THE MARYLAND UMBRELLA GROUP

The Caregiver Connection

Prince George's County, Maryland

Volume 2|Edition 3 - August 2018

The Maryland Umbrella Group Receives Community Partnership Grant

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The Maryland Umbrella Group (MUG) is pleased to announce that they are recipients of the Prince George's County Community Partnership Grant.

Annually, the Office of the County Executive awards approximately $1.3 million in funding to eligible non-profits through the Community Partnership Grant (CPG) Program. Local non-profit organizations are encouraged to apply for funding that will assist them in providing community-based programs that help people and communities in Prince George's County. Non-profit organizations are critical in assisting the government with supporting people in need. By working with non-profits, the county can have an impact on more communities.

MUG has partnered with Emerson House Senior Apartments in Bladensburg, MD to offer an array of new services and programs. Staff will be working closely with Service Coordinator, Marilyn Blount to bring programs such as:

- Memory Café
- Memory Training Classes
- Aging Internship Program
- Medicare Part D Consultations
- Establishment of an Incontinence Products Closet
- Benefit Check Ups
- And More

In addition, funding will also allow the organization to continue to offer our monthly Call in Caregiver Support Group. For more information or to enroll in the support group please call 301-965-0220.

Call-A-Cab

Call-A-Cab is a transportation assistance program that provides mobility at a reduced cost for County seniors (age 60+) and/or County residents with disabilities. This program allows eligible residents to purchase coupon books that can be used to pay for rides with participating cab companies when Metrobus, Metrorail, and/or Call-A-Bus are not available. County Senior and/or persons with disabilities may purchase up to fourteen $20 coupon books in a six-month period at $10 per book.

Using Call-A-Cab



Apply for the Program

⇒ Using Call-A-Cab is easy. See the guidelines outlined below for specifics on how to use the service. You can also call 301-883-5656 or Maryland Relay 800-735-2258 for more information.
Apply by completing an application form (PDF).

⇒ Order coupon books by enclosing $10 for each $20 coupon book. Make your check or money order payable to Prince George's County.

⇒ Mail your completed application form and check or money order to: **The Office of Transportation 9400 Peppercorn Place, Suite 320 Largo, MD 20774**. Please include proof of age and/or disability. Acceptable forms of ID include but not limited to: driver's license, Metro Senior/Metro Disability Card, and MetroAccess card.

⇒ Call the taxicab company you prefer (from the list sent with coupons).

⇒ Show your coupon book to the driver.

⇒ Pay the driver using any combination of coupons and cash.

Medicaid Monday

Join Dementia Friendly Prince George's County—Northern Sector for an informal seminar, presented by Byrd & Byrd Attorneys at Law, LLC. This session designed to provide caregivers with information about the basic guidelines and requirements of the long-term care Medicaid eligibility process. This is a question and answer session regarding asset protection, record keeping, joint accounts and preventing spousal impoverishment. Please join us for this **FREE** seminar on Monday, October 1 from 1:00– 2:30 pm in the Greenbelt Municipal Center—25 Crescent Road, Greenbelt, MD 20770—2nd floor. Please call Katherine Farzin to RSVP at 240-542-2019.

The Caregiver Connection

Pickett Fences Senior Services

Pickett Fences Senior Services, Inc. (Pickett Fences) is a non-profit 501 c (3) organization founded in 2012, to improve the quality of life for Senior Citizens by providing education, resources, caregiver support, and by connecting seniors with the services they need to safely remain in their homes. Pickett Fences collaborates with various organizations within Prince George's County to meet the needs of our growing senior population and has developed programs that are vital to our growing senior population.

Pickett Fences provides:

Advocacy—Pickett Fences provides advocacy support for seniors by negotiating with utility companies, mortgage companies, landlords and other entities on behalf of seniors.

Caregiver Support Groups —Caregiving for an elderly family member or friend is not an easy task. Caregivers may even experience a decline in their own health when caring for their loved ones. Care giving can bring out unfamiliar emotions or thoughts. It is important for caregivers to maintain their own physical and emotional health. Pickett Fences provides caregiver support groups to reinforce the importance of caregivers maintaining their own physical and emotional health. Please contact one of their case workers to attend the support group. They also conduct workshops with various topics that are of interest to caregivers.

Case Management- Pickett Fences help seniors who need assistance in managing various aspects of their lives. They help to provide access to the services and resources the seniors need.
Case management services include, but are not limited to:

- Conducting home visits to assess seniors needs and develop a care plan.
- Referral to other community services.
- Connecting seniors to area food banks.

Financial Support– They provide financial support to assist seniors with in paying utilities, chore services, transportation, and respite care, etc.

Decluttering- Pickett Fences volunteers assist seniors in decluttering and organizing. They also have worked with Jennifer Westbrook of Main Stage Home Staging.

For more information about Pickett Fences, please call
Phone: 301-358-2066 or e-mail info@pickettfences.org.

The Caregiver Connection

FREE MEMORY CAFÉ LOCATIONS

Pre-registration is required. For more information, contact Nancy Quarles at 240.467.3833 or nquarles@alz.org

Bowie Senior Center
14900 Health Center Drive,
Bowie, MD 20716
Meets the third Wednesday of each month from 2:00 - 4:00pm

Greenbelt Municipal Building
25 Crescent Road,
Greenbelt, MD 20770
Meets the first and third Wednesday of the month from 1:30 - 3:00pm

Camp Springs Senior Center
6420 Allentown Road,
Temple Hills, MD 20748
Meets the third Tuesday of each month from 2:15-4:15p.m

Memory Café

Memory Cafés are popping up all over the Prince George's County, MD and they can be a great place to go if you're caring for a person with dementia, if you're worried about someone's memory, or if you just want to meet other people who are affected by dementia. Here's what to expect if you visit a Memory Café.

1. Memory Cafés are usually held on a regular basis, either once or twice a month. Most are located in places that are easy to access, such as a community center, a city hall, or a senior center.

2. Memory Cafés are run by people (including volunteers) who have experience and training in dementia, so you should receive a warm welcome. If you want to have a chat or get some help or advice the café facilitator can help link you with resources. But this is not the same as visiting your doctor. They won't be able to offer a diagnosis but they can make a referral to organizations or resources that will be beneficial to both participant and caregiver.

3. Memory Cafés typically are limited to 7 or 8 participants and their caregivers.

Benefits of going to a Memory Café:

- You can both socialize and chat with other like-minded people, and curb feelings of loneliness and isolation.
- You can both have fun! Most cafes provide stimulating activities for caregivers and people with dementia which can help prevent boredom and aid relaxation. For example, live music, sing-alongs, quizzes, painting, memory box work, massage and reflexology.
- Memory Cafés highlight for caregivers, activities that their loved one can still participate in, with the goal that this will spark some interest in activities that can be continued in a home setting.
- Join a Memory Café today and help the person you care about make the most of their days.

Caregiver Support Group

It is a safe place for caregivers, family and friends of persons with debilitating diseases including Alzheimer's to meet and develop a mutual support system. It's a place to:

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about resources available in your community

All of the support groups are facilitated by trained individuals and are confidential. For more information, please contact the support group near your from the list below.

Caregiver Support Group Locations

Bowie Senior Center | 14900 Health Center Drive, Bowie, 20716 | 2nd Tuesday at 10:00 a.m | Rosemary Allender 301-262-5082

Department of Family Services Aging and Disabilities Services Division | 6420 Allentown Road, Camp Springs, MD 20748 in Conference Room West, |First Wednesday of each month, 3:00-4:30 p.m. Call 301-265-8450 for additional information

Greenbelt Municipal Building | 25 Crescent Road, Greenbelt, MD 20770 | 2nd Wednesday at 6:15 p.m., contact Sharon Johnson for more information at 301-345-6660 ext. 2029

Morningside House of Laurel | 7700 Cherry Ln, Laurel, MD 20707 | 3rd Saturday at 10:00 a.m., Amanda Owens & Denise Kirksey - 301-725-2220, aowens@morningsidehouse.com, dkirksey@morningsidehouse.com

Laurel Regional Hospital I Jones Conference Room 7300 Van Dusen Rd Laurel, MD 20707 I Every Second Thursday: 4:30-6pmFacilitator: Kathryn Oursler Phone: 301.675.6745 Email: kqlynott1@verizon.net

Carolina Missionary Baptist Church | 9901 Allentown Road, Fort Washington, MD, 20744 I 1st Saturdays at 10:00 AM | Delmarie Hines 240.356.7137, | Lynn Carpenter 301-222-7811

Grace United Methodist Church | 11700 Old Fort Rd, Fort Washington, 20744 | 3rd Saturday at 10:00 a.m., |Barbara Stevenson 301-248-3027

First Baptist Church of Glenarden | 3600 Brightseat Road, Landover, 20785 | 3rd Thursday at 11:00 a.m., | Vikki Kalitsi or Valerie Outlaw 240-345-8895

Joseph A. Gilmore Senior Adult Day Center | 608 Largo Rd., Upper Marlboro, MD 20774, | 2nd Saturdays at 9:30 AM | Nuria Alvarez 301-808-9808, nagilmore608@gmail.com

Golden Age Adult Day Care Center 3112 Belair Drive, Bowie, Maryland 20715| 4th Thursday from 6-7:15 pm| Ann Craynon; Flo Strawser

Free Care Consultation

Care consultation is a free service designed to provide you and your family support while coping with the impact of dementia, from pre-diagnosis to end-of-life. You will receive one-on-one assistance that will enable you to better understand the disease, manage care and make more informed decisions regarding services and treatments.

For more information and to schedule a consultation, please contact Diane Vance at dvance@alz.org or call our 24/7 Helpline at 800-272-3900.

Tools, Tips and Techniques Workshop

Coping with Dementia Related Behaviors

Dementia Friendly Prince George's County North Sector will be hosting a Tools, Tips and Techniques Workshop to help care partners cope with some of the behaviors exhibited by person Dementia. During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication and are essential to understanding the needs of the person with dementia. Attendees will participate in the Center for Aging – University of Wisconsin-Madison's School of Nursing curriculum from their Dementia Friendly toolkit.

Each role play situation is designed to help you to:

- Communicate withholder adults who have dementia and cognitive impairment
- Interact with people with dementia in a respectful and meaningful way
- Simulations will give the caregiver a better feeling of the challenges that may be associated with aging that compound the cognitive impairment

Where: Greenbelt Municipal Center—25 Crescent Road, Greenbelt, MD 20770—2nd Floor, City Council Chambers

When: November 5, 10-12:30 or 1-3:30 pm

Fee: Free



Registration is required, seating is limited to 10 attendees per session, please call Katherine Farzin at 240-542-2019.



Caregiver Resource of the Month

Annual Caregiver Retreat—Hosted by Prince George County Senior Providers Network
Thursday, November 1, 2018 from 9am-2:30pm
Newton White Mansion
2708 Enterprise Road, Mitchellville, MD 20716

Greenbelt Community Health and Wellness Fair
Tuesday, October 16, 2018 from 10am-2:00 pm in the Greenbelt Community Center
15 Crescent Road, Greenbelt, MD 20770—Gymnasium

Important Numbers & Websites

- **The Maryland Access Point:** 301-265- 8450 - your link to Health and Support Services for Caregivers.
- **Alzheimer's Association 24/7 Helpline:** 800-272-3900 - provides reliable information and support to all those who need assistance.
- **Adult Protective Services:** 301-909-2228 - Call to report abuse, neglect or exploitation of a vulnerable adult.
- **Meals on Wheels:** Provides home delivered, nutritious meals to seniors .
    1. Cheverly 301-618-3930
    2. College Park 301-474-1002
    3. Takoma Park 301-434-1922
- **Legal Aide Bureau:** 301-560-2101 - provides a full range of FREE civil legal services to financially qualified Marylanders and people over 60.
- **Call-A-Bus:** 301-499-8603 - a curb-to-curb transportation service available to all residents of Prince George's County who are not served by or cannot use existing bus or rail services.
- **Benefits Check-Up:** - www.benefitscheckup.org - connects struggling seniors to programs that can help them afford food, utilities, medicine and more.
- **Pickett Fences Senior Services Inc. -** 301-358-2066 provides education, resources, caregiver support, and by connecting seniors with the services they need to safely remain in their homes.

Are You A Dementia Friend?

"There are **100,000 MARYLANDERS** *living with Alzheimer's DEMENTIA"*

WHAT IS A DEMENTIA FRIEND?

To become a Dementia Friend, you participate in a one-hour Dementia Friends Information Session presented by a Dementia Friends Champion. You will learn five key messages about dementia and a little about what it's like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone living in your community. Your action can be big or small – because every action counts!

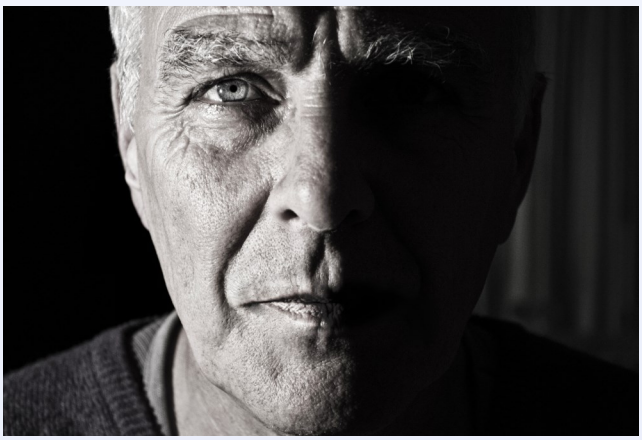
FIVE KEY MESSAGES:

It is possible to live well with dementia
There is more to the person than dementia
Dementia is not a natural part of aging
Dementia is caused by diseases of the brain
Dementia is not just about memory loss

Dementia Friends Maryland
A Dementia Friendly America initiative

WHAT IS DEMENTIA?

Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer's but diseases also include vascular dementia, dementia with Lewy bodies, and Pick's disease. Different types of dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect their experience of dementia. Dementia progresses in a way that is unique to each individual. It is true that more people over 65 have dementia but it is not exclusively an older person's disease; younger people get dementia too.



Dementia Friends continued…..

Different types of dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect their experience of dementia. Dementia progresses in a way that is unique to each individual. It is true that more people over 65 have dementia but it is not exclusively an older person's disease; younger people get dementia too.

Five things you need to know about dementia:
Dementia is not a normal part of aging. Not everyone who grows old will develop dementia.
Dementia is caused by Diseases of the brain. The most common is Alzheimer's.
Dementia is not just about having memory problems. It can affect thinking, communication and everyday tasks.
It is possible to have a good quality of life with dementia.
There's more to the person than the dementia. People with dementia are a valuable part of the community.

What difficulties do people with dementia have?

Dementia often starts with short-term memory loss but it can also affect the way that people think, speak and do things. People with dementia can become confused, find it difficult to communicate, as they can't remember the words that they want, and can have difficulties planning. Dementia also affects people's moods and motivations. This can happen if the disease affects that part of the brain that controls emotions, but even if this does not happen, people with dementia can feel sad, frightened, frustrated or angry about what is happening to them. However, with a helping hand, people living with dementia can still enjoy their hobbies, have good relationships with partners and friends and live independently for longer.

To schedule a Dementia Friends presentation or to host a Dementia Champions training for your group please contact 240.618.8550 or via email: DementiaFriendsMD@gmail.com . You can also become a Dementia Friend via the website by visiting www.dementiafriendsmaryland.com.

Maryland Energy Assistance

Maryland Energy Assistance Program

The Energy Assistance Programs helps low-income citizens pay their heating bills, minimize heating crises, and make energy costs more affordable. A comprehensive energy package, which includes the Maryland Energy Assistance Program (MEAP) and The Electric Universal Service Program (EUSP), has links to the community and the customer. These programs promote energy conservation, customer financial responsibility and energy independence.

MEAP provides assistance with home heating bills, and EUSP helps eligible low-income customers with their electric bills. Funding for the MEAP program is usually available November 1st. Funding for the EUSP program begins July 1st.**

Applying For Assistance

⇒ Energy Assistance Staff will process your application to make sure all required information has been submitted.



Please note that it can take up to 45 days to process an application. When submitting your application, please include the following information:

⇒ Copy of applicant's photo identification

⇒ Proof of residence

⇒ Copies of social security cards for household members, including children

⇒ Proof of total household income for the past 30 days (from all sources of income). Proof of Income includes paystubs or benefit letters from DSS, SSA, VA or the Unemployment Insurance Program

⇒ The name of your home energy supplier and account number

⇒ A copy of your most recent utility bill

⇒ If you rent, a copy of your lease or a rent receipt

Please note: you are only eligible to receive funding once between July 1st and June 30th.

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Maryland Energy Assistance—continued

Please note: You are only eligible to receive funding once between July 1st and June 30th.

Assistance is available whether you are an active customer or you are currently without service.

⇒ Eligible electric customers may receive help in three ways:
Help to pay current electric bills
⇒ Help to pay past due electric bills
⇒ Help with energy efficiency measures to reduce future electric bills

Income Eligibility Limits
Effective July 1, 2018 to June 30, 2019
(Based on 175% of the Federal Poverty Level)

# in Family	Gross Monthly Income	Gross Annual Income
1	$1,770	$21,245
2	$2,400	$28,805
3	$3,030	$36,365
4	$3,660	$43,925
5	$4,290	$51,485
6	$4,920	$59,045
7	$5,550	$66,605
8	$6,180	$74,165
For Each Additional Person, Add	$630	$7,560

For more information please contact the Prince George's County Dept. of Social Services

Location:
425 Brightseat Road
Landover, Md. 20785
(301) 909-6300
pgcdss.energy@maryland.gov

To apply online please visit https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home

Did You Know There Was A Call In Caregiver Support Group in Prince George's County?

Sometimes caregiving will not allow you to leave your care recipient unattended. The Maryland Umbrella Group offers caregivers the opportunity to participate in an anonymous support group that provides caregiver the opportunity to learn resources, speak with other caregivers, vent their concerns and frustrations while celebrating accomplishments and milestones.

The Maryland Umbrella Group Call In Caregiver Support Group takes place on the 2nd Monday of the month from 6 -7:00 pm. Group size is limited to 10 members. For more information and to enroll, please call 301-965-0220. If you know someone that needs support or resources, please do not hesitate to pass this information on to a friend, co-worker or even a perfect stranger.



The Maryland Umbrella Group
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Seat Pleasant, MD 20743
www.m-u-g.org

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