

Village Ambassador Alliance Older Adult Resource Newsletter

from Suburban Hospital Community Health & Wellness
Division



GREETINGS!

This newsletter supports the health and wellness of **all** older adults. It is curated to highlight **free** resources and events focused on the safety and wellness of adults, however we may include opportunities for youth and/or families **in green** that are intended for intergenerational villages. This newsletter is distributed directly with our amazing Village Ambassadors, but **may be shared with anyone** you know that would benefit.

Thank you for sharing widely!

AUGUST 2026



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

Highlights

.....

In this edition you will find content in each of these sections:

On-Going Programming from Suburban Hospital

Upcoming Programming from Suburban Hospital

Cancer Programming from Johns Hopkins Medicine

Upcoming Programming from Washington Metro Oasis

Upcoming Programming from Sibley Senior Association

Programming from Our Partners

Contact

.....

To learn more about the [Village Ambassador Alliance](#), please reach out to Kate McGrail at kmcgrail@jhmi.edu or call **301-896-2494**

ON-GOING PROGRAMMING FROM SUBURBAN HOSPITAL



Concerned Persons Program

Mondays | 5:15-6:15 p.m. | **FREE**

Suburban's Outpatient Addiction Treatment Center staff will help friends and family members understand substance abuse disorders, the treatment process, and treatment resources.

[CLICK HERE TO JOIN BY ZOOM](#) | Password: CPP

Alcohol & Other Drugs Seminar

This educational seminar for 13-18 year olds and their families teaches how drugs affect the body, the legal aspects of substance use, and how substance use can impact your life and goals. Call **301-896-2036** to learn more.

Know Your Numbers – Visiting Nurse

Tuesdays | 12-4 p.m. | **FREE**

Friendship Heights Village Community Center | **4433 S. Park Ave, Chevy Chase**

Drop by for a first-come, first-served blood pressure screening from a Suburban Hospital nurse health educator. The nurse is available to help answer questions about medications or physician's instructions. **ALL ARE WELCOME!**

Diabetes Thrive 365

2nd Wednesday | 6-7 p.m. | **FREE**

Facilitated by a Certified Diabetes Educator, this meeting features guest speakers addressing a variety of topics important for living well with diabetes.

[REGISTER HERE.](#)

Peripheral Neuropathy Support Group

3rd Thursday | 7-8 p.m. | **FREE**

Share experiences, information and hope about PN treatments and self-help coping remedies. [REGISTER HERE](#)

Interested in On-Demand Health Education?

Click [here](#) to access the Suburban Hospital YouTube page

WATCH NOW



UPCOMING PROGRAMMING FROM SUBURBAN HOSPITAL

Engage from the Comfort of Home!

Suburban Hospital offers *most* of its programs online using the Zoom platform. Registration is required unless otherwise noted. To view the full calendar of events, please go to events.suburbanhospital.org

Week of Monday, August 17

Safe Sitter

Tuesday, August 18 | 9 A.M - 3 P.M. | Suburban Hospital | **LOW COST**

This is a comprehensive training course on the essentials of babysitting hosted at Suburban by trained instructors. This course is designed for 11 - to 13-year-olds and includes tactics on handling emergencies, basic first aid, child care skills, and introduction to CPR. Infant and child rescue will also be taught in this class. [REGISTER HERE](#)

Prostate Cancer Support Group & Educational Program

Tuesday, August 18 | 5 - 6 p.m. | **FREE**

Join other prostate cancer patients and survivors in exploring topics relevant to treatment and beyond. Contact Janet B. Connors, MSW, LCSW-C at JConno13@jhmi.edu to register.



Week of Monday, August 3

Yoga from the Heart

Mondays & Thursdays | July 20 - September 14 | 1-2 p.m. | **FREE**

A virtual yoga class open to individuals recovering from a cardiac event and/or who want a gentle yoga class. This class teaches methods to manage physical, emotional, and spiritual stress after a cardiac event or diagnosis. [REGISTER HERE](#)

Week of Monday, August 10

Super Foods for a Healthy You!

Tuesday, August 11 | 1-2 p.m. | **Holiday Park Senior Center | FREE**

Learn through this virtual session with Leni Barry, M.A.B.S.N., R.C.-B.C., C.D.C.E.S. who is a nurse and certified diabetes educator at Suburban, ways to incorporate super foods into your diet to optimize your day-to-day food choices that influence your overall health. [REGISTER HERE](#)

Unlocking Your Thyroid Health

Wednesday, August 12 | 1-2 p.m. | **Friendship Heights Village Center | FREE**

Join endocrinologist Dr. Camile Stanback, M.D, to learn about how your thyroid changes as you age. You will also learn how some symptoms like changes in mood, energy, and weight can be tied to your thyroid instead of the aging process and how to spot signs of a underactive or overactive thyroid.

[REGISTER HERE](#)

UPCOMING PROGRAMMING FROM SUBURBAN HOSPITAL

Week of Monday, August 24

Dine, Learn & Move: Blood Pressure and Cholesterol - Know Your Numbers

Wednesday, August 26 | 6-7:30 p.m. | **FREE**

A key part of heart health is managing your blood pressure and cholesterol levels. Join us to learn what the numbers mean, why they matter, and how everyday choices can help. The session will include a fun workout and a cooking demonstration. Email wellnessinfo@co.pg.md.us to register.



Small Steps, Big Impact: Preventing Type 2 Diabetes

Thursday, August 27 | 1-2 p.m. | **FREE**

Prevention and early action can make a drastic difference in diabetes risk and long-term health. This online webinar will explain the key differences between Type 1 and Type 2 diabetes along with strategies that may help reduce the risk of Type 2 diabetes. Join Vidhu Vadini, M.B.B.S., from the endocrinology, diabetes, and metabolism division at The Johns Hopkins University School of Medicine to discuss topics such as how to include healthy lifestyle habits, screening, family risk, prevention, and early detection. This webinar will also look at current research on risk factors for Type 2 diabetes and help you stay informed. **[REGISTER HERE](#)**

UPCOMING PROGRAMMING FROM WASHINGTON METRO OASIS

Washington Metro Oasis, a partner of Suburban Hospital is pleased to offer many of its classes in a virtual format. Membership is required, but **free** to join!

If you have questions or need assistance registering for a class, please contact washingtonmetro@oasisnet.org or call **240-800-3745**.



Upcoming Programs

Taste of Oasis: Fall Course Preview

Tuesday, August 11 | 10:30 a.m. - 12 p.m. | Washington Metro Oasis | **Free**

Join us for A Taste of Oasis, a preview event where you can enjoy a series of short sessions that offer a sampling of the courses and programs coming to Oasis this fall! Featuring Oasis staff and select instructors, this is a great opportunity to meet and connect with staff and fellow learners as well as learn more about what Oasis offers. Will have light refreshments served.

[REGISTER HERE](#).



CANCER PROGRAMMING FROM JOHNS HOPKINS MEDICINE

Ask the Expert: Monthly Cancer Conversations

2nd Wednesday (monthly) | 6-7 p.m. | **FREE**

Please join us for a one-hour Zoom webinar to learn about ways to live a healthy life and reduce your risk of cancer and other serious illnesses. Each education session will include a 20-25-minute presentation with slides, followed by a 40-minute conversational Q & A, with the opportunity to "chat" with our Community Health Educators. **REGISTER HERE**.



On-Going Programming

Cancer Programs & Support Groups in the National Capital Region

Support Programs empower those impacted by cancer to improve wellbeing and coping during and after a cancer diagnosis. Dedicated staff deliver integrative health and educational programs designed to improve emotional, social, spiritual, and physical health. Programs are available for cancer patients and survivors along with their caregivers, family members, and children. For a full list and detailed information on all support programs and groups **visit our website**

Integrative Health Programs

- Art Therapy
- Meditation and Mindfulness
- Music Therapy
- Path to Purpose
- Reiki for Self-Care
- Restorative Yoga
- Talk & Walk (Breast Cancer)

Educational Programs

- CLIMB (Children of Patients)
- Living with Brain and Spinal Cord Tumors
- Prostate Cancer Educational Program
- Survivorship Series: Stronger & Healthier Together
- Women and Bladder Cancer Educational Series
- Women and Cancer Educational Series (Breast and Gynecologic Cancers)

Support Groups

- Breast Cancer
- Brain Tumor
- Cancer Caregiving
- Gynecologic Cancer
- Lung Cancer
- Malignant Hematology
- Metastatic Cancer
- Pancreatic Cancer
- Women & Bladder Cancer

Restorative Yoga for Cancer Patients, Survivors & Caregivers

Mat Yoga | Mondays | 7-8 p.m. | **FREE**

Chair Yoga | Wednesdays | 10-11 a.m. | **FREE**

These restorative and gentle yoga classes for people with a history of cancer use mindful movement, balance and breathing techniques to help reduce anxiety, increase body awareness, and regain strength and mobility. All classes are offered at no cost and on Zoom. No prior experience necessary.

Caregivers and family members welcome. Contact Margo Calkin at mcalkin2@jh.edu for more information and to register.

A Wellness Program for Those Over Fifty

If you are 50 years old or greater, you are invited to become a member of an association that will help you maintain your good health. To become a member, view the events calendar, and read the full quarterly newsletter, [CLICK HERE](#). Select upcoming programs are listed below.

Support Groups

NEW: Meditation & Mindfulness

Tuesdays | 11 a.m.-Noon | FREE

Mindfulness helps people cultivate gratitude, manage stress and improve sleep. Join us to discover additional benefits of mindfulness meditation exercises. We offer two weekly, one-hour sessions. First-time and experienced meditators are welcome! To register, call or email hojeike1@jh.edu or call **202-364-76**.

Living Alone

3rd Monday | Noon-1 p.m. | FREE

You are invited to join this lively discussion group on how to thrive while living alone. Recent discussion topics include the retirement living options, online services for seniors, the value of participating in community activities, cooking for one, opportunities for volunteering and the many resources for help/advice for seniors in the local area. To register, call or email [Ken Gordon](#) at **202-364-7602**.

Arthritis Support Group

4th Monday | 1-2 p.m. | FREE

This is an opportunity to get together with people who are experiencing similar challenges. Learn tips and strategies for help with daily living activities and tasks. [REGISTER HERE](#).

Parkinson's Disease and Movement Disorders Support Group

2nd & 4th Thursday | 2:30-3:30 p.m. | FREE

This group is for those living with Parkinson's disease and other movement disorders, their care partners, and family members. To register, called or email [Jihan Starr](#) at **202-660-6822**

Stronger Memory

3rd Thursday | 10-11 a.m. | FREE

The StrongerMemory program offers a curriculum designed by Goodwin Living to stimulate the brain's ability to retrieve memories. Participants spend just 20 to 30 minutes a day engaged in reading aloud, writing by hand and doing simple math quickly. SSA members are invited to download StrongerMemory, available in a workbook of exercises in English or Spanish, for free [here](#). [REGISTER HERE](#), email amiran22@jh.edu, or call **202-364-7602**

PROGRAMMING & RESOURCES FROM OUR PARTNERS

Recurring Classes & Meetings

Pedaling for Parkinson's

8-weeks, dates based on specific location | **FREE**

The YMCA of Metropolitan Washington is excited to offer Pedaling for Parkinson's™ through generous support by a community grant from the Parkinson's Foundation. Research has shown that participants engaging in the simple protocol of cycling three times a week over eight weeks, can reduce Parkinson's related symptoms by as much as 35%. [CLICK HERE](#) to learn more, find schedules for various branch locations in the Greater Washington area, and register.

Arthritis Foundation Aquatics Program

Dates and times based on specific location | **FREE**

The YMCA of Metropolitan Washington proudly offers the Arthritis Foundation Aquatic Program (AFAP), designed to help individuals with arthritis and related conditions improve their quality of life through water-based exercise. [CLICK HERE](#) to learn more, find schedules for various locations in the Greater Washington area, and register.

Commission on Aging: Monthly Open Meetings

4th Thursday | 9:30 a.m.-12 p.m. | **FREE**

The Commission on Aging (COA) advises the County Executive, County Council, the Department of Health and Human Services, as well as other County departments on the interests, needs and problems facing older adults in Montgomery County. Meetings are held monthly, **except for July and August**, and are **open to the public**. To join, [CLICK HERE](#) and select which committee's meeting you would like to join.

Giant Food: Nutrition Classes & Resources

On-going | **FREE**

Whether you are seeking guidance for yourself, a family member, or your community group, the Healthy Living Team can help! You can join us for a live class, watch a recorded class at your convenience or invite us to present to your group on your chosen topic. [CLICK HERE](#) to review the class options and schedules.

Caring Matters | **FREE**

[CLICK HERE](#) for a variety of grief and support groups and resources, also offered in Spanish.

PROGRAMMING & RESOURCES FROM OUR PARTNERS

Free Resources for Older Adults

American Diversity Group

Saturdays | 9 a.m.-3 p.m. | 12210 Plum Orchard Drive, Suite 214, Silver Spring | **FREE**

Sundays | 9 a.m.-2 p.m. | 12210 Plum Orchard Drive, Suite 214, Silver Spring | **FREE**

Providing no-cost, culturally competent healthcare to underserved communities in Montgomery County, including chronic disease management, preventive care, and health education. Open to all regardless of insurance. To learn more, [CLICK HERE](#).

Older Veteran Behavioral Health Resource Guide | **FREE**

This document, released by the [U.S. Department of Veterans Affairs](#) (VA), provides information on resources to help health and social service professionals support older veterans and other older adults who have or are at risk for behavioral health conditions. This inventory provides an overview of programs and publications on a range of topics. **Please note that veterans do not need to be enrolled in VA health care to receive free mental health services right away.** They may call or visit any VA medical center — anytime, day or night — or any Vet Center during clinic hours. [CLICK HERE](#) to access the resource guide.

Caring Bridge | **FREE**

CaringBridge is a free, non-profit organization designed to help you and your family capture your thoughts, communicate to your community, and coordinate help on your terms. [CLICK HERE](#) to learn more and start for free.

Thrive at Home | **FREE**

What does it mean to Thrive at Home? To thrive is to move your body, learn new things, express yourself, and connect with other people... even if you have to stick close to home. [CLICK HERE](#) to explore the programs.

Where's My Bench? | **FREE**

Where's My Bench is a free resource for older adults, differently-abled people, and ANYONE who wants to be able to rest safely when they go outside walking. [CLICK HERE](#) to opt into receive the map of benches in Montgomery County.

PROGRAMMING & RESOURCES FROM OUR PARTNERS

Durable Medical Equipment Re-Use | **FREE**

- Manual wheelchairs
- Power wheelchairs & scooters
- Knee scooters
- Home hospital beds
- Shower chairs
- Walkers & rollators
- Hoyer lifts
- Tub transfer benches
- Bedside commodes
- Toilet safety rails
- Canes & crutches



CONTACT US!
We have new and gently used durable medical equipment available to Maryland residents of all ages free of charge!

 dme.maryland.gov
 240-230-8000
 dme.mdoa@maryland.gov

 Maryland
DEPARTMENT OF AGING

Crisis Hotlines

Montgomery County 24-hour Crisis Center | **FREE**

Call **240-777-4000**. Walk in service available at 1301 Piccard Drive, South Entrance, Rockville. For service using TTY, call **240-777-4815**.

EveryMind | **FREE**

The **988 Crisis Lifeline** is available nationwide. The local Montgomery County Crisis hotline number is **301.738.2255**. Both hotlines are answered at all times.

Free Resources from Montgomery County

Montgomery Hospice | **FREE**

Services are provided by a skilled interdisciplinary team to assist patients (including uninsured and under-insured) and families through the difficult journey of a terminal illness. When a patient first enters hospice, members Care Team visit the patient and family to learn their needs. They make regular follow-up visits based on the care plan that the patient, family and hospice team establish together.

CLICK HERE to learn more about the types of providers on the Care Team and services available. Call **301-921-4400** 24/7.

PROGRAMMING & RESOURCES FROM OUR PARTNERS

Montgomery County Public Library Programming | **FREE**

MCPL offers programming and services for adults 50+ that are designed to reflect the wide interests of today's older adults. Come check out our book clubs, computer help, tax preparation, music performances, and health and wellness programs. [CLICK HERE](#) for a variety of resources.

Montgomery County Aging & Disabilities Services Unit | **FREE**

The Aging and Disability Resource Unit provides personalized hands on assistance, referrals to services and specific information to seniors, people with disabilities and caregivers over the phone and in person. It is the primary point of entry for most of the services within Aging and Disability Services. Staff tell residents about benefits and services, help them determine what they are eligible for and can also help them apply. To connect, call **240-777-3000** (or Maryland Relay 711) on Mondays & Fridays (8:30 a.m.-5 p.m.) and Tuesdays - Thursdays (8:30 a.m.-7:30 p.m.). **Bilingual staff and translator services are available.**

Montgomery County Elder Care Resource Guide | **FREE**

Sometimes ensuring the best for your loved one requires hiring an outside care provider. This Resource Guide describes various types of care providers and suggestions to manage in home elder care. There are many types of elder care and this Resource Guide lists advantages and disadvantages of working with agencies or with independent care providers. [CLICK HERE](#) to review the resource guide.

Montgomery County Helpful Programs, Organizations, and Websites for Seniors | **FREE**

[CLICK HERE](#) to learn more and connect to the following:

- Alzheimer's Association Online Community
- Connect-A-Ride
- Family Caregiver Alliance
- Lotsa Helping Hands
- Montgomery County's Dementia Friendly Initiative
- National Alliance for Caregiving
- & More!

Maryland Quitline | **FREE**

Suburban Hospital is a certified Fax to Assist provider and able to refer those who are ready to quit to the Maryland Tobacco Quitline 1-800-QUIT-NOW. It is a FREE phone, web, and text message service that is available to all Maryland residents over the age of 13 to help with quitting any form of tobacco, available in English and Spanish. To refer someone, please contact Community Health and Wellness at 301-896-3844 by email SHI-Health4u@jhmi.edu

PROGRAMMING & RESOURCES FROM OUR PARTNERS

Montgomery County Food Assistance Resource Directory | **FREE**

CLICK HERE to open a two-page printable document that lists:

- Food Assistance Provider
- Address
- Contact Information
- Hours of operation
- Food Assistance Type
- Accessibility
- Languages spoken
- Special Features

Meals for Older Adults | **FREE**

If you can't prepare meals because of illness or disability, **CLICK HERE** for meal delivery resources.

If you don't have a safe way to get food from the supermarket, **CLICK HERE** for grocery delivery resources.

Free Resources from City of Gaithersburg

Transportation Assistance | **FREE**

Gaithersburg_HELP offers transportation to **medical appointments** and **social service agencies** for seniors and adults with disabilities who are unable to take public transportation. Riders may use this service up to 18 times per calendar year for medical or social service agency appointments. **CLICK HERE** to see if you live in our service area. If you are eligible, you may schedule a ride *up to* 20 miles from downtown Gaithersburg by calling **301-216-2510** (option #2) to schedule a ride with at least 48 hours advance notice. You may also email transportation@gaithersburghelp.org. **CLICK HERE** to learn more details about this service.