

Northern Prince George's County

Year-End Review

July 2023-June 2024



In July 2023, the Alzheimer's Association reported data from all 50 US states that found the highest prevalence of Alzheimer's was throughout the east and southeastern regions of the country. Two Maryland localities, Prince George's county and Baltimore City had the highest percentage of people, 65 and older, diagnosed with Alzheimer's disease than in any part of the country. Dementia Friendly America: Northern Prince George's county continues to focus on engaging, empowering, educating and spreading awareness in communities through health events, screening, workshops.

- Memory Screenings at a Glance
- DFA Newsletter Highlights
- DFA Educational Webinars
- Stronger Memory Program
- Memory Cafe
- Powerful Tools for Caregivers/Train the Trainer
- New Dementia Friends
- Volunteer Appreciation

What did DFA Northern Prince George's County do about it?



Site	Screened	Below Threshold < 23	% Below Threshold per site
Emerson House Apartments	19	1	5%
Green Ridge House Apartments	11	1	9%
Evelyn Cole Senior Activity Center	15	2	13%
Greenbelt Community Center	9	0	N/A
Gwendolyn Britt Senior Activity Center	11	0	N/A
Laurel-Beltsville Senior Activity Center	12	1	8%
Langley Park Senior Activity Center	9	1	11%
Attick Towers Apartments	14	0	N/A
Southern Area Aquatics and Recreation Complex	47	0	N/A
Bowie Senior Center	49	5	10%
Woodstream Church	22	1	4%

Memory Screening

A memory screening is a brief evaluation tool that evaluates memory and other thinking skills. The Brief Alzheimer's Screening (BAS) consists of a five questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. It can indicate whether an additional check up by a qualified healthcare professional is needed.

To the left: DFA provided memory screenings for 11 sites in Northern Prince George's county. A total of 218 people were screened - 12 scored below the threshold.

Schedule us for your senior apartment building or next health event located in Northern Prince George's county!

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Identifying early signs of cognitive impairment can lead to better health outcomes...

DFA Newsletter Highlights

Webinars featured Five Tips for Improving a Difficult Day, Abundant Aging in Place: Being Better Prepared for the Best Phase of Your Life, and Probate Services.

Volunteer Appreciation Lunch to thank our dedicated volunteers who's service enable us to serve those in need of support in the community.

September
2023

P.E.A.C.E (Pain, Education and Community Empathy) program for adults with chronic pain and their caregivers by using evidence-based practices.

Webinars featured Mental Health and Suicide Prevention in Older Adults and Staying Strong.

Flu and COVID Booster Clinics

November
2023

Family and Unpaid Caregiver Resource Fair featuring Durable Medical Equipment Donation Drive-thru

Webinars featured Make a Resolution to Take Care of Yourself and Being My Mom's Mom

Barbra Bonsu Awarded 2nd Place Award of \$2500 in the M&T Bank Pitch

January 2024

Energy and Water Assistance Program Sign-Up

Webinars featured Living Well at Home as You Age and Spiritual Care

Aging Solo- Next Steps Working Group - a class for past Aging Solo Program participants.

March 2024

July 2023

Webinars featured Generational Legacy Planning, Dealing with Behavioral Issues of Dementia and Staging Cognitive Decline

University of Maryland Extension Program FREE educational sessions: Balancing Brain and Body during Stress, Self Care Conditioning, Breath Surfing with Mindfulness

Aging Solo Class a nationally awarded program that focuses on taking charge of your aging.

October
2023

Alzheimer's Awareness Month Webinar series includes Caregiving - Prepare to Care, Life After Losses, Brain and Body: Total Wellness, The Art of Activities & Engagement

Aging Solo Class a nationally awarded program that focuses on taking charge of your aging.

Maude's Award Winner: Loretta Veney, DFA Action Team Member

December
2023

Senior Legal Assistance helps older adults and their families navigate challenges and make informed decisions by providing direct resources

Senior Call-Check program a free daily call check on Maryland resident 65 and older.

February
2024

Webinars featured Senior Driver Safety & Mobility and Having Courageous Conversations

DFA Newsletter Highlights cont'd.

Webinars featured Difficult Behaviors, and Long-term Care planning.

PG County Village Movement Information Sessions

Helping older adults remain independent in their homes and connected to their communities.

May 2024

Webinars featured The Positive Path to Dementia Aware End of Life Care and A Place for Dad: One Maryland Caregiver Journal

Marylanders Online program to provide support and training to help seniors learn to use the internet and connect with technology.

Free Aging Solo Webinars -
- A national, award-winning, online learning opportunity for older adults to thrive as they age.

April 2024

Webinars featured Nutrition for Older Adults, and Living with Serious Illness.

Creative Arts for the Aging Virtual program

Fearless Aging Senior Resource Fair

June 2024

Top Educational Webinars Viewed

1. The Positive Path to Dementia Aware End of Life Care
2. Staging Cognitive Decline
3. Living Well at Home as You Age
4. Make a Resolution to Take Care of Yourself

Our goal is to provide video resources for caregivers of those living with Dementia and their family and friends. Please sit back, enjoy our videos, and subscribe to our channel. Disclaimer: The DFA Northern Prince George's County, MD YouTube channel is made available by funding from Prince George's County Government and the Department of Family Services. All published material(s) are for educational purposes only and to give viewers general information and understanding of available programs and services - not to provide specific advice or sell product(s). By watching and using the educational videos, you understand that there is no client-provider relationship between you and those affiliated with DFA Northern Prince George's County, MD and Prince George's County government. Information provided should not be a substitute for licensed professional advice.



A Dementia Friend is someone who, through viewing a series of online videos or attending a live interactive session, learns about what it's like to live with dementia and then turns that understanding into action.

50 Dementia Friends joined this year.



Volunteer Appreciation Brunch

A well deserved thank you for all our wonderful volunteers and DFA Action Team! Special thanks to Loretta Veney for facilitating Lego Serious Play!

The Virtual Memory Café provides a stigma-free environment for those with early-stage Alzheimer’s disease, mild cognitive impairment or other forms of dementia and their spouses, partners and caregivers.

Virtual Memory Café

Imagination

A weird looking shaped tree

A squirrel who has grass on it’s head

A guy and a girl talking

The yellow of the girl’s hair

The guy has one eye

Their lips are close together

The blue looks like coral in the water

An animal with peaked ears

A wolf standing on his hind legs

The sun or the moon, shags of light in the water

She’s getting out of the pool

A bus going somewhere

Looking down at a leaf in a puddle

Reflections of the moon in the water

Virtually on the 2nd & 4th
Wednesdays, 1:30-2:30pm

Please contact Sharon Johnson,
240-542-2029 or
sjohnson@greenbeltmd.gov for more
information.



Above:

Poem written by participant at a Memory Cafe.

Virtual & In-person Caregiver Support Group

We provide a judgement free environment where caregivers, family and friends of loved ones with chronic health conditions come to:

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about resources and support services available in your community

108
caregivers
participated
this year!

Dementia Friendly America – Northern Prince George’s County Sector is offers an innovative program for older adults through a partnership with **Goodwin House Incorporated (GHI)**. The program, **StrongerMemory**, is designed to help older adults alleviate symptoms of mild cognitive impairment (MCI) and early-stage dementia. StrongerMemory consists of simple activities practiced daily to engage the working memory and trigger brain activity in the prefrontal cortex.



Please contact Sharon Johnson,
240-542-2029 or sjohnson@greenbeltmd.gov for
more information.



Powerful Tools for Caregivers is a class that gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Two classes were taught by Sharon Johnson and Christal Batey. A total of 24 caregivers participated. To further outreach, a leader training trained 9 individuals to become class leaders.

**For more information, contact Sharon Johnson (240) 542-2029
or sjohnson@greenbeltmd.gov**

Another wonderful year! Cheers to many more!

