



Dementia Friendly America



Prince George's County Northern Sector

MAY 2024

MAY 2024 DFA WEBINARS

Nutrition for Older Adults

➤ *Thursday, May 2nd at 7pm*

Join **Melissa Long**, Director of Education and Support, Certified Recreational Therapist, Certified Dementia Practitioner, and a Licensed BCAT® practitioner to a fun discussion on food. It's not just about satisfying our nutritional needs, but it also brings us so much joy and pleasure. . Let's learn some quick, easy and healthy ways to meet those needs.

Registration Link: <https://tinyurl.com/23kjd9rt>



Living With Serious Illness

➤ *Thursday, May 9th at 7pm*

Join **Miriam Rendon De Ponce**, Join us to a discussion on misunderstandings and myths about serious illnesses that make it difficult for patients to receive the appropriate medical support.

Registration Link: <https://tinyurl.com/4zc7cuks>



For more information, please contact

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

More From Our Partners



SSA SCAM ALERT: DON'T HAND OFF CASH TO "AGENTS"

The Social Security Administration (SSA) Office of the Inspector General (OIG) has issued this alert in response to increased reports of impersonation scams involving in-person cash hand-offs.

SSA OIG is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand off cash. SSA OIG agents will never pick up money at your door or in any type of exchange. This is a SCAM!

NEVER exchange money or funds of any kind with any individual stating that they are an SSA OIG agent. This new scam trend introduces an element of physical danger to scams that never existed before. This recent method of handling cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA OIG and official government agencies DO NOT conduct business in this manner.

"This is the latest example of how scammers are constantly evolving their tactics to intimidate or pressure people into making hasty decisions that usually involve stealing their target's hard-earned money," said Inspector General Gail S. Ennis. "While our agents are out in the field, they will not ask you for money. I urge you not to respond to these kinds of requests."

WHAT TO DO IF YOU HAVE BEEN SCAMMED

- Stop talking to the scammer.
- Notify financial institutions and safeguard accounts.
- Call the police and file a police report. File a complaint with the FBI [Internet Crime Complaint Center](#). Report Social Security-related scams to [SSA OIG](#).
- Report other scams to the [Federal Trade Commission](#).
- Keep financial transaction information and records of all communications with the scammer.

CREATIVE AGING VIRTUAL PROGRAMS

Connect with others during hour-long virtual workshops led by professional teaching artists.
Spark imagination and memory, lift spirits, and stimulate the mind and body!

For text reminders and program links, text your first and last name, and your location to 833-265-0531.

Moving with the World

a movement workshop with **Annetta Dexter Sawyer**

Explore healing movement, world music, and dance with Arts for the Aging Teaching Artist Annetta Dexter Sawyer in Moving

With the World. Annetta leads participants in gentle, healing movements that stimulate mind and body.

All you need to

participate is a willingness to experiment. No

language barrier exists when we dance, heal, and

listen to music.

CoOPERAtion

a music workshop with

Peter Joshua Burroughs and Carlos César Rodríguez

Become part of the production! Grab a hat, scarf, or other props and costumes to interact with others.

World-class tenor

Peter Burroughs performs excerpts from famous

operas and popular contemporary music. Live piano music by maestro

Carlos César Rodriguez enriches the improvisational aspects of the workshop. Sing, act, and move along with RÓMEZ3arts!

Moving Stories

a movement & storytelling workshop with **Sloka Iyengar**

Sloka Iyengar, a neuroscientist and dancer, connects

movement and imagination with Bharatanatyam. This classical Indian dance form originated in the temples of South India more than 2,000 years ago, and entails storytelling with hand gestures and facial expressions.

Participants will use observation and visualization to travel through a dreamscape in their mind and body.

Wednesday, May 8, 1:30 p.m.

Call in: (301) 715-8592

Meeting ID: 885 0756 7719



Wednesday, May 22, 1:30 p.m.

Call in: (301) 715-8592

Meeting ID: 885 0756 7719



Wednesday, June 12, 1:30 p.m.

Call in: (301) 715-8592

Meeting ID: 885 0756 7719



ARTS FOR THE AGING

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

•**Dining With Diabetes** is a 4-week program that focuses on diabetes management through nutrition.

Wednesdays, August 7th, 14th, 21st, 28th 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

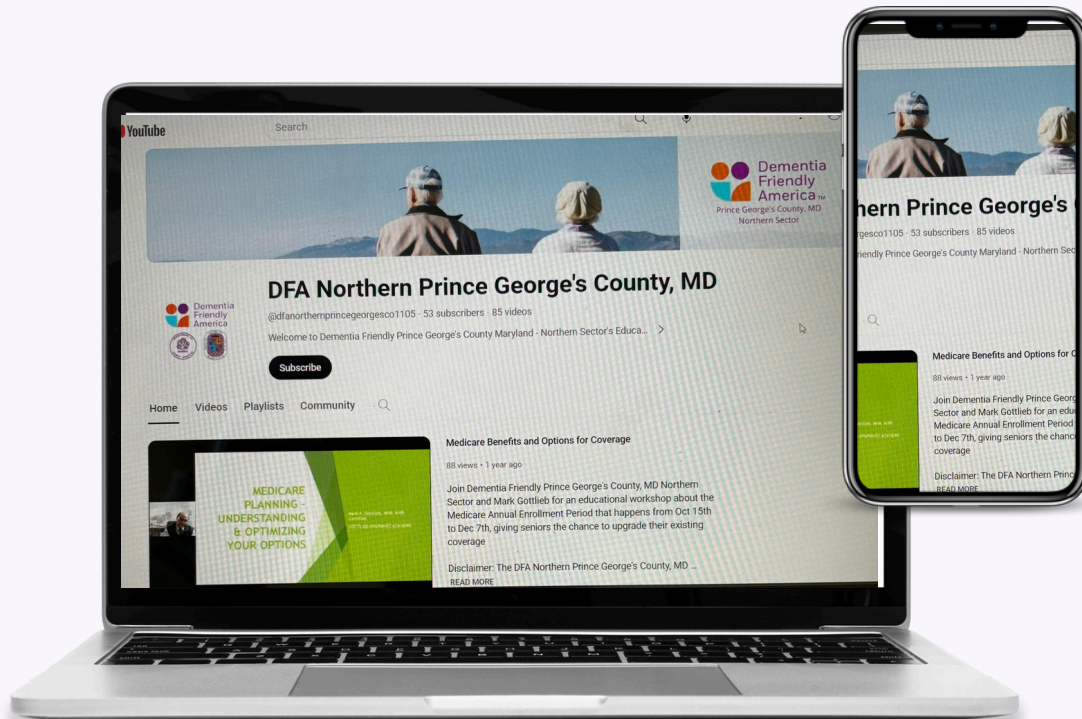


Dementia Friendly America



Prince George's County Northern Sector

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>