



Dementia Friendly America



Prince George's County Northern Sector

JULY 2024

JULY 2024 DFA WEBINARS

Medicaid Myths: What this long-term care benefit will and will not do to your assets

➤ Thursday, July 18th at 7pm

Join **Jennifer Brandi**, as she shares Medicaid myths to gain a clear understanding of eligibility, coverage, and long-term care benefits. Learn how Medicaid can support long-term needs and how to maximize benefits for yourself and your loved ones.



Registration Link:

<https://tinyurl.com/539zvjxd>

Caregiver Self-Care

➤ Thursday, July 25th at 7pm

Join **Miriam Rendon-Ponce**, for a discussion on the importance of self-care for caregivers in maintaining their health, well-being, and ability to provide quality care. Engaging in self-care practices is not only beneficial for personal well-being but also for the standard of care given.



Registration Link:

<https://tinyurl.com/y38tc7vt>



We would like to inform you that there will be a temporary pause in our Webinars during the month of August. We are scheduled to resume our webinars in September. We appreciate your understanding in this matter. Thank you.

For more information, please contact

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

Dementia Friendly America Northern Prince George's County & City of Greenbelt Volunteer Appreciation Brunch



On June 12, 2024, we had the honor of hosting a celebration for the Volunteers of the Dementia Friendly America and City of Greenbelt. We were privileged to have Loretta Veney, an esteemed guest speaker who is renowned for her inspirational talks, writing, and previous experience as a caregiver that has had a profound impact on the fields of aging, caregiving, and dementia.

She has been recognized by various prestigious media outlets such as the Wall Street Journal, the New York Times, and the Washington Post. Additionally, she has been a featured panelist on a PBS discussion on Alzheimer's caregiving and has appeared on Good Morning America's Thriver Thursday.



Loretta Veney

During the event, Loretta Veney led a LEGO Serious Play demonstration for attendees, where volunteers were invited to build models representing their reasons for volunteering.

Living with Vision Loss

Frantically Filling Forms

By Tara Aziz

Visiting a doctor's office and filling out new patient forms can be challenging. When they hand me a clipboard with many forms in small font, I have to explain that it is hard to see and that I need help filling them out.

I recommend calling and requesting a digital copy in advance. Then, you can print it in larger text or have a family member at home assist. Healthcare facilities are required by law to provide the information requested in an alternative format that the patient chooses; this might be in braille, large print, via email, audio, or any other format.

Visiting the bank is another challenge. Working with a representative in a private room is the go-to. While this is not a truly equal accommodation, it gets the job done for now.

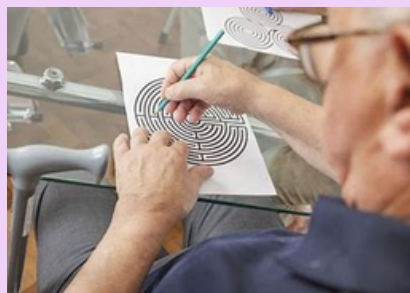
However, I am hopeful! At an office I visited, they had audio recordings telling people who have vision impairment to swipe the screen twice, and someone would come to assist.

Prioritize your comfort and accessibility by speaking up about the accommodations you need - most businesses are willing to help! Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to speak with a Resource Navigator.

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**

New! Upcoming Events

Stress Surfing is a three-week program that focuses on the science of stress and stress management.

Wednesdays, beginning July 10th, 17th & 24th from 1-2:30pm

Dining with Diabetes is a three-week program that focuses on the science of stress and stress management.

Wednesdays, beginning July 10th, 17th & 24th from 1-2:30pm

This class will take place in the Greenbelt Community Center
15 Crescent Rd, Ground Floor East, Greenbelt MD 20770

To register, please contact Brendy Garcia
bgarcia@greenbeltmd.gov | (240) 424-0302

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

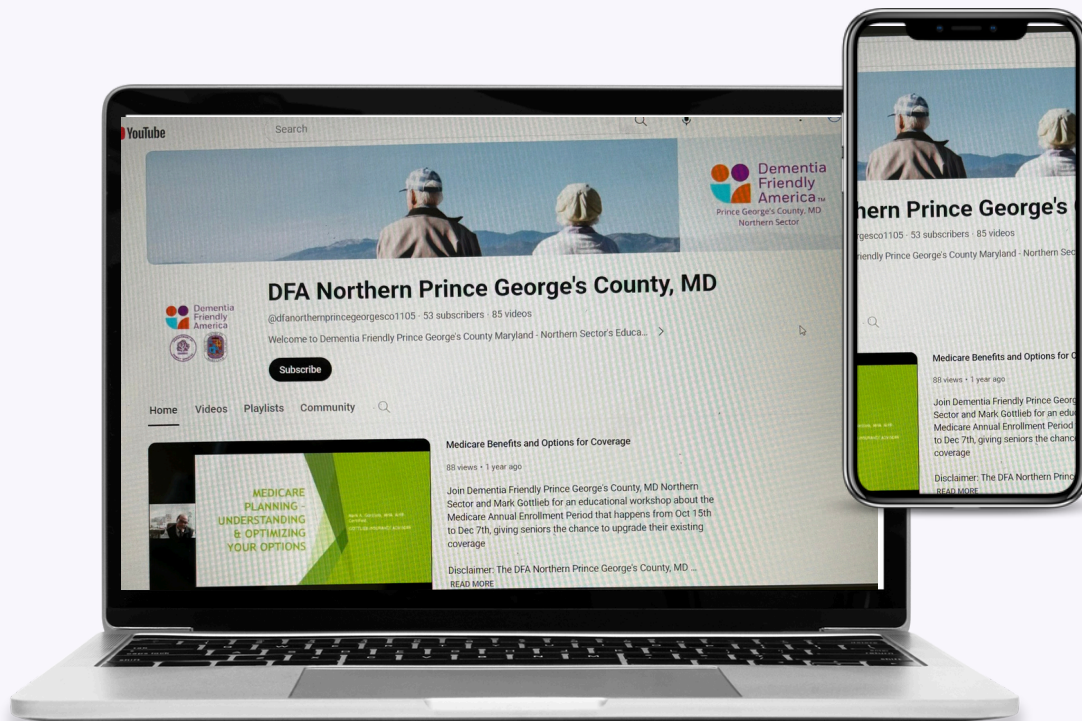


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Did you happen to miss our last webinar? If so, no worries! We have plenty of educational videos that cover topics like being a dementia friend, caregiving, and more. We would be absolutely thrilled if you could take the time to follow our YouTube channel.



<http://tinyurl.com/mt5kt7jb>