



Dementia Friendly America

Prince George's County Northern Sector



JULY 2025

UPCOMING DFA WEBINARS

GUIDE Model - Intro to Dementia Services

➤ Thursday, July 10th at 7pm

Join **Monica Escalante**, for a discussion on exploring the Guiding an Improved Dementia Experience (GUIDE) Model, designed to enhance care and support for individuals with dementia and their unpaid caregivers.



Registration Link:

<https://attendee.gotowebinar.com/register/5980892898736490334>

Strategies for Improving Communication with Alzheimer's Disease

➤ Thursday, July 24th at 7pm

Join **Dhurti Patel**, for a discussion on enhancing communication with individuals experiencing Alzheimer's disease and other dementias.



Registration Link:

<https://attendee.gotowebinar.com/register/1349103412644736350>

Enhancing Communication with a Person with Dementia

➤ Thursday, September 11th at 7pm

Join **Melissa Long**, for a discussion on how communication can get tricky as dementia progresses. Let's explore some helpful skills together that can make interactions smoother and less frustrating!



Registration Link:

<https://attendee.gotowebinar.com/register/8288154279540350300>

For more information, please contact

Brendy Garcia at bgarcia@greenbeltmd.gov or call (202) 670-6497

Mental Health First Aid Resources

If you or someone you know feels overwhelmed, sad, anxious, or is thinking about self-harm or harming others, call 911 or reach out to a crisis resource below:

988 Suicide & Crisis Lifeline

Call or text 988 or chat at 988lifeline.org

Available 24/7 for anyone in emotional distress, including those feeling hopeless or suicidal, or concerned about a loved one. You'll be connected to a trained counselor near you.



<https://www.mentalhealthfirstaid.org/mental-health-resources/>

The Maryland CARE Act



More than 770,000 Marylanders care for older parents, spouses or other loved ones, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and on October 1st, a new law takes effect that will make life a little bit easier for them. Maryland's CARE Act helps family caregivers when their loved ones go into the hospital and as they transition home.

The **C**aregiver **A**dvice, **R**ecord and **E**nable Act recognizes the important role of caregivers by requiring hospitals to:

- Provide your loved one the opportunity to designate a caregiver—such as a family member, friend, or neighbor.
- Inform you when your loved one is to be discharged to another facility or back home.
- Consult with you on the medical tasks you will need to perform at home.

AARP Maryland fought for this new law because supporting caregivers is a top priority for all of us. We hope you will tear out the cards below, and place them in your and your loved one's wallets. That way, you'll both have important information about this new law available when you need it most.

aarp.org/caregiving

Navigating Alzheimer's: Empowering Caregivers Through Compassionate, Non-Medication Approaches to Neuropsychiatric Symptoms

A new resource, **Navigating Alzheimer's: Effective Caregiving Approaches for Neuropsychiatric Symptoms**, is now available to support caregivers in addressing the most difficult aspects of Alzheimer's care. This guide offers compassionate and practical strategies to help families manage neuropsychiatric symptoms (NPS) such as agitation, aggression, depression, anxiety, and mood changes—challenges that affect up to 97% of individuals living with Alzheimer's disease.

Rather than relying solely on medication, the resource emphasizes non-drug approaches, including personalized engagement, environmental adjustments, and communication techniques that ease psychological distress and reduce caregiver burden. These methods are especially helpful in early to mid-stages of the disease and are often safer than pharmaceutical options.

The guide also addresses transitions in care, empowering caregivers to advocate for their loved ones when moving into a healthcare facility. Strategies like music therapy, individualized routines, and sensory interventions are highlighted as effective tools for delivering compassionate care.

By equipping caregivers with evidence-based techniques, Navigating Alzheimer's aims to improve the well-being of both caregivers and those they care for. Topics include behavioral interventions, practical adjustments at home, stress-reducing tips, and the latest research in Alzheimer's care.

<https://www.caregiveraction.org/rare-disease-genetic-testing/>

7 Well-Being Tips for Male Caregivers



Men account for almost 40% of the caregiver population. Being a male caregiver—whether for a parent, spouse, child, or someone else—can be rewarding, but it also comes with unique challenges.

Here are tips to help:

1. Participate in a support group. Many are specifically tailored to men and can help you process guilt, stress, or grief. Connect with other male caregivers (through online forums or local groups) who understand the role from a similar perspective.
2. Delegate caregiving responsibilities among family members or friends.
3. The strongest defenses against burnout: exercise, sleep and balanced diet.
4. Establish time for meditation.
5. Practice time management.
6. Prepare all necessary documents, i.e.: insurance policies, deeds, loans and funeral arrangements.
7. Keep up with hobbies, friendships, and solo time.

Cheers to Our Volunteers

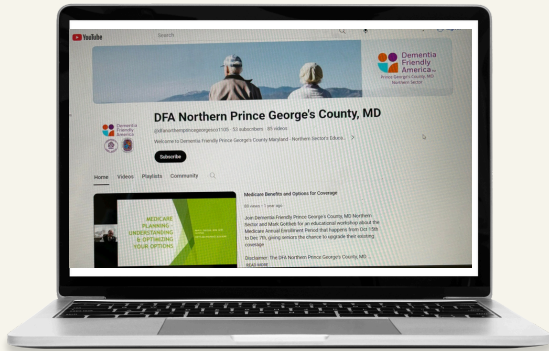


The City of Greenbelt and Dementia Friendly America (DFA) - NPGC proudly hosted their annual Volunteer Appreciation event, honoring the incredible dedication of community volunteers.

Volunteers gathered for an afternoon of gratitude, connection, and creativity—featuring a special art activity taught by local Greenbelt artist, Amanda Spaid. It was a joyful celebration of the people who make a difference every day in our community.

Subscribe to our YouTube Channel

Did you happen to miss our last webinar? If so, no worries!
You can view all presentations on our YouTube channel.



<http://tinyurl.com/mt5kt7jb>

Free Caregiver Support Groups

Feeling isolated? Looking to connect with others? We are here to help.



- The second Wednesdays of every month from 6 to 7 p.m. at the Greenbelt Community Center, located at 15 Crescent Rd, Ground Floor East, Greenbelt, MD 20770.
- Virtual meetings are held on the third Wednesdays of every month from 2 to 3 p.m.

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.

- The first Wednesdays of every month from 1:30-2:30pm at the Greenbelt Community Center, located at 15 Crescent Rd, Ground Floor East, Greenbelt, MD 20770.
- Virtual meetings are held on the 2nd and 4th Wednesdays, 1:30-2:30pm.

If interested, please contact

Sharon Johnson, 240-542-2029 OR sjohnson@greenbeltmd.gov