March 12 — March 18, 2020 — The Prince George’s Post — A3

The American Counseling Association’s Counseling Corner

Is the Stress in Your Life Affecting Your Waistline?

These days there are numerous things that can add stress to our lives. Maybe it’s a family or financial issue. Maybe it’s a pressure at work or even that daily commute. Perhaps you find yourself faced with a major decision. Although the news reports even though they’re about things occurring far from you can be very stressful. Most of us, when we face anxiety and stress, try to find ways to cope. It’s very important to take the time to analyze the sources of stress in your life and try to see if there might be ways to reduce or minimize that stress. Counseling and related activities, like exercising, reading, gardening or other similar relaxing activities. Sometimes, simply being aware of what is triggering your stress-related eating is enough to help you avoid it.

Outsourcing stress-related eating can be a challenge, but it is possible. If your eating issues are affecting your health, consider talking to your family doctor or a counseling professional specializing in this area.

Free March Health Resources Provided by Doctors Community Health System

CHYNDA ANDREWS

Doctors Community Hospital, 4800 Good Luck Road, North Building, 4th Floor, Room 415, Lanham, MD 20706

Join people who have diabetes as well as their families during Saturdays: March 14, 10 a.m. –2 p.m.

Tuesdays: March 24, 10:30 a.m. –12:00 p.m.

Baltimore, MD (March 4, 2020)— Two Charles County residents, 21 and Prince Georges County residents were among a nationwide team of 12 that won the Alzheimer’s State Champions Annual Maryland State Advocacy Day. This annual advocacy event was

Margaret Baltimore Community Hospital Foundation France Breston Maryland State Association prior to the Alzheimer’s Association. Throughout January 30 for the Alzheimer’s Association’s annual Maryland State Advocacy Day. Attending this annual advocacy event were

Bruce Sater Viveca Sugan Natasha Yoon Jane Washington Carmelina Wallk

Counselors with staff and fellow advocate representing both the Alzheimer’s Association of Maryland and the National Capital Area Chapter and the Alzheimer’s Association of Greater Maryland Council, these efforts and challenges can be in caring for family members and friends with Alzheimer’s disease and other dementias and skilled to support skilled and family caregivers in the disease. Furthermore, the most common strategies used by

• Increasing awareness, early detection and diagnosis of Alzheimer’s disease

• Building a dementia-capable workforce

• Increasing access to home- and community-based services

• Enhancing the quality of care in residential care

According to the Alzheimer’s Association of Maryland’s Disease Fact & Figures report, the current numbers show a doubling of the disease with a leading cause of death in the United States. An estimated 110,000 Marylanders have Alzheimer’s, a projected increase to 130,000 by 2034 and the development of medical breakthroughs to prevent, slow or cure the disease. More than 17 million Americans are living with Alzheimer’s, and 9 out of 10 people with Alzheimer’s disease are family members and friends. There are 17,600 individuals in the state of Maryland who are diagnosed with Alzheimer’s disease. In addition to the human toll of the disease care, Alzheimer’s cost the nation $277 billion in 2018, with projections to increase to $2,000 billion by 2050. State governments are increasing their budget lines in adressing the Alzheimer’s crisis. A further mandate to support and advocate for people affected by Alzheimer’s disease and their families is not far from us, and it’s our job to ensure that the people-intensity of care and support needed for Maryland State Champion LaDell Payne and Carmelina Wallk will also attend the upcoming Alzheimer’s Impact Movement (AIM) Advocacy Forum in Washington, D.C. from March 22-23. AIM’s Advocacy Forum is the nation’s premier Alzheimer’s disease advocacy event. More than 1,000

First Run From UM Prince George’s Hospital Center Completing Bachelor’s At USMTH Through Scholarship Hospital Partnership Program

Students completing Bachelor of Science in Nursing with full scholarship funded by Bill and Joanne Conley

C JOY HAERR USMTH

Baltimore, MD (March 4, 2020)—Launched a 3-year contract with the University of Maryland (UM) Prince George’s Hospital Center to take advantage of a full scholarship and one in the University of Maryland School of Nursing (UMSON) through its Scholarship Hospital Partnership Program.

For the Contract the Scholarship Hospital Partnership Program, which seeks to include baccalaureate-level education for registered nurses at the UM Prince George’s Hospital Center, part of UM System Health Region, and at the UM Medical Center Midtown Campus, come from a transformational $10 million gift from Bill and Joanne Conley through their Baltimore Foundation. The Conley Scholarship covers tuition, fees, books, and the cost of community college tuition. Additionally, the Conley Family Foundation, through its scholarship gift in USMTH’s RN-to-Bachelor of Science in Nursing program. The Conley Foundation will fund 24 Community College for 32 registered nurses to complete their BSN degrees through the Partnership Program.

Russell said, “The scholarship is critical and unique because our students want to continue their education in: Urban Integrative Care Unit at the Conley Hospital Center, has recently begun her second semester in USMTH’s RN-to-BSN program. She earned a bachelor’s degree in community health from the University of Maryland, College Park in 2013 and an Associate Degree in Nursing from Baltimore Community College in 2016. She became the second RN-to-BSN student to enroll at USMTH through the program, following her assistant professor of psychology, who sees increasing the health, which sees increase in people interested in helping others. The Conley Foundation has pledged more than $11 million to USMTH since 2015. Their

Charles County, Prince George’s County Residents Lead Alzheimer’s Advocacy Efforts

By CINDY SCHILLBERG

Alzheimer’s Association

MCLEAN, Va. (March 3, 2020)—Two Charles County residents and 22 Prince Georges County residents were among a nationwide team of 12 that won the Alzheimer’s State Champions Annual Maryland State Advocacy Day. Attending this annual advocacy event were

By Vivian McAullister

MCLEAN, Va. (March 3, 2020)—Throughout the year, Doctors Community Hospital offers numerous screenings and support groups for people living with heart disease and people maintaining their overall health. Some of the upcoming events include:

Free Breast Cancer Support Group

Third Tuesday of Each Month—7 p.m.

Doctors Community Hospital, 4100 Good Luck Road, North Building, 4th Floor, Room 415, Lanham, MD 20706

Join women who are newly diagnosed with or are recovering from breast cancer.

Free Diabetes Support Group

Third Wednesday of Each Month—6:30 p.m.

Doctors Community Hospital, 4100 Good Luck Road, North Building, 5th Floor, DSE Room, Lanham, MD 20706

301-512-8661 | DCH diabetes.org

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