



Dementia Friendly America

Prince George's County Northern Sector



APRIL 2025

UPCOMING DFA WEBINARS

Give Your Parents a Standing Ovation

➤ Thursday, April 24th at 7pm

Join **Dr. Gybrilla Ballard Blakes** for a discussion on her book "Give Your Parents a Standing Ovation: For Caregivers of Elderly Parents." This insightful work highlights the challenges and rewards of caregiving.

Registration Link:

<https://attendee.gotowebinar.com/register/4590560445413634140>



Long Term Care Planning

➤ Thursday, May 8th at 7pm

Please join **Mark Gottlieb**, for a discussion how our aging population is driving an increased need for long-term care, especially as chronic health and cognitive conditions become more common. Registration Link:

<https://attendee.gotowebinar.com/register/2854389803713570135>



3 Key Steps in Empowered Dementia Care

➤ Thursday, May 22nd at 7pm

Please Join **Debra James** for a discussion on the importance of dementia diagnosis, explore potential financial resources, and essentials of caregiver self-care.

Registration Link:

<https://attendee.gotowebinar.com/register/2435321941902950492>



For more information, please contact

Brendy Garcia at bgarcia@greenbeltmd.gov or call (240) 424-0302

Alzheimer's Caregivers Network Refreshing Relief Respite Grant Online Application Form

What is the Refreshing Relief Respite Grant?

Alzheimer's Caregivers Network understands the challenges faced by those providing in-home care for their loved ones living with Alzheimer's disease. Our Refreshing Relief

Respite Grants aim to provide you with an opportunity to rest and take care of yourself! These grants are available throughout the United States. The grants are for respite care hours. They have no cash value.

To be eligible to apply:

Anyone currently providing care for a loved one living at home with Alzheimer's disease can apply.

How to apply?

Complete the online application. Our review committee will award grants based on need and available resources. If you are approved, you will go to Care.com and engage the in-home memory care provider you feel most comfortable with in your area. This control over who provides the care for your loved one is an important component of our respite program!

At Care.com, most of their background-checked memory care providers charge between \$20-\$25/hr. Alzheimer's Caregivers Network will reimburse grant recipients up to \$100/month for 3 months of respite care, meaning at those rates, you will have 4-5 hours of free respite care each month for 3 months!

<https://alzheimerscaregivers.org/respite-program/>

Complaints of a Dutiful Daughter

This portrait follows Deborah Hoffman, as she talks about the struggles of caring for her mother, Doris Hoffman, widow of mathematician Banesh Hoffmann. Doris has Alzheimer's, a disease that proves difficult for everyone in the family to deal with.



<https://archive.org/details/complaints-of-a-dutiful-daughter>

Become a Dementia Friendly Action Team Member

Are you a business, caregiver, family member, or faith-based leader who works with individuals living with dementia?

If so, we would love for you to join our Dementia Friendly Action Team! By joining the team, you'll have the opportunity to be part of the ongoing conversations that help shape our programs and initiatives. You'll also be invited to attend some of our upcoming events, where you'll have the chance to share information about your organization and connect with others in the community.

If interested, please contact

Sharon Johnson, 240-542-2029 OR sjohnson@greenbeltmd.gov

SHARE THE COMMUNITY RESIDENT SURVEY

DEADLINE: APRIL 6



Community Resident Survey Launch!

The Prince George's County Health Department is excited to launch the Community Resident Survey to inform the Community Health Assessment. The survey is open to anyone who lives **works, studies, plays (seeks recreation), or worships in Prince George's County**. The survey is available in English, French, and Spanish, and will remain open through Sunday, April 6, 2025.

The survey will take 5-10 minutes to complete. All responses are confidential and cannot be traced to a respondent. Please share the attached flyers with your Prince George's County network. We want to hear from as many community members as possible!

Share the English Survey.

Share the Spanish Survey

Share the French Survey.



ARTS FOR THE AGING

CONNECT · IMAGINE · CREATE



Moving Stories

➤ Wednesday, April 23, 2025, at 1:30 p.m.

Arts for the Aging Teaching Artist Sloka Iyengar, a neuroscientist and dancer, connects movement and imagination with Bharatanatyam. This classical Indian dance form originated in the temples of South India more than 2,000 years ago, and entails storytelling with hand gestures and facial expressions.

Participants will use observation and visualization to travel through a dreamscape in their mind and body.

Event Link:

<https://us02web.zoom.us/j/88507567719#success>



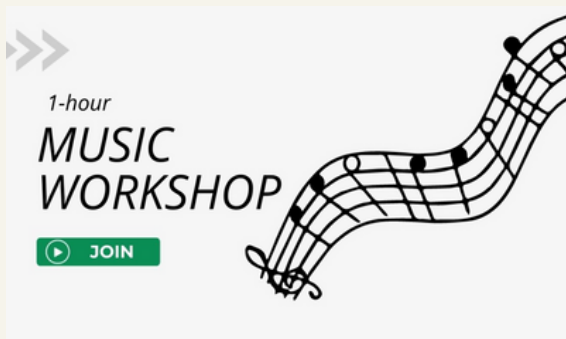
Sage and Stanza

➤ Wednesday, May 14, 2025, at 1:30 p.m.

Delve into the world of poetic expression and find your unique voice through engaging with poetry analysis and crafting your poetic creations. Through guided exercises, insightful discussions, and constructive feedback, you'll journey through various forms and styles, unlocking the power of language to convey the essence of your thoughts and feelings.

Event Link:

<https://us02web.zoom.us/j/88507567719#success>



More than the Blues

➤ Wednesday, May 28, 2025, at 1:30 p.m.

Reconnect with the music you love in this interactive workshop featuring Miles playing acoustic guitar and leading participants in group singing, call and response, and more. Musical genres may include Blues, Jazz, Rock and Roll, and popular requests. Learn more about the history of the music presented and join in the fun!

Event Link:

<https://us02web.zoom.us/j/88507567719#success>

Aging Solo Series



The Aging Solo series is a nationally awarded program that focuses on taking charge of your aging. Aging solo will help you reflect on priorities, map out your support network, and put plans in place.

Tuesdays, April 22 - May 27, 2025

From: 11:00 am - 12:30 pm in person

15 Crescent Rd, Greenbelt MD 20770

For more information call 240-424-0302

Free Caregiver Support Groups

Feeling isolated? Looking to connect with others? We are here to help.



- The second Wednesdays of every month from 6 to 7 p.m. at the Greenbelt Community Center, located at 15 Crescent Rd, Ground Floor East, Greenbelt, MD 20770.
- Virtual meetings are held on the third Wednesdays of every month from 2 to 3 p.m.

Free Memory Cafe

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.

- The first Wednesdays of every month from 1:30-2:30pm at the Greenbelt Community Center, located at 15 Crescent Rd, Ground Floor East, Greenbelt, MD 20770.
- Virtual meetings are held on the 2nd and 4th Wednesdays, 1:30-2:30pm.

If interested in joining, please contact

Sharon Johnson, 240-542-2029 OR sjohnson@greenbeltmd.gov