



Dementia Friendly America



Prince George's County Northern Sector

JUNE 2024

JUNE 2024 DFA WEBINARS

The Positive Path To Dementia Aware End Of Life Care

➤ Thursday, June 6th at 7pm

Join **Luarna Wayman**, as we discuss some misunderstandings and myths about serious illnesses that make it difficult for patients to receive the appropriate medical support.



<https://attendee.gotowebinar.com/register/5710153546633561949>

A Place For Dad: One Maryland Caregivers Journal

➤ Thursday, June 13th at 7pm

Join **Natasha Gilmore**, as she shares her journey as a caregiver after her father was diagnosed with Alzheimer's and Dementia, as well as the various resources she used that made her caregiving journey easier. a discussion on Registration Link:

<https://attendee.gotowebinar.com/register/356863427326110045>



For more information, please contact

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

NEW!

Get Connected with **Marylanders Online**

Marylanders Online offers **FREE** one-on-one tech support and training to help you learn to use the internet and stay connected with technology. Call the Marylanders Online Call Center or visit our website to build your internet skills and online confidence at your own pace.

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Saturday, 10 a.m. - 5 p.m.

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Senior Information Fair

“Fearless Aging”

**Free
Open To The
Public**



“Prizes”

Friday, June 7, 2024

10:00 a.m. - 2:00 p.m.



Thriving Golden Years



Great Health Care



Stress Free

By focusing on continued learning, managing stress, and finding purpose, seniors can prioritize their mental and emotional well-being. These aspects, along with maintaining physical health, social connections, and financial stability, contribute to a balanced and rewarding senior citizen lifestyle.

**Bowie Senior Center
14900 Health Center Drive,
Bowie, MD 20716**

For more info contact: Gloria Gaddy 301-809-2377

New! Upcoming Events

• **Habit Shift Mindset** is a single-session program that focuses on how habits are cultivated, changed or eliminated.

Tuesday, June 11th from 1—2:30pm

• **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

*All classes will take place at 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

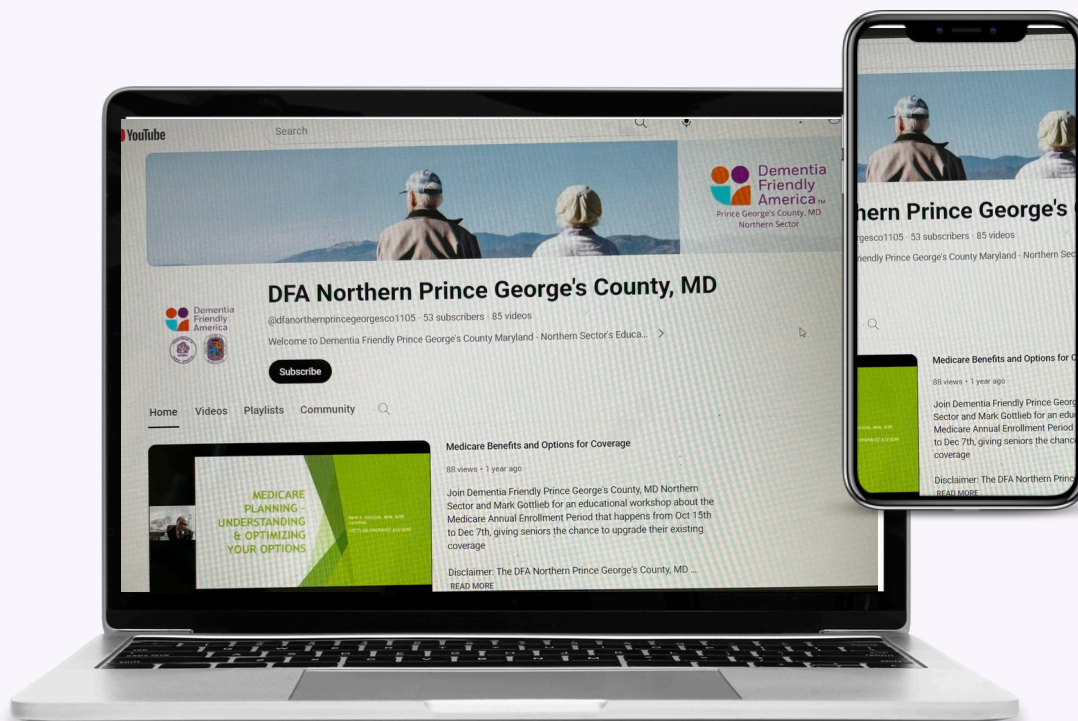


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DID YOU HAPPEN TO MISS OUR LAST WEBINAR? IF SO, NO WORRIES! WE HAVE PLENTY OF EDUCATIONAL VIDEOS THAT COVER TOPICS LIKE BEING A DEMENTIA FRIEND, CAREGIVING, AND MORE. WE WOULD BE ABSOLUTELY THRILLED IF YOU COULD TAKE THE TIME TO FOLLOW OUR YOUTUBE CHANNEL.



<http://tinyurl.com/mt5kt7jb>