



Dementia Friendly America



NOVEMBER 2024

Prince George's County Northern Sector

November 2024 Webinars

A Caregiver's Journey: My Three Lessons

➤ Thursday, November 7th at 7pm

Join **Bell Allen**, a former care partner and educator for AlzOC, as he shares insightful perspectives from his caregiving journey. The course aims to equip caregivers with emotional support, effective strategies, and valuable resources to enhance their caregiving journey.



Registration link:

<https://attendee.gotowebinar.com/register/2962504778358341210>

Healthy Living for your Body & Brain

➤ Thursday, November 14th at 7pm

Join **Evans Favor**, a Howard University student pursuing a Bachelor of Science and a passionate advocate, for a discussion focused on strategies for healthy aging in four key areas.



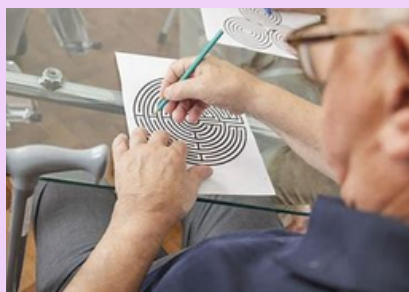
Registration link:

<https://attendee.gotowebinar.com/register/2391065495659079254>

Dementia Friendly America Northern Prince George's County Memory Screenings



JOIN US FOR OUR UPCOMING MEMORY SCREENINGS :



Monday, November 4 , 10am–12pm

Monday, November 18 , 10am–12pm

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**

Powerful Tools FOR Caregivers

Taking Care of Yourself is Important

Caring for someone with an injury or illness, such as dementia, cancer, heart disease, Parkinson's disease, stroke, or others, can be physically, emotionally, and financially demanding.

Caregiving is Rewarding,
but it can be challenging too.

The class meets once a week for six weeks and has been studied and proven to help family caregivers:

- Reduce stress, guilt, anger, and depression, and improve emotional well-being.
- Manage time, set goals, and solve problems.
- Master caregiving transitions and be part of decision-making.
- Communicate effectively with the person needing care, family members, doctors, and other helpers.
- Find and use community resources.

ORIENTATION

November 1, 2024
10:30 A.M.

Camp Springs Senior Center
6420 Allentown Road
Camp Springs, MD 20748

Please use the link: [Powerful Tools for Caregivers - Prince George's County](#) or QR code below to pre-register and receive more information about upcoming Powerful Tools for Caregivers training.

Powerful Tools For Caregivers Pre-Registration Form



Aging Residents of Prince George's County

We need to hear from *you*.

Scan for survey:



Or click below:

<https://redcap.link/english.princegeorgecountysurvey>



We are working with the Department of Family Services to conduct a county-wide healthy aging needs assessment. Our goal is to gain a better understanding of the needs of the aging community, what services you use, and what you would like to see the county provide in the years to come.

Please take our short, anonymous survey to provide feedback on your experiences living in the county. You can also contact Jasmine Wood via email or phone for assistance filling it out: jasmine.wood@gwu.edu / 708-439-2023

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.

Coming soon in December!

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



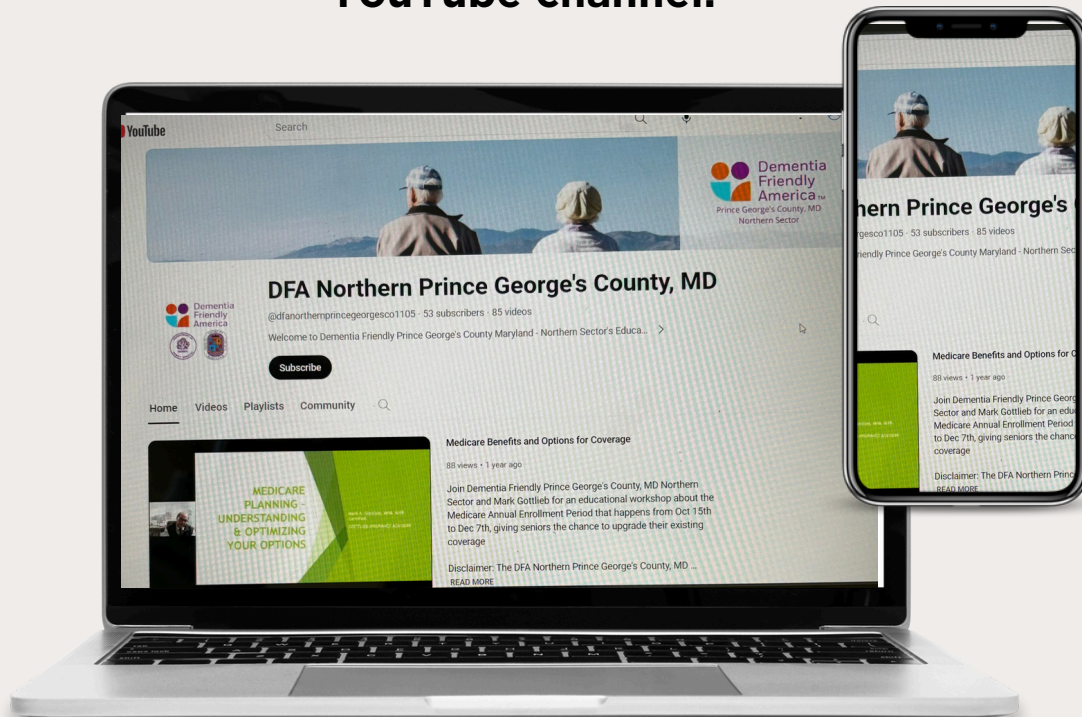
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Subscribe to our Youtube Channel

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>