

COMMUNITY

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 daily lives. Maybe it's family or financial issues. Maybe it's pressures at work or even that daily commute. Perhaps you find yourself feeling stressed and upset over the latest news reports even though they're about things occurring far from you and beyond your control.

Most of us, when we face anxiety and stress, try to find ways to limit such feelings. One of the most used methods to minimize our stress and make ourselves feel better, if only for a short time, is by turning to food.

Not necessarily a conscious decision, stress eating is a common way to cope with uncomfortable thoughts and feelings. It's a natural reaction. Many foods affect our moods and feelings. They may remind us of better, simpler times (think "comfort foods"), or may actually bring reactions that make us feel better (yes, that "sugar high"), if only for a little while.

The problem with stress eating is that it can have a variety of negative effects, with the most common one being what we see when we step on that bathroom scale. So how can you avoid using food as a stress reliever?

A starting point is to focus on when and why you're eating. Experts advise keeping a food diary, just for a few days, in which you record what you eat, when you eat and what you're feeling at the time. What many people find is that, without realizing it, they've been snacking, often unhealthily, not because they're really hungry, but simply because they're feeling stressed.

It's important to realize that the food you're eating doesn't make the stress or your problems go away, and that it actually may be increasing your stress as you add on unwanted pounds.

You want to deal with this problem by analyzing the sources of stress in your life and trying to see if there might be ways to reduce or manage that stress. Consider looking to non-food 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.

Overcoming 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.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACACorner@counseling.org or visit the ACA website at www.counseling.org.

Free March Health Resources Provided by Doctors Community Health System

By CHONDRIA ANDREWS
Doctors Community Hospital

LANHAM, Md. (March 3, 2020)—Throughout the year, Doctors Community Hospital offers numerous screenings and support groups. They are designed to help people maintain and improve their overall health. Some of the upcoming events include:

Free Breast Cancer Support Group

Third Tuesday of Each Month, 7–9 p.m.
Doctors Community Hospital, 8100 Good Luck Road, North Building, 4th Floor, Room 415, Lanham, MD 20706
240-542-3034 | DCHweb.org/breast
Join women who are newly diagnosed with or are recovering from breast cancer.

Free Diabetes Support Group

Third Wednesday of Each Month, 6–7 p.m.
Doctors Community Hospital, 8100 Good Luck Road, North Building, 5th Floor, DSE Room, Lanham, MD 20706
301-552-8661 | DCHdiabetes.org
Join people who have diabetes as well as their families during engaging and interactive discussions about coping with this disease.

Free Women's Heart Health Support Group

Tuesdays: March 24, 10:30 a.m.–12:00 p.m.
Doctors Community Hospital 8100 Good Luck Road, North Building, 5th Floor, DSE Room, Lanham, MD 20706
301-552-8058 | DCHrehab.org
Join heart disease experts who provide educational information to women while encouraging them to make well-educated and heart-healthy decisions.

Free Screenings on Mobile Health Clinic

For more information about the mobile health clinic, visit DCHweb.org/WOW. (Most times are 10 a.m.–4 p.m. and lunch break 1–1:30 p.m.)

March 16—Shoppes at New Carrollton, New Carrollton, MD
March 18—Powder Mill Village Apts., Beltsville, MD
March 19—Southern Area Aquatic & Recreation Complex, Brandywine, MD (9 a.m.–1 p.m.)
March 20—Gwendolyn Britt Senior Activity Senior Center, Brentwood, MD (9 a.m.–1 p.m.)
March 21—Prince George's County Office of Community Relations MoMEntum Conference, Upper Marlboro, MD
March 23—St. Margaret's Catholic Church, Capitol Heights, MD (10 a.m.–2 p.m.)
March 24—Harmony Hall, Fort Washington, MD (10 a.m.–2 p.m.)
March 25—City of Glenarden Nutrition Center James R. Cousins Jr. Municipal Center, Glenarden, MD
March 26—Hollywood Plaza, College Park, MD
March 30—Shoppes at New Carrollton, MD, New Carrollton, MD
March 31—Beltway Plaza Mall, Greenbelt, MD



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

By CINDY SCHELHORN
Alzheimer's Association

MCLEAN, Va. (March 3, 2020)—Two Charles County residents and 21 Prince George's County residents were among a statewide team of more than 100 Alzheimer's State Champions who traveled to Annapolis on January 30 for the Alzheimer's Association annual Maryland State Advocacy Day. Attending this annual advocacy event were:

Margarett Baltimore
Romaine Brandford
Fran Braxton Downs
Marian Dickson
Anna Friday
Pat Harrison
Josephine Herring
Vanessa Hooker
Harriett Irving
Annette Jackson
Carlotta Jackson
Lorna Jones
Vivian McAllister
Lizbeth McManus
Irma Nicholson
Dr. LaRah Payne
Reitha Ray
Barbara Roberts

Briana Slater
Vivian Suggs
Shirley Young
Jane Washington
Carmella Watkins
Working with staff and fellow advocates representing both the Alzheimer's Association National Capital Area Chapter and the Alzheimer's Association Greater Maryland Chapter, these State Champions shared their experiences and challenges in caring for family members and friends with Alzheimer's disease and other dementias and asked legislators to support four key pieces of legislation focusing on:

- Increasing public 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 settings

According to the Alzheimer's Association 2019 Alzheimer's Disease Facts & Figures report, Alzheimer's disease is the sixth-leading cause of death in the

United States. An estimated 110,000 Marylanders have Alzheimer's, with a projected increase to 130,000 by 2025 barring the development of medical breakthroughs to prevent, slow or cure the disease. More than 293,000 caregivers in Maryland—family members and friends—provided 334 million hours of unpaid care valued at \$4.2 million in 2018.

In addition to the human toll of the disease, care for Alzheimer's cost the nation \$277 billion in 2018, with projections to reach \$1.1 trillion by 2050. State governments are increasingly on the front lines in addressing the Alzheimer's crisis, the care and support needs of families facing the disease and its impact on local economies.

Maryland State Champions Dr. LaRah Payne and Carmella Watkins also will attend the upcoming Alzheimer's Impact Movement (AIM) Advocacy Forum in Washington, D.C. from March 22–24, 2020. The AIM Advocacy Forum is the nation's premier Alzheimer's disease advocacy event. More than 1,000

advocates from across the country are expected to attend. Watkins also volunteers as the Alzheimer's Association Ambassador to Congressman Steny Hoyer, Majority Leader of the United States House of Representatives.

Maryland residents interested in learning more about the Maryland State Core Bill Priorities may visit alz.org/advocacyMaryland. Those interested in learning more about the AIM Forum and/or advocacy opportunities may contact Sadaf Ahmad, Senior Advocacy Manager, at 410.885.1978 x1977 or at sahmad@alz.org.

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's and all dementias. Visit alz.org or call 800.272.3900.

First RN From UM Prince George's Hospital Center Completing Bachelor's At UMSON Through Conway Scholarship Hospital Partnership Program

Student completing Bachelor of Science in Nursing with full scholarship funded by Bill and Joanne Conway.

By LAURA HAGER
UMSON

BALTIMORE, Md. (March 4, 2020)—Lauren Russell, BS, RN, became the first student from the University of Maryland (UM) Prince George's Hospital Center to take advantage of a full scholarship and enroll in the University of Maryland School of Nursing (UMSON) through its Conway Scholarship Hospital Partnership Program.

Funds for the Conway Scholarship Hospital Partnership Program, which seeks to facilitate baccalaureate-level education for registered nurses at the UM Prince George's Hospital Center, part of UM Capital Region Health, and at the UM Medical Center Midtown Campus, come from a transformational \$10 million gift from Bill and Joanne Conway through their Bedford Falls Foundation. The Conway Scholarship covers in-state tuition, fees, books, and the cost of community college prerequisites required for admission to UMSON's RN-to-Bachelor of Science in Nursing (BSN) program. The gift will fund Conway Scholarships for 42 registered nurses to earn their BSN degrees through the Hospital Partnership Program.

Russell, a clinical nurse I on the Trauma Intensive Care Unit at UM Prince George's Hospital Center, has recently begun her second semester in UMSON'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 City Community College in 2016. She becomes the second RN-to-BSN student to enroll at UMSON through the program, following a student from the UM Medical Center Midtown Campus who began the pro-

gram in spring 2019.

Russell said she is excited to be continuing her education at another University of Maryland institution and hopes eventually to pursue a career as a nurse anesthetist.

"Receiving the Conway Scholarship has opened so many doors for me," Russell said. "My plan was always to go back to school, even though I knew it would be difficult to do so while working full time, and I didn't know how I would afford it without taking out more loans. Now everything is coming together as it was meant to, and that's an amazing feeling."

"We are excited to welcome Lauren Russell as the first Conway Scholar from UM Prince George's Hospital Center under our Hospital Partnership Program," said UMSON Dean Jane Kirschling, PhD, RN, FAAN. "As a clinical nurse, Ms. Russell has already demonstrated her dedication and commitment to excellent patient care. This program gives us the opportunity to support her further education, so that as a BSN-prepared nurse, she can continue to expand her role in serving our community. Ensuring a well-prepared nursing workforce is in keeping with our longstanding academic-practice partnership with the University of Maryland Medical System and the truly visionary philanthropy of the Conways."

The Conway Scholarship Hospital Partnership Program is helping to respond to one of the central recommendations of the Institute of Medicine's landmark 2010 report, *The Future of Nursing: Leading Change, Advancing Health*, which seeks to increase the percentage of nurses educated at the baccalaureate level.

The Conways have pledged more than \$15 million to UMSON since 2015. Their



PHOTO COURTESY UMSON

Lauren Russell, BS, RN

most recent gift was the largest outright scholarship gift in UMSON's history. In addition to funding the Hospital Partnership Program, the Conways' latest gift will fund 341 scholarships, bringing the total number of students benefiting from Conway Scholarships to more than 470.

The Conways decided several years ago that their philanthropy should help people who have demonstrated financial need to receive the education necessary to obtain jobs. Bill Conway is a founder, co-chief executive chairman, and director of the Carlyle Group in Washington, D.C. The Conways are trustees of the couple's Bedford Falls Foundation, which has bestowed significant nursing scholarships in the Mid-Atlantic region.