



Dementia  
Friendly  
America

Prince George's County Northern Sector



**DECEMBER 2024**



## Seasons Greetings from Dementia Friendly America Northern Sector Action Team



**On the left (Bottom to top):** Kofi Impraim, Gloria Gaddy, Joyce Bailey, Christal Batey, Wanda Brooks and ????. **On the right (Bottom to top):** Miriam Rendon-Ponce, Katherine Farzin, Sharon Vanzego-Johnson, Carey Hithon.



# Upcoming DFA Webinar January 2025

## Understanding Alzheimer's & Dementia

➤ *Thursday, January 9th at 7pm*

Join **Evan Favors**, Join us for a discussion on the basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments



### **Registration Link:**

**<https://attendee.gotowebinar.com/register/1085088677645079382>**

## Out of Harms Way

➤ *Thursday, January 23rd at 7pm*

Join Arelene Joel, to a discussion on crime against seniors. Come and learn the warning signs of victims: isolation, depression and withdrawal. This education session will provide tips on how to engage seniors who may have become a victim, why they don't tell, and community based services available to help them.



### **Registration Link:**

**<https://attendee.gotowebinar.com/register/8027883382980836699>**



# Caregiver Appreciation Event

We extend our gratitude to all the vendors who participated in our Caregivers Appreciation Event by offering services that promote self-care for our dedicated caregivers.





A program designed for everyone, whether you have a diagnosis of mild cognitive impairment or you simply strive to thrive as you age!

**Benefits:**

- Improve your memory recall
- Improve your ability to focus, find misplaced items, remember names and conversations
- Stay motivated and accountable for your memory improvement goals

**Cost:** Free

**Date:** Every Tuesday  
January 7 - March 25

**Time:** 1pm-2:15pm

**Location:**

Greenbelt Community Ctr.,  
15 Crescent Rd., Ground Floor East,  
Greenbelt, MD 20770

To register, contact Katherine Farzin  
(240) 542-2019 or [kfarzin@greenbeltmd.gov](mailto:kfarzin@greenbeltmd.gov)







The Greenbelt Assistance in  
Living Program Presents

## Aging Solo Working Group

Now that you have successfully completed the Aging Solo Program, the work begins. We will work on making progress in several of the areas that

the Aging Solo Series discussed. In this 6-week program we will have speakers and group discussions. Participants must be willing to make progress in their aging solo journey to participate in this

**Participants must have successfully completed an Aging Solo Class.**

### Important Dates

**January 14th - Trip to Sky Bridge**

**February 11th - In-person Meeting**

**March 11th - Trip to Collington**

**April 8th - In-person Meeting**

**May 13th - Trip to Harmony**

**June 10th - Last In-person Meeting**

**In-person meetings and departures for trips will be held at the Greenbelt Community Center, located at 15 Crescent Road, Greenbelt, MD**

**For more information or to  
register  
call 240-424-0302 or email  
Bgarcia@greenbeltmd.gov**



# Save the Date: Aging Solo



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

Starting January 07th 2025 **via Zoom**  
From 1:00 am -2:30 pm

Contact Brendy Garcia to register:  
(240) 424-0302 or [bgarcia@greenbeltmd.gov](mailto:bgarcia@greenbeltmd.gov)

## Free Caregiver Support Groups

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



- In Person on the 2nd Wednesdays, 6-7pm
- Virtually on the 3rd Wednesdays, 2-3pm

## 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.

- In-Person on the 1st Wednesdays, 1:30-2:30pm
- Virtually on the 2nd and 4th Wednesdays, 1:30-2:30pm

**In person Support Groups and Memory Cafe located in:**  
Greenbelt Community Center  
15 Crescent Rd, Ground Floor East, Greenbelt, MD 20770

**If interested, please contact**  
Sharon Johnson, 240-542-2029  
OR [sjohnson@greenbeltmd.gov](mailto:sjohnson@greenbeltmd.gov)





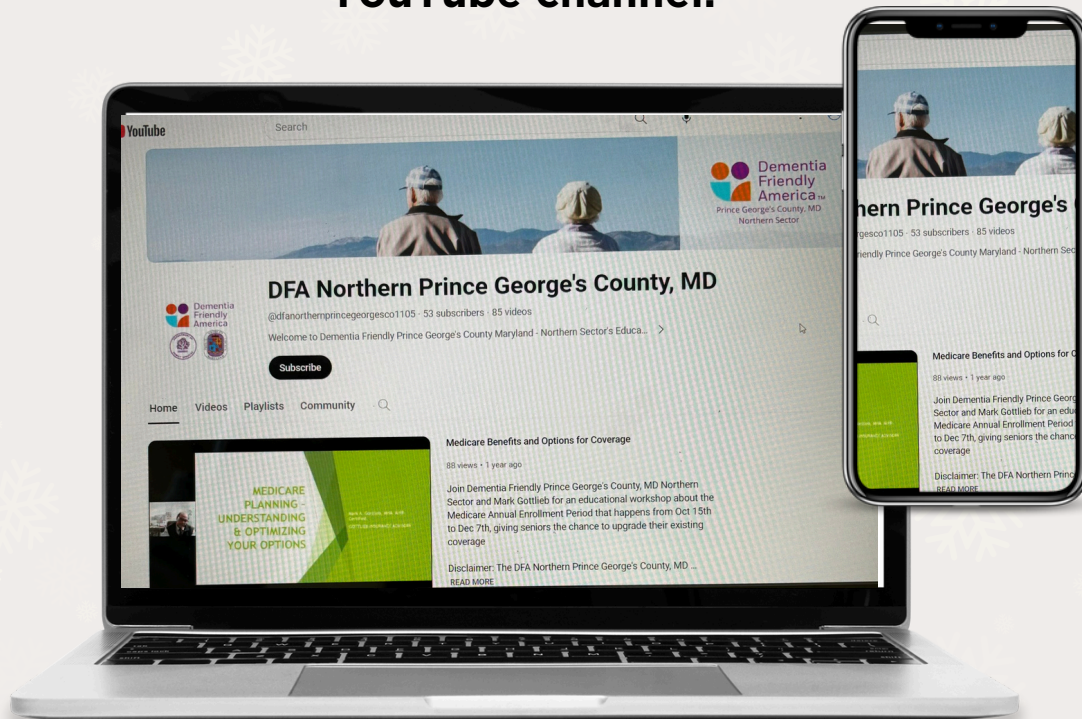
# Dementia Friendly America



## Prince George's County Northern Sector

# Subscribe to Our Youtube Channel

**Did you happen to miss our last webinar? If so, no worries! We have plenty of educational videos that cover topics like being a dementia friend, caregiving, and more. We would be absolutely thrilled if you could take the time to follow our YouTube channel.**



**<http://tinyurl.com/mt5kt7jb>**