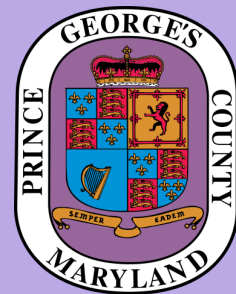




Dementia Friendly America

Prince George's County Northern Sector



MAY 2025

UPCOMING DFA WEBINARS

Long Term Care Planning

➤ Thursday, May 8th at 7pm

Please join **Mark Gottlieb**, for a discussion how our aging population is driving an increased need for long-term care, especially as chronic health and cognitive conditions become more common. Registration Link:

<https://attendee.gotowebinar.com/register/2854389803713570135>



3 Key Steps in Empowered Dementia Care

➤ Thursday, May 22nd at 7pm

Please Join **Debra James** for a discussion on the importance of dementia diagnosis, explore potential financial resources, and essentials of caregiver self-care.

Registration Link:

<https://attendee.gotowebinar.com/register/2435321941902950492>



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>



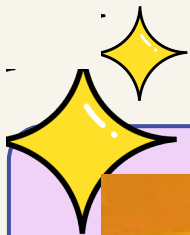
For more information, please contact

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

Caregiving

Caregiving, a new documentary created with executive producer Bradley Cooper, highlights the challenges and triumphs of caregiving in America. Award-winning actress Uzo Aduba (The Residence, Painkiller, Orange is the New Black) narrates the film, bringing her own experience as a caregiver for her mother to the project. The two-hour documentary will premiere Tuesday, June 24, 2025, at 9 p.m. ET on PBS and the PBS YouTube Channel. An early streaming premiere begins Tuesday, May 27, 2025, on WellBeings.org, PBS.org, and the PBS app.

The two-hour documentary is centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day. As the number of caregivers declines, and the number of individuals requiring care in our country increases, the challenges grow. Caregivers require differing types and levels of support. At times, the burdens of caregiving can seem unbearable, regardless of resources. The “needs gap” for information may be greater for caregivers than it is for care recipients. The film will explore these issues and shine a light on innovation for 21st century caregiving.



<https://youtu.be/yGxDUqsCZPE>

Call A Cab



*Service and Program is not guaranteed, and is only active while funding is available

How does Call-A-Cab Work?

There are 6 easy steps!

- **APPLY** - by completing the application.
- **ORDER** - coupon books. Cost: \$10.00 for each \$20.00 Coupon book.
- **PAY** - online with debit/credit card or check.
- **CALL** - the taxicab company you prefer (from the list sent with the coupons) when the coupon books arrive.
- **SHOW** - your coupon book to driver
- **PAY** - driver any combination of coupons and cash.

How many coupon books can I purchase?

Senior and/or disabled residents may purchase up to fourteen (14) \$20.00 coupon books in a six-month period at \$10.00 per book.

Program information 301.883.5656

Call-A-Cab

Call-A-Cab is a Transportation Assistance Program that provides Mobility at a Reduced Cost for County Seniors (age 60+) and County Residents with Disabilities.

This program allows eligible residents to purchase coupon books that can be used to pay for rides with participating cab companies when Metrobus, Metrorail, and/or Call-A-Bus are not available.



Call-A-Cab



SCAN ME! >>



Scan here for a **NEW APPLICATION!**
or visit bit.ly/CACNewApp

SCAN ME! >>



Scan here for a for
What's Call-A-Cab!



Call us for more information!

301.499.8603
or Maryland Relay
800.735.2258

Adult Day Program

What are respite grants?

HFC respite grants cover the cost of professional, in-home or Adult Day Center care so you can feel confident about the care being provided to your person while you take some time for yourself.

We grant two types of awards:

1. In-Home Respite Grant- 100 hours total of respite care to be used within 3 months of being awarded
2. Adult Day Center Respite Grant- 24 days of respite care to be used within 3 months of the first date of care

To be eligible to apply:

You must be able to answer YES to all the following:

1. Has the person you are caring for been professionally diagnosed with Alzheimer's disease, frontotemporal dementia (FTD), Lewy body dementia (LBD), vascular dementia, mixed or other dementias, or Parkinson's related dementia?
2. Is the person you are caring for currently living at home with you?
3. Are you facing financial and emotional hardships due to the unique challenges of caring for someone with Alzheimer's or a related dementia?
4. Do you reside in the United States or Canada? (Please note, at this time, we are unable to provide grants in Puerto Rico or other U.S. territories).

How to apply?

Complete the online application.

<https://wearehfc.org/care-grants/>



Senior Driver Safety & Mobility



SENIOR DRIVER SAFETY & MOBILITY

WEDNESDAY MAY 21, 2025

10:00 A.M - 11:00 A.M

Location:

15 Crescent Rd, Greenbelt MD 20770

Join us for an insightful seminar featuring expert guest speaker **Kurt Gray**, who will explore the challenges aging drivers face and provide practical strategies to help them stay on the road safely.

YOUR INSTRUCTOR

Kurt Gray, CEO of KEG Ventures and principal of KEG Consulting, has 20 years of traffic safety experience, particularly in driver education and training. He is involved with Seniors Helping Seniors, an in-home senior care agency, and delivers driver safety programs and risk management for aging drivers and organizations.



TO REGISTER

CALL (202) 670-6497



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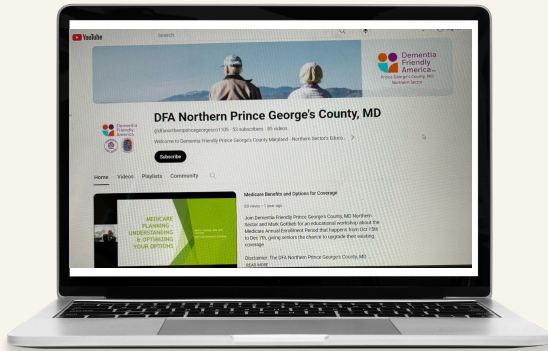
Prince George's County Welcomes New Lego Serious Play Trainers



LEGO® Serious Play® (LSP) is a tool used to engage and guide individuals, families, and professionals to thrive in their roles as caregivers or dementia educators. Participants enhance their creative skills and expand their ability to collaborate by learning to express themselves in a hands-on and visual way. The process involves building models to represent thoughts, ideas, and solutions, fostering deeper insights and more meaningful conversations.

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