsin Boulevard, NW, Concourse Level

Walking (and Talking) Club
Tuesdays and Thursdays, ongoing; arrive anytime between 9 and 10 a.m. Members walk in a temperature-controlled, safe and dry environment. Free blood pressure checks are provided. Cancellations for bad weather follow the Montgomery County school closure schedule (Walking Club is cancelled if school is cancelled or delayed). The Walking Club is a free community service sponsored by Sibley Hospital and Mazza Gallerie. Meets at 5300 Wisconsin Avenue, N.W., DC - concourse level. Free parking in the underground structure. If you drive to Mazza Gallerie, please pull the parking ticket and bring it with you to get it validated at the Walking (and Talking) Club.
Living Alone – A Discussion Group

Living alone presents its own opportunities and issues, whether the reason is by choice or through loss. Sharing and discussing experiences often provides real value to those living alone. This is a discussion group, not a bereavement group. Please join us; your ideas and needs count. Moderated by Ken Gordon.

Call 202-364-7602 to register at least two weeks before each session.

Death Café – A Group to Discuss Death with a View to Make the Most of Life

Death is something that very few people in our culture seem to want to talk about. Some people are curious about it, and are looking for others who are interested in joining in the conversation.

Death Café was formed by Jon Underwood in London in 2011 based on the principles of Bernard Crettaz and there are now over 6,000 groups meeting all over the world. The objective is ‘to increase awareness of death with a view to helping people make the most of their (finite) lives.’

Death Café doesn’t lead anyone to any course of action, it is just an opportunity to talk with others while having a little coffee or tea and perhaps a treat.

Death Café is not a grief or bereavement group. There won’t be any guest speakers or special topics; just people talking about death.

You don’t have to talk if you come to Death Café, although you may want to at some point (that is the idea).

Members may share their own opinions as private individuals. No one will be soliciting any business during our conversations. Registration is required. Please call 202-364-7602 to register at least two weeks before this event.

Buried in Treasures Work Group

Do you think of yourself as having a problem with clutter? Or call yourself a packrat? Have family members complained about your possessions? Do you have trouble passing up something that is free, even though you might not have space for it? Do your possessions ever keep you from having someone over?

Buried in Treasures is an evidence based group with a workbook designed to help you discover the reasons for your problems with acquiring, saving, and hoarding, and learn new ways of thinking about your possessions so you can accurately identify those things you really need and those you can do without. Learn to recognize the “bad guys” that maintain your cluttering behavior and meet the “good guys” who will motivate you and put you on the path to change.

Only people who are struggling with clutter will be in this group (no professional facilitators unless they also have the problem).

Purchasing the book Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (2nd edition) is required for participation. This may be purchased online or at your local bookstore. There will be a $20 fee, which must be paid in advance of the start date. This group will meet every Tuesday for 12 weeks. Group begins on Jan. 21.

Adjusting to Loss and Change

This group is designed to help navigate through the challenging transitions we experience in our lives. The group will explore different coping mechanisms we can use that will enable us to move forward. These periods of transitions are often stressful but also have the potential for enriching our lives. The group facilitator is Varahi Kelsang, M.D., M.A., M.S. Varahi a Buddhist nun and retired physician. Registration required.

For more information and to register call Varahi Kelsang at 240-426-4459.

Discussion Group:

Political Polarization – What Can Be Done?

Is our country divided? Or does it just seem this way? We seem to be talking more and more about polarization.

Discuss what drives polarization, policy and what can be done or whether or not any action is required. This discussion group will be facilitated by Marti Bailey, director of the Sibley Senior Association and Community Health.

Note: While this group will discuss the actions of political parties and the impact on polarization, participants are welcome from every political persuasion. The conversation will be civil and useful.

Reservations or Questions:

Register for programs online at Sibley.org/community/events, call 202-364-7602 or use the registration form on page 15.
Understanding New Food Labels

Have you noticed the back of your cracker, cereal or cookie box looks a bit different? The FDA is requiring food manufacturers to be more transparent about the ingredients their packages contain. You may have noticed a graphic containing new info about serving size, calories, fats, added sugars, and nutrients. There’s also a footnote describing the daily nutrition value. There’s no need to be confused. Jodie Hofacre, our clinical dietician specialist, will explain what it all means and let you know how to best manage your nutritional needs. Please call the SSA office at 202-364-7602 at least two weeks in advance to register.

Thursday | March 5 | 2:30 to 3:30 | Building A | Floor 2
Conference Room 5

Poetry and Healing

Discover a new way to express yourself and find healing in the New Year.

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. Bahareh 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 has 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 at least two weeks in advance to register for this event.

Wednesday | March 25 | 2 to 3 p.m. | Building D | Conference Room 2

Final Affairs Workshop – An Intensive

The Final Affairs Project is undergoing a redesign and will be reappearing in 2nd or 3rd quarter of 2020. Please call 202-364-7602 and leave a message for Marti Bailey if you have any questions.

Dealing with Dementia Workshop for Family Caregivers

The Dealing with Dementia Program is an evidence informed educational support program for caregivers of people living with dementia. The program includes:

- A four-hour workshop in a classroom setting for family caregivers of people living with dementia. A separate workshop is available for professional caregivers.
- The Dealing with Dementia Guide, a 360-page comprehensive manual for dementia caregivers.
- An overview of the guide and how to find the information needed when it is needed.
- Highlights of topics such as insights into the caregiving experience, easily understandable explanation of dementia, best practices in caregiving, problem solving around dementia behaviors, and tips for caregivers to find time for self-care and stress management.

Group will start promptly at 10 a.m., so please arrive 15 minutes early to relax a bit before we start.

Cost: Free (parking voucher included)

Call 202-364-7602 at least two weeks in advance to register for the workshop. Note: We are not able to provide accommodations or care for your loved ones—this workshop is for caregivers of people with dementia and participants may discuss challenging personal situations confidentially. This workshop will be held on two dates – you have your choice of Feb. or March.

Saturday | Feb. 1 or March 21 | 10 a.m. to 2 p.m. | Building D | Conference Room 1
**Special Programs and Activities**

**Laugh Café—**

**Fun and good for you!**

Start off the New Year with a few good laughs! You are invited to Laugh Café, a participatory group where people bring favorite jokes, humorous stories, riddles or personal tales and provoke others (and themselves) to laughter. There is no admission fee. We suggest that you bring along a joke or two to share with the group. If you are shy and are uncomfortable telling jokes, please come and laugh anyway.

If joke telling is not your forte’, you may also read your joke. There are many clean joke and humor sites available on the internet, as well as in the humor section books of the local libraries.

Tom Reynolds is our moderator. Tom’s goal is to help “inspire you to make at least one day a month more cheerful by provoking belly laughs, giggles and smiles among fellow jokesters. It can be very contagious! You might leave with a few more jokes to tell friends! What a bargain!” Bring a friend, and laugh together.

Please bring a sack lunch or purchase something to go from Sibley’s Magnolia Café. Coffee and tea, cheese and crackers are provided.

Call 202-364-7602 to let us know you can join us, if you are new to the group.

**Write Your Life Story: Kicking off the New Year with your story**

Would you like to start the New Year sharing memories with your family and friends? What are some key moments or events that happened last year? Some special places you visited in 2019? 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 first piece as a start to creating a record of the unique moments, people, and places in their lives. 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.

Opportunities for life review; for learning and growing as a writer; and for connecting and sharing with peers. Later and as they wish, participants might share their written pieces with family, preserving treasured memories for future generations.

Mary Quattlebaum is the author of stories and poems for adults published in literary journals and anthologies and of 27 award-winning books for children, most recently *Brother, Sister, Me and You, Hero Dogs, and Jo MacDonald Hiked in the Woods*. Mary founded and for 12 years, directed a grants-funded creative and memoir writing program for older adults in Washington, DC, with classes in libraries, senior centers, and a retirement community, and an annual creative writing festival at the National Council on Aging. Mary now teaches at the Vermont College of Fine Arts in the MFA program in writing for children; speaks often at schools and conferences; and frequently writes and reviews books for the *Washington Post* and *Washington Parent*. Website: www.maryquattlebaum.com

Fee: $20. This class is limited to 12 participants. Please call 202-364-7602 at least two weeks in advance to register and pay.

**Thursday | March 12 | 2:30 to 4 p.m. | Building A | Floor 2 | Conference Room 5**

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**Trivia Quiz**

By SSA member Donald Saltz

1. Which U.S. president tried to expand the Supreme Court from nine to 15 justices?
2. Is a tarantula a spider?
3. Who wrote the poem, “There was a Little Girl?”
4. Famed ice skater and later actress Sonja Henie was a native of what nation?
5. How many notes are on the keyboard of a standard piano?
6. The “Grand Canyon State” is _____?
7. The capybara, an animal about four feet long and weighing about 75 pounds, is the largest of what type of animal?
8. What is the duration of a copyright on a book that was written after 1977?
9. Frank Merriwell, in stories by Burt L. Standish, is an athletic hero at what university?
10. “Blackwater fever” is a form of what disease?

Answers on Page 12
Aging on Your Terms Conference

Our annual Aging on Your Terms Conference was held on Saturday, Oct. 19. More than 50 members of the Sibley Senior Association participated to learn the inside scoop about senior living communities, the importance of behavioral health as we age, and creative ways to fund our retirement.

Thank you to the speakers – Steve Gurney, Dr. Erica Richards, Anne Doyle, J.D. and Suzie Ferrero, J.D.

We are grateful to the volunteers who helped at registration tables – Nina Bajbor, Monica Bolis, Kathie Fricke and Nancy Piness.

Thank you also to the sponsors who provided information about local resources

Patron Level Sponsors:  
Arden Courts Memory Care Communities: Potomac, Silver Spring and Kensington  
Chevy Chase House  
Family and Nursing Care  
Forest Side Memory Care

Supporter Level Sponsors:  
Georgetown Home Care  
Home Instead Senior Care  
JSSA  
Olney Assisted Living/Great Falls Assisted Living

AARP Smart Driver

Course First Quarter 2020

During this course, you’ll learn how you can better manage and accommodate common age-related changes in vision, hearing and reaction time.

Cost: $15 for AARP members, $20 for non-members. Payable by check only (no cash or credit cards will be accepted). Please make check payable to AARP. To receive the AARP discount you must bring your AARP membership card to class.

Registration: Contact facilitator Joe Ryan at 202-362-0704 at least a few weeks before class begins to register.

Please Note: The six-hour class is for people who have not taken the course before.

Fridays, Jan. 31, Feb. 28, March 27  
9:30 a.m. to 4:30 (6-hour class) | Building D Room 2

Support What Matters to You

The important programs and activities the Sibley Senior Association provides—from Club Memory®, our social support group for memory and cognitively impaired individuals and their caregivers, to meditation classes, bereavement support groups, and more—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 Carol Shannon at the Sibley Memorial Hospital Foundation to help plan your legacy.

202-537-4257  
cshannon@jhmi.edu  
sibleyfoundation.org
Frankenstein by Mary Shelley
From Amazon.com: Frankenstein, or The Modern Prometheus, is a novel about the young student of science, Victor Frankenstein, who creates a grotesque but sentient creature in an unorthodox scientific experiment. Shelley started writing the story when she was eighteen, and the novel was published when she was twenty. Shelley had travelled through Europe in 1814, journeying along the river Rhine in Germany with a stop in Gernsheim, just ten miles away from Frankenstein Castle, where two centuries before an alchemist was engaged in experiments. Later, Shelley travelled in the region of Geneva, Switzerland, where much of the story takes place—and the topics of galvanism and other similar cult ideas were themes of conversation among her companions, particularly her lover and future husband Percy Shelley. Mary, Percy, Lord Byron, and John Polidori decided to have a competition to see who could write the best horror story. After thinking for days, Shelley dreamt about a scientist who created life and was horrified by what he had made. Frankenstein is infused with elements of the Gothic novel and the Romantic Movement and is also considered one of the earliest examples of science fiction.

Feb. 11
Born a Crime: Stories From a South African Childhood
by Trevor Noah
From Amazon.com: Trevor Noah’s unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents’ indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa’s tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

March 10
Educated: A Memoir
by Tara Westover
From Amazon.com: #1 New York Times, Wall Street Journal, and Boston Globe bestseller. Named one of the Ten Best Books of the Year by The New York Times Book Review. An unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a Ph.D. from Cambridge University. Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home.

The Answer
Quiz on page 10

1. Franklin D. Roosevelt
2. Yes
3. Henry Wadsworth Longfellow
4. Norway
5. Eighty-eight
6. Arizona
7. Rodent
8. The life of the author as well as another 50 years after the author’s death. Works under copyright protection prior to 1978 have different lengths of copyright.
9. Yale
10. Malaria
**Senior Cinema**

**Thursdays**

Mark your calendar for the third Thursday of each month to see a first-run feature film at a special discount. Meet friends, have breakfast or brunch before or after the movie and enjoy great entertainment. We’ve enjoyed a variety of top rated movies including *Judy*, *BlacKkKlansman*, *Late Night* and *Downton Abbey*.

Jan. 16, Feb. 20, March 19
Show time 10:30 a.m.

**Cost: Only $5**

**No reservations • No advance tickets.**

Please arrive at Avalon Theatre early as this is a popular event and there is limited street parking.

If you would like to be added to our email list for movie updates, please email Honora at hprecou1@jh.edu to provide your email address and we will send you an email about the featured movie each month a few days before the screening date. The Avalon usually posts the movie on line a week in advance. The website for the Avalon Theatre is www.avalon.org.

Avalon Theatre
5612 Connecticut Ave., NW Washington, DC 20015
across the street from the Chevy Chase Community Center in DC

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**KnitWits**

The KnitWits continue to knit up a storm under the direction of Mimi Mihalchik. If you have a project that you’d like some help with, or if being with other friendly knitters appeals to you, please join the KnitWits. They meet twice a month on Monday afternoons. All KnitWits meetings throughout the year are scheduled to be in Building D, Room 4. All levels of knitters are welcome.

Mondays | 1 to 4 p.m. | Jan. 13 & 27, Feb. 10 & 24, March 9 & 23
Building D | Floor 1 | Room 4

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**SSA Board Game Day!**

Are you a Scrabble hound or a Monopoly wizard? Come and bring your favorite game to share. We will have some games as well. Have fun and meet new people at smaller tables. We will have drinks. Feel free to bring a snack to share as well! Call 202-364-3602 to let us know if you can join the fun.

Friday | March 6 | 1 to 3 p.m. | Building D | Conference Rooms 1 and 2

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**Italian Conversation**

*Vieni a parlarre in Italiano!*

Meet together for coffee and practice Italian conversation. This is a continuation of a previous group and happily accepts new members! Ongoing, Mondays, 11 a.m. to noon.

Mondays | 11 a.m. to noon | Building A | Floor 2 | Room 5

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**Travel (Virtually) to Antarctica with the Director!**

Come see photographs and be regaled with stories from Marti’s once-in-a-lifetime adventure to Antarctica. Penguin and seal photographs are practically guaranteed (including some downy penguin chicks, most likely!)

Advance registration is required. Call 202-364-7602 to register.

Marti will have traveled to Antarctica with the following ports of call:

- Buenos Aires, Argentina
- Punta del Este, Uruguay
- South Georgia Island
- Antarctica
- Ushuaia (Tierra del Fuego), Argentina
- Beagle Canal (Passage), Chile
- Punta Arenas, Chile
- Magellan Strait, Chile
- Canal Sarmiento, Chile
- Chilean Fjords, Chile
- Castro (Chiloé Island), Chile
- Puerto Montt, Chile
- San Antonio, Chile

Tuesday | March 3 | 1 to 2:30 p.m. | Building A | Floor 2 | Conference Room 5
## Calendar | January-March 2020

### Ongoing Events

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 to noon</td>
<td>10:30 to 11:30 a.m. Total Body Workout with Carolyn @ NUMC (Jan. 8 through March 25)</td>
<td>8:30 to 9:30 a.m. Walking and (Talking) Club @ Mazza Gallerie</td>
<td>1:30 to 2:30 p.m. Care Partner Support Group (first and third Fridays)</td>
</tr>
<tr>
<td>9 to 10 a.m.</td>
<td>12:15 to 1:15 p.m. Jeffrey Robbins Tai Chi Chung @ PCC (Jan. 8 through March 25)</td>
<td>10 to 11 a.m. Strength and Balance with Howard @ NUMC (Jan. 9 through March 26)</td>
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</tr>
<tr>
<td>10 a.m.</td>
<td>4 to 5 p.m. Meditation and Mindfulness at Grand Oaks</td>
<td>1 to 2 p.m. Meditation and Mindfulness</td>
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<tr>
<td>11 a.m. to noon</td>
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<tr>
<td>1:15 to 2:15 p.m.</td>
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### January

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>Thursday, Jan. 9</td>
<td>11:30 a.m. to 12:30 p.m. Laugh Café</td>
</tr>
<tr>
<td>Monday, Jan. 13</td>
<td>10:30 a.m. Senior Cinema @ the Avalon</td>
</tr>
<tr>
<td>Tuesday, Jan. 14</td>
<td>2:30 to 3:30 p.m. Parkinson's Support Group</td>
</tr>
<tr>
<td>Wednesday, Jan. 15</td>
<td>1:30 to 2:30 p.m. Stroke Support Group</td>
</tr>
<tr>
<td>Thursday, Jan. 16</td>
<td>10:30 a.m. Senior Cinema @ the Avalon</td>
</tr>
<tr>
<td>Friday, Jan. 17</td>
<td>2 to 3 p.m. Fall Prevention B.E.E. Safe</td>
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<tr>
<td>Saturday, Jan. 18</td>
<td>2 to 4 p.m. CurePSP Support Group</td>
</tr>
<tr>
<td>Monday, Jan. 20</td>
<td>Noon to 1 p.m. Living Alone Discussion Group</td>
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<tr>
<td>Monday, Jan. 27</td>
<td>1 to 4 p.m. KnitWits</td>
</tr>
<tr>
<td>Friday, Jan. 31</td>
<td>9:30 a.m. to 4:30 p.m. AARP Safe Driver</td>
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</tbody>
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### February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Saturday, Feb. 1</td>
<td>10 a.m. to 2 p.m. Dealing with Dementia</td>
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<tr>
<td>Sunday, Feb. 2</td>
<td>2 to 4 p.m. Lyme Disease Support Group</td>
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<tr>
<td>Monday, Feb. 10</td>
<td>1 to 4 p.m. KnitWits</td>
</tr>
<tr>
<td>Tuesday, Feb. 11</td>
<td>1:30 to 2:30 p.m. Book Marks</td>
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<tr>
<td>Thursday, Feb. 13</td>
<td>11:30 a.m. to 12:30 p.m. Laugh Café</td>
</tr>
<tr>
<td>Saturday, Feb. 15</td>
<td>2 to 4 p.m. CurePSP Support Group</td>
</tr>
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<td>Monday, Feb. 17</td>
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<tr>
<td>Wednesday, Feb. 19</td>
<td>1 to 2:30 p.m. Stroke Support Group</td>
</tr>
<tr>
<td>Thursday, Feb. 20</td>
<td>10:30 a.m. Senior Cinema @ the Avalon</td>
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<tr>
<td>Friday, Feb. 21</td>
<td>11 a.m. to 12:30 p.m. Having a Healthy Heart</td>
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<tr>
<td>Monday, Feb. 24</td>
<td>1 to 4 p.m. KnitWits</td>
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<tr>
<td>Thursday, Feb. 27</td>
<td>1:30 to 2:30 p.m. Political Polarization Discussion Group</td>
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<tr>
<td>Friday, Feb. 28</td>
<td>9:30 a.m. to 4:30 p.m. AARP Safe Driver</td>
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<tr>
<td>Saturday, Feb. 29</td>
<td>12:30 to 4:30 p.m. Sex and Aging Conference</td>
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### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Sunday, March 1</td>
<td>2 to 4 p.m. Lyme Disease Support Group</td>
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<tr>
<td>Tuesday, March 3</td>
<td>1 to 3:30</td>
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<td></td>
<td>1:30 to 2:45</td>
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<tr>
<td>Wednesday, March 4</td>
<td>4 to 5:30 p.m. Death Café</td>
</tr>
<tr>
<td>Thursday, March 5</td>
<td>2:30 to 3:30 p.m. Understanding New Food Labels</td>
</tr>
<tr>
<td>Friday, March 6</td>
<td>1 to 3 p.m. SSA Board Game Day</td>
</tr>
<tr>
<td>Monday, March 9</td>
<td>1 to 4 p.m. KnitWits</td>
</tr>
<tr>
<td>Tuesday, March 10</td>
<td>1:30 to 2:30 p.m. Book Marks</td>
</tr>
<tr>
<td>Thursday, March 12</td>
<td>11:30 a.m. to 12:30 p.m. Laugh Café</td>
</tr>
<tr>
<td></td>
<td>2:30 to 3:30 p.m. Parkinson's Support Group</td>
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<tr>
<td></td>
<td>2:30 to 4 p.m. Write Your Life Story</td>
</tr>
<tr>
<td>Monday, March 16</td>
<td>Noon to 1 p.m. Living Alone Discussion Group</td>
</tr>
<tr>
<td>Tuesday, March 17</td>
<td>1:30 to 2:45</td>
</tr>
<tr>
<td>Wednesday, March 18</td>
<td>1 to 2:30 p.m. Stroke Support Group</td>
</tr>
<tr>
<td>Thursday, March 19</td>
<td>10:30 a.m. Senior Cinema @ the Avalon</td>
</tr>
<tr>
<td>Friday, March 20</td>
<td>2 to 3 p.m. Arthritis and Your Hands</td>
</tr>
<tr>
<td>Saturday, March 21</td>
<td>2 to 4 p.m. CurePSP Support Group</td>
</tr>
<tr>
<td>Monday, March 23</td>
<td>1 to 4 p.m. KnitWits</td>
</tr>
<tr>
<td>Wednesday, March 25</td>
<td>2 to 3 p.m. Poetry and Healing</td>
</tr>
<tr>
<td>Friday, March 27</td>
<td>9:30 a.m. to 4:30 p.m. AARP Safe Driver</td>
</tr>
<tr>
<td>Tuesday, March 31</td>
<td>1:30 to 2:45</td>
</tr>
</tbody>
</table>

### May 2020

**Saturday, May 2**

**SAVE THE DATE**

**Journey to Hope Conference**

*A Free conference for Alzheimer's Family Care Partners.*
Commissary, Military Service Exchange, and MWR Access Extended to More Veterans Beginning January

Starting Jan. 1, 2020, the Department of Defense is expanding access to military commissaries, exchanges, and morale, welfare and recreation facilities for certain Veterans and caregivers. Those eligible for access include all service-connected Veterans, Purple Heart recipients, former Prisoners of War (POW), and those approved and designated as the primary family caregivers of eligible Veterans. To acquire the in-person privileged access, all eligible Veterans must obtain a Veteran Health Identification Card (VHIC). The Sibley Senior Association can help you obtain your VHIC card. Please call 202-364-7602 for information.

Registration Form

Events

- Healthy Heart • Feb. 21 ....................... free
- Discussion Group • Feb. 27 .................... free
- Sex and Aging Conference • Feb. 29 .......... $15
- Understanding New Food Labels • March 5 .... free
- Death Café • March 4 .......................... free
- Board Game Day • March 6 ................. free
- Poetry and Healing • March 25 .............. free

Register before Feb. 7
Register before Feb. 12
Register before Feb. 14
Register before Feb. 21
Register before Feb. 19
Register before Feb. 24
Register before March 11

Laugh Café □ Jan. 9 □ Feb. 13 □ March 12
Book Marks □ Jan. 14 □ Feb. 11 □ March 10
Living Alone □ Jan. 20 □ Feb. 17 □ March 16

Sibley Senior Association Announces Multi-Year Membership Options

For people who joined the Sibley Senior Association after Jan. 1, 2017, multi-year memberships are now available from the Sibley Senior Association. In addition to offering an annual primary membership for $20, we now offer a multi-year option to suit your needs. There are similar discounts for associate members living at the same address.

Please note: If you joined the Sibley Senior Association before Dec. 31, 2016, you do not need to renew your membership annually – you are a life-time member.

3-year primary membership $55 | Savings of $5
5-year primary membership $85 | Savings of $15
10-year primary membership $165 | Savings of $35

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.
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.