



Dementia Friendly America



Prince George's County Northern Sector

JUNE 2025

UPCOMING DFA WEBINARS

Diagnosis Dementia: Now What?

➤ Thursday, June 12th at 7pm

Join **Melissa Long**, for a discussion about the ups and downs that come with a diagnosis. It can be a real eye-opener—or even a relief! Let's begin planning for the future while we navigate life alongside someone with dementia together.

Registration Link:

<https://attendee.gotowebinar.com/register/8684228053088809823>



Resilience & Coping Strategies for Caregivers

➤ Thursday, June 26th at 7pm

Join **Miriam Galindo** for a discussion on strategies for maintaining emotional and physical wellbeing while caring for a loved one with Dementia. Gain insights into practical tools, self-care techniques, and support resources that can help you navigate the challenges of Dementia caregiving.

Registration Link:

<https://attendee.gotowebinar.com/register/8684228053088809823>



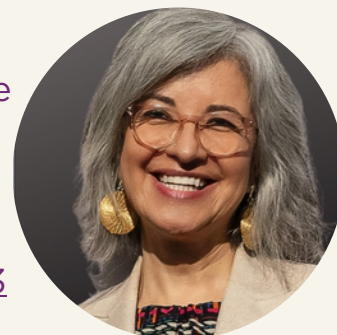
GUIDE Model - Intro to Dementia Services

➤ 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/8684228053088809823>



For more information, please contact

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

Senior Drivers Safety Workshop with Kurt Gray



Kurt E. Gray led an engaging presentation on Senior Driver Safety & Mobility at the Greenbelt Community Center. The session focused on promoting safe driving habits and maintaining mobility for older adults, offering practical strategies to support their independence and well-being on the road.

We're sorry if you missed this session — but don't worry! Please see page 1 for our upcoming presentations. We hope to see you there!

FREE SENIOR PLANET CLASSES

- All classes are in-person
- From 11 AM to 12:30 PM
- For participants 60 years and older

GREENBELT COMMUNITY CENTER 15 Crescent Rd., Greenbelt, MD 20770 Ground Floor East Entrance

MESSAGING APPS | JUNE 3, 2025

Text messaging is a primary form of communication, and many apps now let you send messages for free over the internet. This lecture covers iMessages, Google Chat, and WhatsApp, focusing on messaging, calling features, and security.



TECH FOR AGING IN PLACE | JUNE 10, 2025

This lecture explores how technology — from smart home devices to wearable health trackers — can help older adults live independently, safely, and comfortably in their own homes. Participants will learn about practical tech solutions that support mobility, medication reminders, home security, and daily communication.

INTRO TO ESTATE PLANNING | JUNE 24, 2025

Estate planning may seem overwhelming, but it simply ensures your health, finances, and belongings are managed according to your wishes. This lecture provides an overview of common estate planning documents and highlights free or low-cost resources and digital tools to help you create a simple plan.

ONLINE SAFETY | JULY 1, 2025

This lecture covers essential tips for protecting your personal information while using the internet, including how to recognize scams, practice safe browsing, and manage privacy settings. Participants will gain confidence in navigating the digital world securely and avoiding common online threats.

PAYMENT 2 PAYMENT OPTIONS | JULY 8, 2025

This lecture introduces popular peer-to-peer (P2P) payment services like PayPal, Venmo, and Cash App, which make it easy to send and receive money digitally. Participants will learn how these services work, how they compare, and how to use them safely for everyday transactions.

CHROMEBOOK BASICS | JULY 14 - AUGUST 13, 2025 | FROM 1 PM TO 2:30 PM

In this 5-week course, classes meet on **Mondays & Wednesdays**, participants will learn how to use a Chromebook for everyday tasks like browsing the web, sending emails, accessing online entertainment, and connecting with loved ones. It's ideal for those new to Chromebooks or looking for a simple, secure, and budget-friendly computer option.



To register, or for more information: Please email bgarcia@greenbeltmd.gov or call Brendy Maddox (202) 670-6497

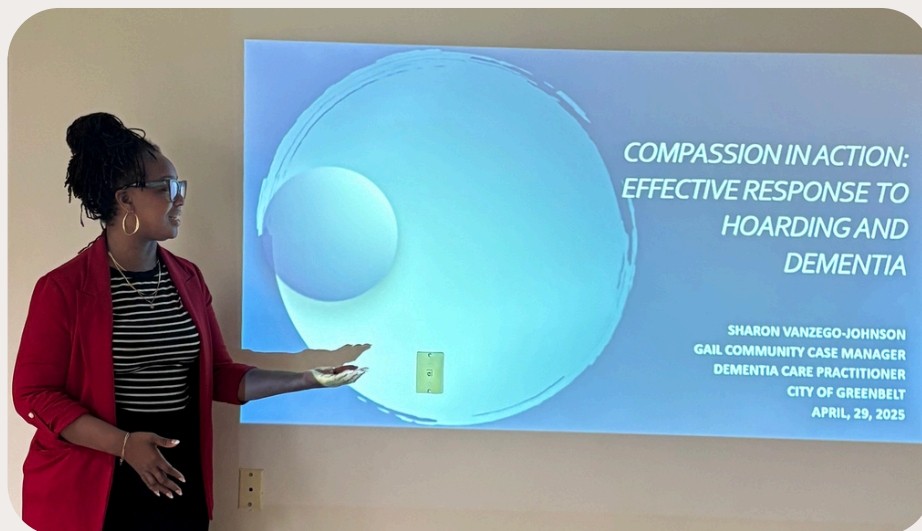


Dementia Friendly America



Prince George's County Northern Sector

Sharon Vanzego-Johnson Leads Training on Compassion in Action: Effective Response to Hoarding and Dementia



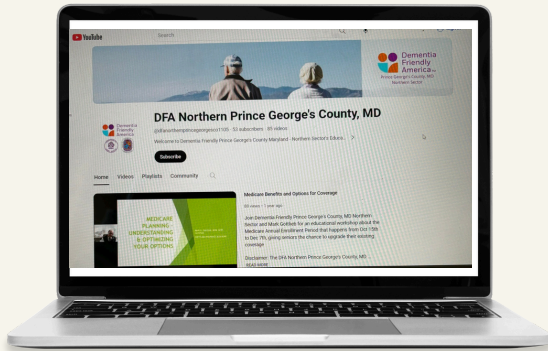
As part of Crisis Intervention Team (CIT) training at the University of Maryland (UMD) Police Academy, Sharon Vanzego-Johnson, Co-lead for DFA – Northern Prince George's County sector, delivered her presentation, "Compassion in Action: Effective Response to Hoarding and Dementia," to a group of first responders—including UMD Campus Police, Greenbelt officers, and Prince George's County police and EMTs.

This specialized training plays a critical role in preparing first responders to recognize and appropriately respond to complex behavioral health situations. For individuals experiencing hoarding disorder or dementia-related crises, a well-informed, compassionate response can prevent escalation, reduce trauma, and connect individuals to the support services they need.

For community caregivers, this collaboration with emergency personnel is essential. When first responders are trained to engage with empathy and understanding, it creates a safer, more coordinated network of care—ensuring that vulnerable individuals and their families are treated with dignity and respect in moments of crisis.

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 in joining, please contact

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