



# Dementia Friendly America



Prince George's County Northern Sector

## JANUARY 2024

### DFA WEBINARS

#### Make A Resolution to Take Care of Yourself

➤ *Thursday, January 4th at 7pm*

Join **Gincy Heins**, co-author of the 365 Caregiving Tips book series, and the creator and editor of Before the Diagnosis: Stories of Life and Love Before Dementia, and Before the Diagnosis: More Stories of Life and Love Before Dementia, to commence 2024 by discovering the importance of self-care and ways to prioritize it.

Registration Link:

<https://attendee.gotowebinar.com/register/8314458985747715936>



#### Being my Mom's Mom

➤ *Thursday, January 18th at 7pm*

Join **Loretta Woodward Veney**, an inspirational speaker and certified LEGO Serious Play facilitator, is an esteemed personality, having featured in The Wall Street Journal, The Washington Post, The New York Times, and Good Morning America for her innovative workshops, as she shares her insights on the significance of patience and forgiveness in caregiving while highlighting both the challenges and humorous moments of dementia.

Registration Link:

<https://attendee.gotowebinar.com/register/2579333767500676439>



# Senior Legal Assistance

The Senior Legal Assistance Program helps older adults and their families navigate challenges and make informed decisions by providing direct resources and protecting vulnerable seniors.

## What does the Senior Legal Assistance Program offer?

The Senior Legal Assistance program in Maryland offers legal advice, counseling, and representation for seniors. Services are also given to local Ombudsmen, Health Insurance Counselors, and Public Guardianship managers. Priority is given to issues like income maintenance, nutrition, public/disability benefits, and advocacy for institutionalized persons.

## Who is Eligible?

Any resident of Maryland who is 60 years of age and older or said caregiver of that person.

## How much is the cost for legal assistance?

There is no cost for legal assistance with priority issues.

## Who do you contact for legal assistance?

To seek assistance please contact your local Area Agency on Aging's Maryland Access Point (MAP).

In addition, seniors can contact Maryland Senior Legal Helpline over the telephone for their legal problems without having to leave home.



1-844-627-5465

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**MarylandAccessPoint.info**

# Senior Call Check Program



**Maryland is the first state in the country to start a free, automated telephone service to check in on Maryland's older residents, all across the state.**

## **How does it work?**

The Senior Call Check program makes daily automated phone calls to participants at a scheduled time. If the participant does not answer, two more calls will be made, and then an alternative person will be contacted. The program operates Monday through Saturday and provides a toll-free phone line for participants to call.

## **Who can participate?**

To participate in the program, Maryland residents aged 65 and above with a landline phone or cell phone (TTY is available) are eligible. However, they should not have automated call blocking technology or disable it for the program.

## **How to Apply?**

Click this link to register:

<https://aging.maryland.gov/Pages/senior-call-check-sign-up.aspx>  
or Call toll-free (866)-502-0560 and ask to have a hard copy application mailed to your home

# Worry Less and Age Better with BenefitsCheckUp

BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more.

## What Is BenefitsCheckUp?

BenefitsCheckUp® is the nation's most comprehensive online tool to connect older adults and people with disabilities to benefits. We'll make it easy to see if you may be eligible—and then help you find out where to apply online or how to get help from a benefits counselor.

## See What Key Benefits Programs You May Qualify For

BenefitsCheckUp can help you assess whether you can get help from programs before you apply. Answer questions anonymously to find out if you may be eligible for key benefits programs, including the Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Programs, Medicaid, Medicare Part D Low Income Subsidy (LIS) - Extra Help, among others. To complete your Benefits Check Up, please visit [www.benefitscheckup.org](http://www.benefitscheckup.org).



# **Irregular Sleep Patterns may raise risk for Dementia**

People who maintain a mostly regular sleep pattern could have a lower risk of developing dementia than those whose sleeping and waking times vary wildly, a new study finds.

People with the most irregular sleep are 53% more likely to develop dementia than people with average sleep regularity, researchers report in the Wednesday issue of the journal *Neurology*. A regular sleep schedule is important for brain health and reducing the risk of dementia, according to a study by Australian researchers. The study, which tracked over 88,000 people with an average age of 62 in the UK for seven years, found that maintaining a consistent sleep schedule was more important than just getting the recommended amount of sleep. Participants wore a wrist device for seven days to measure their sleep cycle for the study. Researchers found that people with irregular sleep cycles may have a greater risk of dementia, but do not necessarily have to achieve machine-like sleep rhythms to reap the benefits of regular sleep. The study only showed an association between irregular sleeping patterns and dementia risk. Effective sleep health education and behavioral therapies can improve irregular sleep patterns, and people with irregular sleep may only need to improve their sleep regularity to average levels to prevent dementia. However, further research is needed to confirm these findings.

Thompson, D. (2023, December 14). Irregular sleep patterns may raise risk for dementia. Health Day News. <https://www.msn.com/en-us/health/other/irregular-sleep-patterns-may-raise-risk-for-dementia/ar-AA1lvbXQ>

# Energy Assistance and Water Sign Up

Wednesday, December 27th

From 10-12pm and 1-3pm Greenbelt residents can apply for Energy and Water Assistance offered by Office of Home Energy Program. Please note for water assistance you must be behind in your bill.

**Location:** Greenbelt Community Center - Ground Floor East Entrance - 15 Crescent Road, Greenbelt, MD 20770  
For more information, please contact Brendy Garcia at [bgarcia@greenbeltmd.gov](mailto:bgarcia@greenbeltmd.gov) or call (240) 424-0302

## Free 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 4th Wednesdays, 2-3pm

**In person Support Groups and Memory Cafe located in:**  
Greenbelt Community Center  
15 Crescent Rd, Ground Floor East, Greenbelt, MD 20770

## 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, 1-2pm
- Virtually on the 2nd and 4th Wednesdays, 2-3pm
- Virtually on the 3rd Wednesdays, 1-2pm

**If interested, please contact**  
Sharon Johnson, 240-542-2029  
OR [sjohnson@greenbeltmd.gov](mailto:sjohnson@greenbeltmd.gov)