



# Dementia Friendly America



Prince George's County Northern Sector

## MARCH 2024 DFA WEBINARS

### Senior Driver Safety & Mobility

➤ *Thursday, March 7th at 7pm*

Join **Kurt Gray**, a CEO of KEG Ventures and principal of KEG Consulting, who's got 20 years experience in traffic safety, to a discussion about the challenges aging drivers face and the resources available to help them drive safer and longer.

Registration Link:



### Having Courageous Conversations

➤ *Thursday, March 14th at 7pm*

Join **Miriam Rendon Ponce**, who has served as Miriam is a professional business liaison for Hospice of the Chesapeake, for an open discussion on challenges of transitioning from curative treatment to comfort care, and the advantages of early referrals for better patient and family support and crisis prevention.

Registration Link:



**For more information, please contact**

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



**NEW**

**Wednesday,  
March 13  
2-3:30 p.m.  
Zoom Webinar**

## **Lifestyle Factors Affecting the Risk of Alzheimer's Disease**

Alzheimer's Disease is likely caused by a combination of genetic, environmental, age, and lifestyle factors. Though research continues, evidence is strong that people can reduce the risk of Alzheimer's and some other brain disorders. Dr. Marilyn Albert, Director of Cognitive Neuroscience, Department of Neurology with Johns Hopkins Medicine, will update us on the latest research related to the potential role of lifestyle factors in modifying the progression of Alzheimer's disease. These lifestyle factors may include physical activity, a healthy diet, social engagement, cigarette smoking, and excessive drinking. This event, sponsored by Suburban Hospital, is in partnership with Friendship Heights Neighbors Network and is part of FHNN's collaboration with Little Falls Village.



**SUBURBAN HOSPITAL**  
JOHNS HOPKINS MEDICINE

**FREE REGISTRATION IS  
REQUIRED**

**FOR FHNN MEMBERS:**  
[HTTPS://BIT.LY/0313FHNN](https://bit.ly/0313FHNN)

**FOR ALL OTHERS:**  
[HTTPS://BIT.LY/0313SH](https://bit.ly/0313SH)

# Aging Solo-Next Steps Working Group



The Greenbelt Assistance in Living Program will be forming a working group for *past Aging Solo Program participants*. We will work on making progress in several of the areas that the Aging Solo Series discussed. Participants must be willing to make progress in their aging solo journey to participate in this working group.

## YOU MUST COMPLETE THE AGING SOLO CLASS TO PARTICIPATE

Thursdays, March 14 - August 8, 2024

From: 1:00 - 2:30 am in person

For more information call 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](mailto:sjohnson@greenbeltmd.gov)



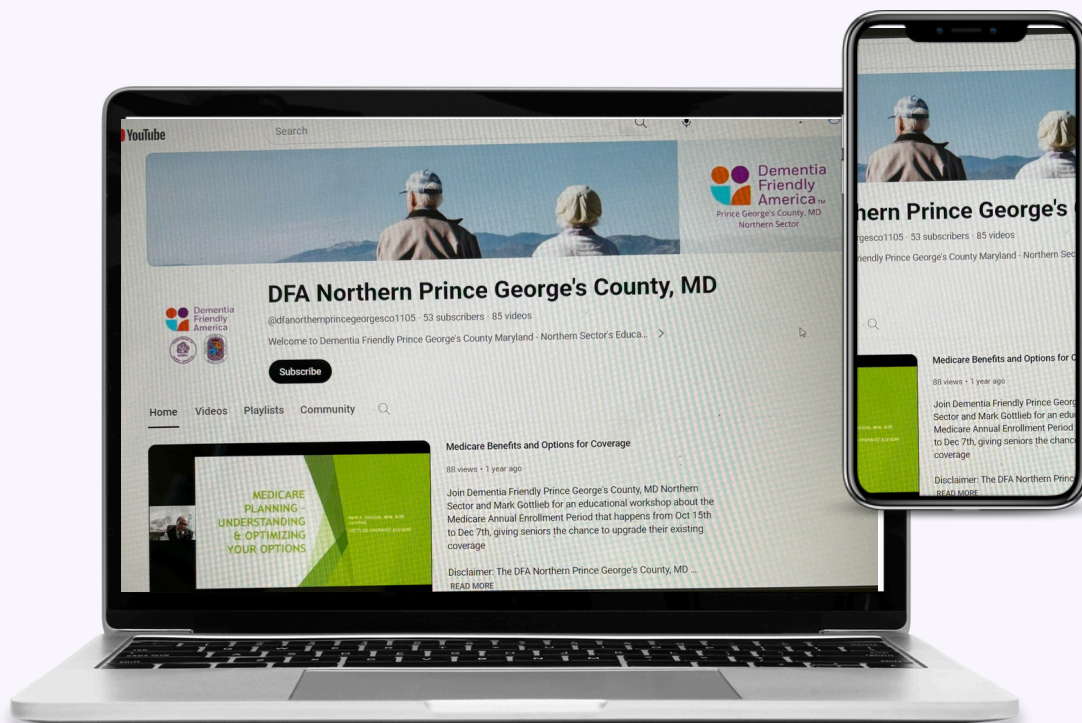


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**DID YOU HAPPEN TO MISS OUR LAST WEBINAR? IF SO, NO WORRIES! WE HAVE PLENTY OF EDUCATIONAL VIDEOS THAT COVER TOPICS LIKE BEING A DEMENTIA FRIEND, CAREGIVING, AND MORE. WE WOULD BE ABSOLUTELY THRILLED IF YOU COULD TAKE THE TIME TO FOLLOW OUR YOUTUBE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



**<http://tinyurl.com/mt5kt7jb>**