

Dementia
Friendly
America

Prince George's County Northern Sector



JANUARY 2025



Happy New Year!



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 Katrina Holmes **On the right (Bottom to top):** Miriam Rendon-Ponce, Katherine Farzin, Sharon Vanzego-Johnson, Carey Hithon.

Upcoming DFA Webinars 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>

Dementia Friendly America Northern Prince George's County Memory Screenings



JOIN US FOR OUR UPCOMING MEMORY SCREENINGS :



**Monday , February 3 at 10 am–12 pm
Evelyn Cole Senior Activity Center**

**Monday February 10 at 10 am–12 pm
John E Howard Senior Activity Center**

Please contact Katherine Farzin for more information

Kfarzin@greenbeltmd.gov or Office: (240) 542-2019



Please keep in mind that the screenings are not a diagnosis, but rather a baseline of where you are.



**Dementia
Friendly
America**

FREE: Virtual Dementia Capable Training with Certificate of Completion



**DID YOU KNOW
ABOUT THIS?**

You'll get a complimentary pre and post test along with 8 self-paced YouTube videos to enjoy at your leisure. Complete the post test with a score of 80% or higher, and you'll earn a certificate!

<https://aging.maryland.gov/Pages/MAPVideos.aspx>



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





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 20770.

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

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

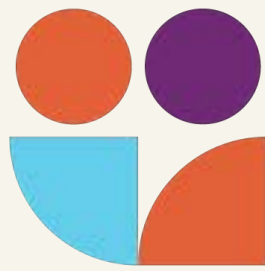
Free Memory Cafe

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



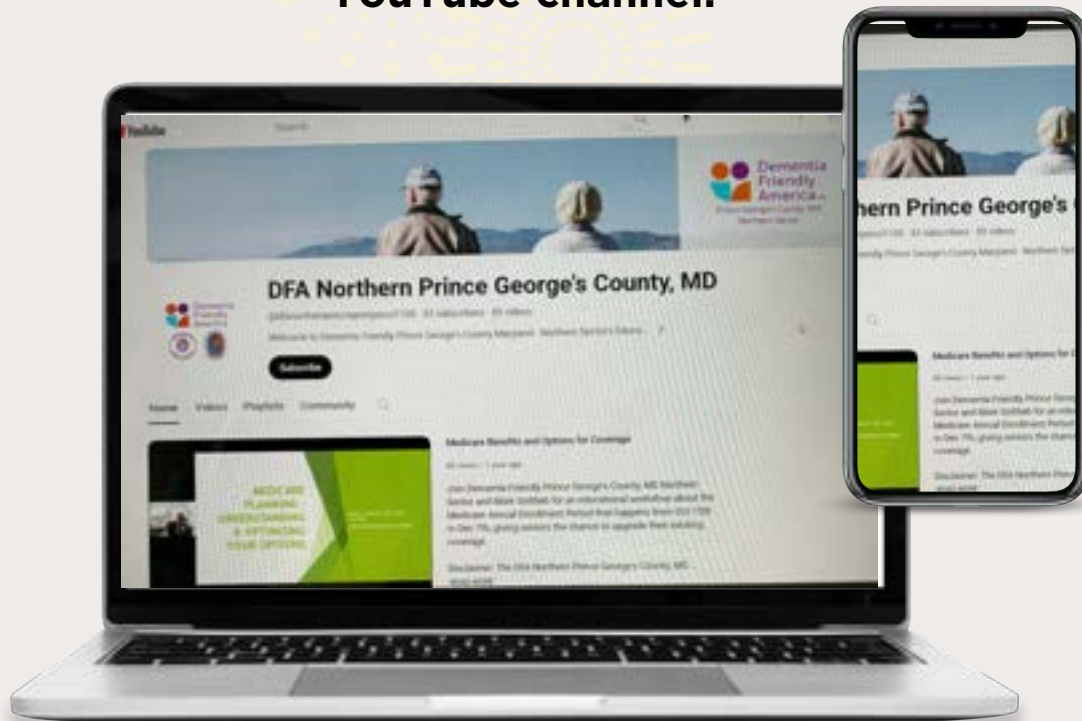
Dementia Friendly America



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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>