



Dementia Friendly America

Prince George's County Northern Sector



SEPTEMBER
2024

SEPTEMBER 2024 DFA WEBINARS

Healthy Brain Habits

➤ Thursday, July 18th at 7pm

Join **Dr. Wanda Colón-Mollfulleda** to discuss the everyday positive actions that can make a difference in brain health. This thought-provoking presentation will cover key lifestyle habits and modifiable risk factors for dementia that may potentially delay or prevent the onset of Alzheimer's and other types of dementia.



Registration Link:

<https://attendee.gotowebinar.com/register/6770174016319162454>

3 Key Steps in Empowered Dementia Care: Empower Your Strength

➤ Thursday, July 25th at 7pm

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



Registration Link:

<https://attendee.gotowebinar.com/register/2362814643894679382>

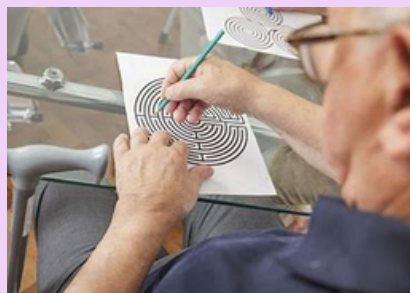
For more information, please contact

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

Dementia Friendly America Northern Prince George's County Memory Screenings



ARE YOU IN NEED OF MEMORY SCREENINGS FOR AN UPCOMING EVENT?



Please contact Katherine Farzin to schedule a screening

Katherine Farzin

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**

Digital Inclusion WEEK

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

STRONGER TOGETHER: MOBILIZING TOWARD SUSTAINABILITY

Registration is Now Open

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

*This class will be for Green Ridge House Residents only and will be offered at Green Ridge House.

To register, contact Brendy Garcia at 240-424-0302. Registration opens September 1, 2024



FREE FLU CLINIC FOR CARE RECIPIENTS



**Cost is
Free**

OCTOBER 3, 2024 | 10 AM - 12 PM

Greenbelt Community Center

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

Pre-Registration Required

**REGISTRATION OPENS SEPTEMBER 16, 2024
TO REGISTER CALL 240-424-0302**



**HEALTH
DEPARTMENT**
Prince George's County



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

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



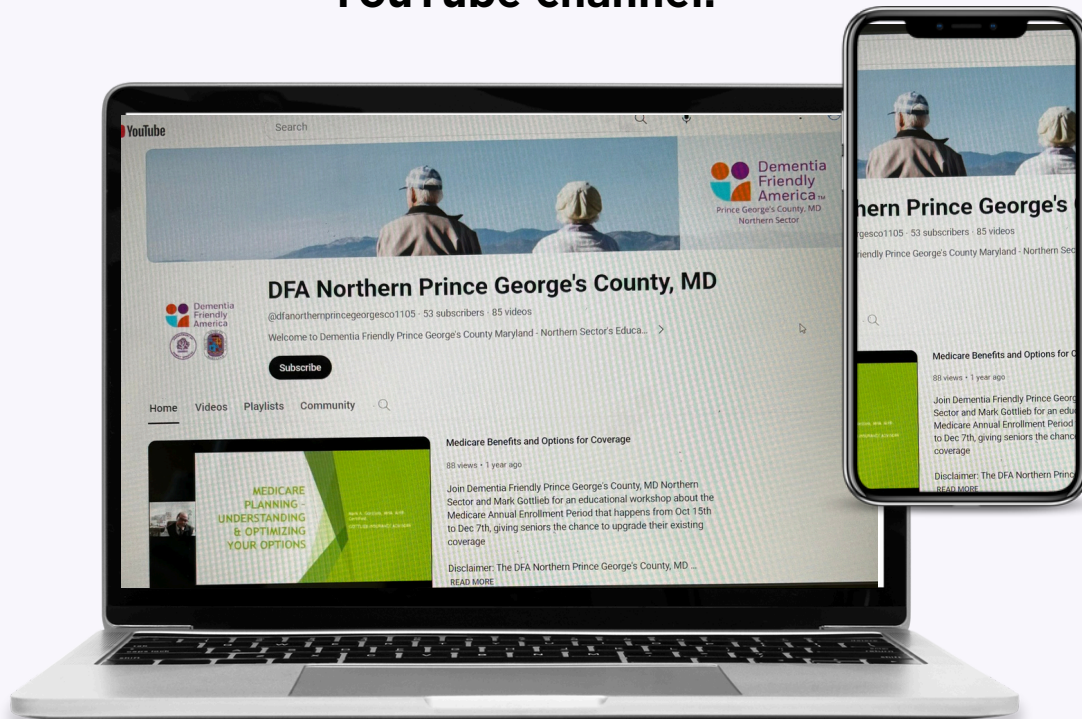
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Subscribe to our Youtube Channel

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>