



Dementia Friendly America

Prince George's County Northern Sector



FEBRUARY 2025

UPCOMING DFA WEBINARS

Managing Money

➤ Thursday, March 13th at 7pm

Join **Evan Favors**, For a discussion on the costs of caregiving, the benefits of early planning, and how to start a conversation about finances, legal needs, avoiding financial abuse and fraud, and finding support when needed.



Registration Link:

<https://attendee.gotowebinar.com/register/4714817355507074391>

Strategies for Improving Communication

➤ Thursday, March 27th at 7pm

Join **Dhurti Patel**, for a discussion on effective techniques for enhancing interactions with loved ones affected by dementia. Discover practical approaches to foster understanding, reduce frustration, and create meaningful connections, all while gaining insights on Dementia care.



Registration Link:

<https://attendee.gotowebinar.com/register/4511007480609137246>

Building Foundations of Caregiving

➤ Thursday, April 10th at 7pm

Join **Evan Favors**, for a discussion on the role of caregiver and changes they may experience, building a support team and managing caregiver stress.



Registration Link:

<https://attendee.gotowebinar.com/register/144788532594377815>

Need more information or help with registration?

Contact Brendy Maddox, bgarcia@greenbeltmd.gov, (240) 424-0302

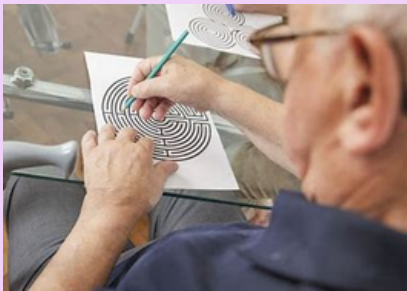
SAVE THE DATE: MEMORY SCREENINGS



JOIN US FOR OUR UPCOMING MEMORY SCREENINGS AT THE FOLLOWING LOCATIONS:

Monday, March 3, 10am–12pm
Langley Park Senior Activity Center
1500 Merrimac Drive, Hyattsville, MD 20783
Contact: Brenda.Harris@pgparks.com

Monday, March 10 , 10am–12pm
Laurel–Beltsville SAC
7120 Contee Rd, Laurel, MD 20707
Contact: laurelbeltsvilleseniors@pgparks.com



More Information
Katherine Farzin
Kfarzin@greenbeltmd.gov
Office: (240) 542–2019

❗ Please keep in mind that the screenings are not a diagnosis, but rather a baseline of where you are.



Memory Hacks That Work

Struggling with memory lapses can be frustrating. Research suggests some simple tricks to improve your memory and make daily life easier. Try these:

Repeat Names to Remember

When meeting someone new, say their name four times over the next week. For example, use their name immediately, then after 15 minutes, a day, and a week. This technique is based on "spaced learning," which shifts information from short-term to long-term memory.

Tip: Keep a "names list" in your phone to note down names for quick reference.

Smell an Orange

Feeling stressed and forgetful? Scratch the skin of an orange and inhale the fresh citrus scent. The smell helps reduce stress and improve short-term memory by stimulating the prefrontal cortex.



Read on Paper

Studies show people remember more from physical books or papers than digital screens. Reading on paper helps avoid distractions and enhances focus.

Tip: If you want to remember something important, print it out and read it!

Drink Coffee in the Morning

A morning cup of coffee (around 200 mg of caffeine) can improve memory for up to 24 hours. Caffeine enhances brain functions in areas responsible for memory.

FREE SENIOR PLANET CLASSES

Media & Health

- All classes are in-person, 11:00am - 12:15pm
- For participants 60 years and older

15 Crescent Rd., Greenbelt, MD 20770 - Ground Floor East Entrance



Facilitated by Flora Li,
Green Ridge House Service Coordinator

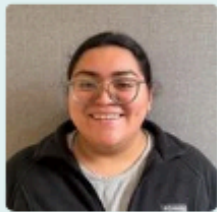
SENIOR PLANET
FROM AARP

Discover Senior Planet

04
MARCH,
2025

Senior Planet Community (SPC) is a place for older adults to make friends, share their interests, and participate in hands-on workshops. You'll explore the many groups where you can connect with others, learn about posting and messaging, and discuss the site's safety and privacy features as well as free online tech support, online classes, and how to subscribe to the Senior Planet e-newsletter.

Please register by February 27th



Facilitated by Brendy Maddox,
Bilingual Health Case Worker



Mobile Health Apps

18
MARCH,
2025

Did you know that your smartphone is a powerful health tool? This lecture introduces common health apps, like the iPhone Health app and the Samsung Health app. You will learn the main features such as activity tracking, food logging, data insights, integration with other apps and more! We will also discuss data and privacy.

Please register by March 13th

To register, or for more information:

Please email Kelly Lange - klange@greenbeltmd.gov or call
Brendy Maddox (240) 424-0302

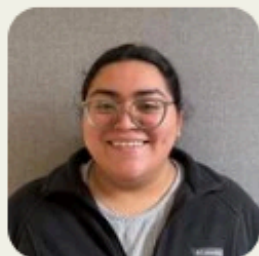


FREE SENIOR PLANET CLASSES

Understanding Mobile Phone Apps

- All classes are in-person, 11:00am - 12:15pm
- For participants 60 years and older

15 Crescent Rd., Greenbelt, MD 20770 - Ground Floor East Entrance



Facilitated by Brendy Maddox
Bilingual Health Case Worker

April 1st - Mindfulness Apps

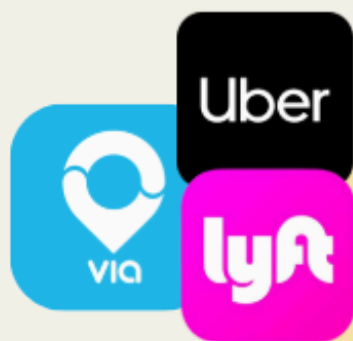
Mindfulness is the ability to be fully present and aware. You can practice mindfulness through simple activities. This lecture introduces mindfulness and its physical and mental benefits, such as reducing anxiety, improving memory, and lowering blood pressure. You'll learn about popular apps that teach breathing and meditation techniques, as well as new technology like wearable breath monitors and smart yoga mats.

Please register by March 27th

April 15th - Messaging Apps

Text messaging has become one of the primary ways we communicate. But did you know that you can send texts over the internet? Learn about the most popular messaging apps that allow you to send texts for free when connected to Wi-Fi. The lecture will go over the features of three widely-used apps: iMessages, Google Chat, and WhatsApp. You'll learn about sending texts and pictures, making voice and video calls, and how these apps keep your messages secure.

Please register by April 10th



April 29th - Ridesharing Apps

Apps have changed the way many people get around! This presentation will explore ride-sharing apps, which are also known as e-hailing apps. Learn about the two most popular apps -- Uber and Lyft -- and the pros and cons of them both.

Please register by April 24th

To register, or for more information:

Please email Kelly Lange - klange@greenbeltmd.gov or call Brendy Maddox (240) 424-0302



FREE SENIOR PLANET CLASSES

WHAT TO KNOW ABOUT ARTIFICIAL INTELLIGENCE (AI)

- All classes are in-person, 11:00am - 12:15pm
- For participants 60 years and older

15 Crescent Rd., Greenbelt, MD 20770 - Ground Floor East Entrance



Facilitated by **Katherine Farzin**
City of Greenbelt - GAIL Program
Bilingual Community Outreach Coordinator

INTRO TO AI

06
MAY 2025

Curious about AI? Want to know more about ChatGPT? This lecture will introduce some basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!

Please register by May 1st

AI & DISINFORMATION

08
MAY 2025

Disinformation refers to false information created to mislead people. Today's AI-powered tools and social media have made it easier and faster to spread disinformation. We'll explore how AI is used to create convincing deepfakes and clone voices - making it challenging to distinguish between real and fake content. Additionally, a review on best practices for evaluating information and explore tech tools that can help identify content created with AI.

Please register by May 1st

EVERYDAY USES OF AI

20
MAY 2025

Come to this class to be a part of the conversation about AI! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology. **Please register by May 15th**

IS THAT AI?

22
MAY 2025

AI programs can now create ultra-realistic images and videos. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image was generated by AI. You will learn how to do a reverse image search to find out the internet history of any image you find online. While we can't definitively tell whether an image is AI, these tools will make you a tech savvy internet user. **Please register by May 15th**



To register, or for more information: Please email Kelly Lange - klange@greenbeltmd.gov or call Brendy Garcia (240) 424-0302

"Empower Your Caregiving Journey"

*"Free Virtual Webinar Series for Families and Caregivers"**

Host: NAMI System of Care (SOC) Program

Presenter: Dr. Nicole M. Alford, Clinical Psychologist

Where: Virtual Sessions via Zoom

When:

- Tuesday, March 18
- Tuesday, April 22
- Tuesday, May 20
- Tuesday, June 17

Time: 6:30 pm to 7:30 pm

Registration: Registration is required; links are below.

Webinar #1, "Understanding Caregiver Burnout"

Webinar #2, "I Think I'm Burned Out, So Now What? Part I."

Webinar #3, "I Think I'm Burned Out, So Now What? Part II."

Webinar #4, "Dealing With Caregiver Emotions"

Telephone: (240) 467-5948

Email: nami.pgcmd1@gmail.com

*For families and caregivers of children (infants through 21 years of age) who are diagnosed with or at risk of serious emotional disturbances (SED) or serious mental illness (SMI).



Don't Miss this Opportunity for Family Caregivers--Your Health Matters!
REGISTER NOW-- Click Webinar #1 after downloading the Flyer
Certificates of Attendance & Free Caregivers Guide upon completing the four
(4) webinars.
For additional information, call (240) 467-5948



NEW MEMORY CAFE PILOT PROGRAM

The Memory Cafe is a place where individuals with memory loss and their caregivers can participate in engaging programs that include music, creative movement, poetry, theater and more, to stimulate the mind, body and spirit!

When: 2nd & 4th Thursdays – March 13 thru June 26, 2025

Time: 11:00 am –12:00 noon

Location: Bowie Senior Center

14900 Health Center Dr, Bowie, MD 20716-1068

To register contact: Sharon Vanzego-Johnson

Phone: 240-542-2029 Email: sjohnson@greenbeltmd.gov



Aging Solo



The Aging Solo series is a nationally-awarded program that focuses on taking charge of your aging. Aging Solo will help you reflect on priorities, map out your support network, and put plans in place.

YOU MUST COMPLETE THE AGING SOLO CLASS TO PARTICIPATE

Thursdays, April 25- May 30, 2025

From: 11:00 am - 12:30 pm in person in the
Greenbelt Community Center

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