



Dementia Friendly America



Prince George's County Northern Sector

Upcoming DFA Webinars November 2025

Parenting Your Parent

➤ Thursday, November 6th at 7 pm

Join us for an insightful discussion on navigating the complexities of caring for aging parents. Whether you're a seasoned caregiver or just starting out, this event will provide practical tips and emotional support. Let's come together to share stories, ask questions, and learn from each other's experiences. Don't miss out on this valuable opportunity to connect with others facing similar challenges. See you there!

Registration Link: <https://bit.ly/3K6QmeE>



A Deep Dive Into The Five Dementias

➤ Thursday, November 13th at 7 pm

Gain valuable insights into the various types of dementia and discover ways to support those affected by it. Seize this opportunity to deepen your understanding and engage in meaningful discussions.

Registration Link: <https://bit.ly/47KO4vJ>



Having a Say in Your Care: How to Make Advance Care Planning Work

➤ Thursday, November 20th at 7 pm

Creating an advance healthcare plan can empower individuals to take charge of their future healthcare and improve their quality of life. Learn about free resources to create advance directives and tips and techniques to help.

Registration Link: <http://bit.ly/3X9AnzD>



For more information, please contact

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

SAVE THE DATE: MEMORY SCREENING



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

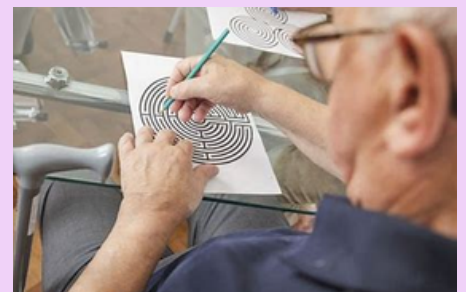
Monday, December 1, 2025, 10am–12pm

Gwendolyn Britt Senior Activity Center
4009 Wallace Road, North Brentwood, MD 20722

Contact: Cdavis@haccp.agency



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



More Information

Katherine Farzin

Kfarzin@greenbeltmd.gov

Office: (240) 542-2019



Planning for the Unexpected:

How caregivers can prepare for emergencies



Why emergency planning matters

When a crisis strikes — whether it's a sudden hospitalization, a weather-related evacuation, or a caregiver becoming unexpectedly unavailable — the stress can multiply quickly.

For families already juggling complex care, even short disruptions can have cascading effects on health, safety, and stability. An emergency plan helps families stay grounded. It ensures that critical details, from medication lists to power-of-attorney contacts, are organized and accessible when they're needed most.

What an emergency plan should include

- Key contacts and roles: Who should be called first in an emergency? Who can step in to provide care if the primary caregiver is unavailable?
- Medical information: Keep up-to-date lists of medications, allergies, physicians, insurance information, and care instructions in one easy-to-access location.
- Daily routines: Note important details like meal preferences, mobility support, communication needs, and other personal routines that help a loved one feel safe and comfortable.
- Legal and logistical documents: Copies of identification, insurance cards, health care proxies, or advanced directives should be accessible — both digitally and in print.
- Contingency plans for disasters: If your area is prone to hurricanes, wildfires, or other events, map out evacuation routes, emergency shelters, and backup power options for medical devices.

Preparation is an act of care

When you make a plan for the unexpected, you're giving your loved ones (and yourself) the gift of stability and calm. Emergencies may be unpredictable, but with a plan in place, your family's care can stay on track no matter what.

If you're ready to take that step, Wellthy can help you get started. Simply log in or create your account today, and our Care Coordinators can work with you to iron out a plan that keeps your family supported, informed, and ready for whatever comes your way.

To continue reading: <https://wellthy.com/blog/planning-for-the-unexpected-how-caregivers-can-prepare-for-emergencies>

Brain health in diabetes: Where does dementia fit in?



What is dementia?

Dementia is a collection of symptoms caused by disorders affecting your brain. It impacts your thinking, behaviour and ability to perform everyday tasks—and progresses over time. There are many types of dementia but the most common are Alzheimer's disease and vascular dementia.

What is the link between diabetes and dementia?

When your diabetes is uncontrolled there is too much sugar in your blood, which can cause inflammation and damage your brain, among other organs. Diabetes that isn't managed properly can also damage your blood vessels. This can increase your risk of dementia because your brain needs healthy blood vessels to keep it working well.

Studies have also shown that type 2 diabetes can increase your risk of Alzheimer's disease, vascular dementia and other types of dementia because risk factors and cardiovascular problems associated with diabetes are also associated with dementia. These include:

- Obesity
- Heart disease or family history of heart disease
- Circulation problems
- High cholesterol
- High blood pressure

How do I reduce my risk?

Remember that heart health and brain health go hand in hand. If you have a healthy lifestyle that promotes good heart health, your brain will benefit too. Here are some ways to keep your brain and heart healthier:

Maintain a healthy diet with lots of vitamin D, folate, B6 and B12 vitamins. Omega-3 fats are good for your heart and head too so opt for more foods like fatty fish, canola and flax seed.

To continue reading: <http://bit.ly/4nPjI57>

The Memory Cafe

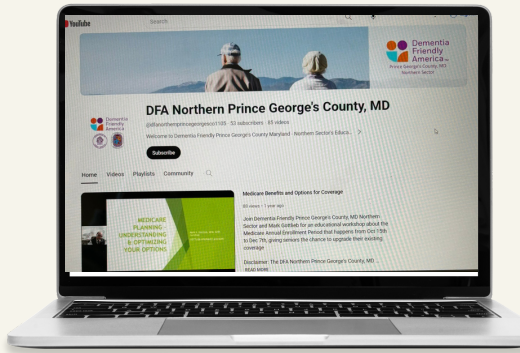
Tune in to “The Memory Cafe,” video to get a glimpse of what its like to be of our stigma-free environment for those with early-stage Alzheimer’s disease, mild cognitive impairment or other forms of dementia and their spouses, partners and caregivers.



<https://www.facebook.com/share/r/1BDw6kpPnh/>

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 pm 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 pm.

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 1:30-2:30 pm 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, 1:30-2:30 pm.



If interested, please contact

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