



# Dementia Friendly America



OCTOBER 2024

Prince George's County Northern Sector

## October 2024 Webinars

### Resiliency and Coping Strategies for Dementia Caregivers

➤ Thursday, October 19th at 7pm

Join **Dr. Miriam Galindo**, a licensed psychologist, social worker, and a master's level registered nurse in private practice for a discussion to explore strategies for maintaining emotional and physical well-being while caring for a loved one with dementia.



### Taking Charge of Your Brain

➤ Thursday, October 10th at 7pm

Join **Dhurti Patel, Ms. P.G. Dipl**, Doctoral candidate, a seasoned Family and Consumer Sciences Educator, for a discussion that focuses on raising awareness about changes in the adult brain due to age progression, which impacts memory, emotions, and other cognitive abilities.



### Medicare

➤ Thursday, October 24th at 7pm

Join presenter **Mark Gottlieb**, for a discussion on everything you need to know about the basic guidelines and requirements of the Medicaid process.



Please call Brendy Garcia (240) 424-0302 to register.



# PARTICIPANTS NEEDED

## Recruiting People with Mild Cognitive Impairment or Dementia

Care partner/Caregiver (optional)

**COMPENSATION \$60 PER PERSON**

**\$120 FOR A COUPLE**

We are researchers at the University of Maryland designing technologies that are better at understanding older adults' everyday activities.

## ARE YOU ELIGIBLE?

- ✓ Aged 50 years or older
- ✓ Have been diagnosed with mild cognitive impairment or dementia
- ✓ If you choose to bring a care partner or caregiver to participate along with you, they should be someone who plays some role in supporting you in your daily life. They must be over the age of 18.

PLEASE CONTACT US TO DETERMINE IF YOU ARE ELIGIBLE



YIWEN-MOLLY WANG, PHD STUDENT, [YW7615@UMD.EDU](mailto:YW7615@UMD.EDU)

AMANDA LAZAR, ASSOCIATE PROFESSOR, [LAZAR@UMD.EDU](mailto:LAZAR@UMD.EDU)



**Phone: 301-892-3087**

## YOU WILL

- Fill out a background questionnaire
- Provide your design insights for technology that supports your daily activities in a 2-hour study in person (e.g., in your home) or remotely (e.g., Zoom)
- Be compensated with a \$60 Gift card or Cash
- Be audio or video recorded

THIS RESEARCH HAS BEEN REVIEWED ACCORDING TO THE UNIVERSITY OF MARYLAND,  
COLLEGE PARK IRB PROCEDURES FOR RESEARCH INVOLVING HUMAN SUBJECTS  
IRB NUMBER: 1977559

# FREE FLU CLINIC FOR CARE RECIPIENTS



**Date/Time** Thursday, October 3, 2024  
1PM – 7PM

**Location** **Greenbelt Community Center**  
15 Crescent Rd., Ground Floor  
East,  
Greenbelt, MD 20770

**Free and open to  
everyone!**

**Registration is  
required**

**Call Today**

**Brendy Garcia**

**240-424-0302**

**Scan Here**



**HEALTH  
DEPARTMENT**  
Prince George's County





# Happy National Family Caregivers Month

*It's your turn to be cared for!*

**Thursday, November 7  
1:00pm-4:00pm**

**Greenbelt Community Center**

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

**FREE**



Dementia  
Friendly  
America®



***The DFA Northern Prince  
George's County invites you to  
the Caregiver Appreciation Day!***

***Registration Opens  
October 7, 2024***

***Light refreshments,  
mini-swig bags,  
massages, and more!***

**Registration Required**

**Please call Brendy Garcia (240) 424-0302**

**Spaces are limited!**



2024

# AGE-FRIENDLY ECOSYSTEM SUMMIT

## Join us for “Shaping Tomorrow: Longevity, Age-Friendly, and Multisector Planning”

October 8  
1-3PM ET

Starting as a global initiative of the World Health Organization, the age-friendly movement has inspired a wide range of policies, partnerships, and programs that help communities meet the needs of residents throughout the lifespan. As more people are living to be over 100, thought leaders must invest in the longevity revolution, with an “aging from birth” mindset, that demands detailed multi-sector planning. Learn about the evolution of these initiatives and more during this opening session.

[Register  
Now](#)

Register also for these Age-Friendly Ecosystem Summit sessions:

October 9  
1-3PM ET

Inclusive by Design: Strategies for Age-Friendly and  
Dementia-Friendly Businesses

October 15  
1-3PM ET

Unlocking Potential: Lifelong Learning  
for a Thriving Society

October 16  
10AM-12PM

Healthy Communities and Healthier Aging:  
Collaborative Solutions



Learn More

# Digital Inclusion Week

October 7th-10th, 2024

**Free and open to everyone! Registration is required**

**Call today to register**

**Brendy Garcia 240-424-0302**

## Digital Inclusion WEEK

Powered by NDIA • #DIW2024 • Oct. 7-11, 2024

**STRONGER TOGETHER:** MOBILIZING TOWARD SUSTAINABILITY



### Senior Planet Free In-Person Lectures

**October 7th - 1-2:00 pm - Everyday Uses for Artificial Intelligence (AI)**

**October 8th - 1-2:00 pm - Staying Safe Online\***

**October 9th - 1-2:00 pm - Online RX Drug Resources**

**October 10th - 1-2:00 pm - Digital Coupon Tools**

Greenbelt Community Center - 15 Crescent Road, Ground Floor East Entrance  
Greenbelt, MD 20770





# Dementia Friendly America



Prince George's County Northern Sector

## Family Caregiver's Conference

October 12th, 2024



 Dementia Friendly America



**Helping Hands Adult Day Services**  
5400 Norfield Road  
Capitol Heights, MD 20743

**SAVE THE DATE**

**12 October, 2024**  
**10:00 AM - 2:00 PM**

*"Putting The Pieces Together"*

**family CAREGIVER'S CONFERENCE**

**DFA Mid County presents:**  
A free Family Caregiver conference for individuals living with Dementia and family caregivers to include break sessions for Male Caregivers and Youth.

**Door Prizes, Food, Chair Massages, etc.**

**Breakout Sessions**

- Youth Session - Helping The Youth Understand Dementia.
- Male Caregiver - Men Need Help Too
- Help! I Need - What Caregivers Need

**Closing Session**

- The Spiritual Side of Caregiving - Reverend Belynda Gentry

<https://tinyurl.com/5n7e5pnf>



# 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.

October 8- November 12, 2024

***Every Tuesday of each week via Zoom***

From 11:00 am -12:30 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)



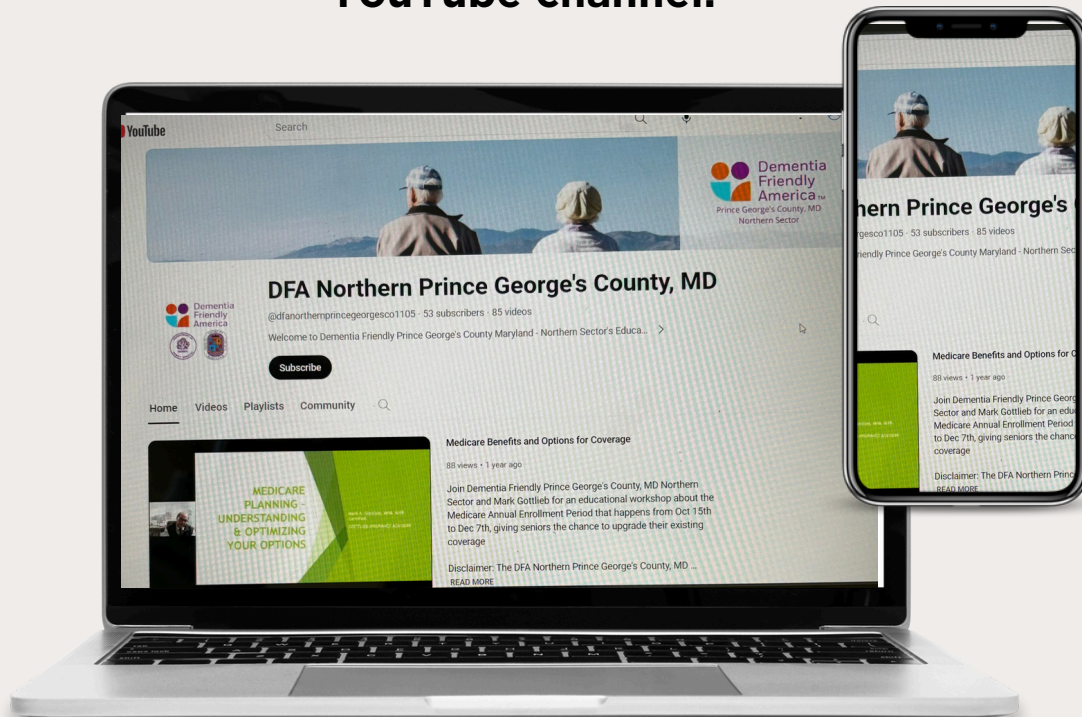
# Dementia Friendly America



## 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>**