



Dementia Friendly America

Prince George's County Northern Sector



OCTOBER 2025

Upcoming DFA Webinars

Brain Health

➤ Thursday, October 9th at 7 pm

Impaired brain health can significantly impact an individual's capacity to work, handle finances, engage in social activities, and even maintain independent living. Let's explore how enhancing brain health is a crucial step toward achieving a long and fulfilling life.

Registration Link: <http://bit.ly/4mYXYy4>



Medicare Options For 2026

➤ Thursday, October 23rd at 7 pm

Everything You Need to Know About Medicare Supplement, Medicare Advantage, and Medicare Savings Plans. This webinar covers the essential guidelines and requirements for understanding these important Medicare options.

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



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>

For more information, please contact

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



Save the Date: Memory Screenings



Join us for our upcoming memory screenings at the following locations:

Monday, October 6 at 10 am–12 pm

Laurel–Beltsville Senior Activity Center
7120 Contee Rd, Laurel, MD 20707

Contact: Michael.Wilson@pgparks.com

Tuesday, October 13 at 10 am–12 pm

John E. Howard Senior Activity Center
4400 Shell St, Capitol Heights, MD 20743

Contact: vanecia.davis@pgparks.com

Tuesday, October 21 at 10 am–12 pm

Evelyn Cole Senior Activity Center
5720 Addison Road, Seat Pleasant, MD 20743

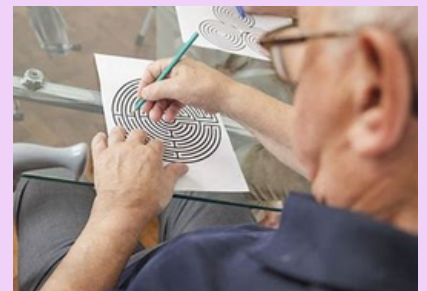
Contact: vanecia.davis@pgparks.com

Tuesday, November 4 at 10am–12pm

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

Contact: Brenda.Harris@pgparks.com

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



More Information

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Do's and Don'ts: Communicating with a Person Who Has Alzheimer's Disease

People with Alzheimer's may struggle to find the right word when speaking and may forget what they were saying. Remember to be patient. Here are some do's and don'ts to keep in mind.

Do

- Make eye contact and use the person's name.
- Listen and be open to the person's concerns.
- Allow extra time for the person to respond.
- Try using different words if the person doesn't understand what you say the first time.
- Ask yes or no questions: "Would you like some tea?" rather than "What would you like to drink?"

Don't

- Exclude the person from conversations.
- Speak with an angry or tense tone.
- Talk about the person as if they are not there.
- Interrupt or argue with the person.
- Ask the person whether they remember something or someone.

Learn more about [communication and behavior changes in Alzheimer's disease](#).

Early Hearing Aid Use Linked to Reduced Dementia Risk

Results of a new observational study found that individuals aged 70 years or younger with hearing loss had a 61% lower risk for dementia than their counterparts with hearing loss who did not wear the aids.

"Only 17% of individuals with moderate-to-severe [hearing loss] use hearing aids. Our study underscores the importance of early intervention for [hearing loss] to reduce risk for incident dementia," study investigator Lily Francis, MBBS, MPhil, University of Texas Health Science Center at San Antonio, and colleagues noted.

The study was published online on August 18 in JAMA Neurology.

To continue reading: <https://www.medscape.com/viewarticle/early-hearing-aid-use-linked-reduced-dementia-risk-2025a1000m41>

Caregiver Appreciation Event

What is the Caregiver Appreciation Event?

In honor of National Family Caregivers Month, Dementia Friendly America, in partnership with the Greenbelt Assistance in Living (GAIL) Program, invites you to a special afternoon dedicated to celebrating and supporting the caregivers in our community.

Services Include:

- Manicures
- Makeup artistry
- Haircuts & styling
- Braiding
- Eyebrow arching
- Reflexology
- Mini-facials
- And more!

Event Details:

Saturday, November 8, 2025 1 – 4 pm

Greenbelt Community Center:

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

Who should participate?

Unpaid family caregivers who care for individuals with dementia including family members and close family providing consistent care services.

**Registration opens October 1, 2025*

To register or learn more, contact:

Brendy Maddox at 202-670-6497 or bgarcia@greenbeltmd.gov



What Medicare Doesn't Cover

What You Need to Know Before Turning 65

Most people pay into Medicare through their payroll for all their employment years, thinking that once they turn 65, the coverage will be free. You'd be wrong to believe so. The truth about this health insurance program is that it also has several expenses.

High-income earners pay more in terms of copays, deductibles, and premiums, and expect no out-of-pocket maximum. A significant contributor to the misconception is the "Medicare for all" debate that leads consumers into believing that the program is entirely free.

What Does Medicare Cover, And What Doesn't It?

Here are the different areas that Medicare may or may not cover:

- Eye Examination and Optician
- Hearing Aids
- Dental Work
- Overseas Care
- Podiatry
- Cosmetic Surgery
- Nursing Home Care
- HMOs and Preventive Medicine

Members must select a PCP (primary care physician) to handle almost all their healthcare needs. Before visiting a specialist, you first have to be referred from your PCP. HMO plans are diverse, but their out-of-pocket healthcare costs are usually lower. You may need to pay a deductible before the beginning of the coverage, and the copayments are also low.

It's the ideal alternative if you are looking for lower premiums or if you need preventative care coverage like immunizations and checkups.

How to Keep Your Doctor and Ensure Coverage

You want to work with a health provider that you're comfortable with. They could be more familiar with your medical history or just a physician you can trust and share your information openly. This is a significant concern for most seniors, but is it possible once you enroll in Medicare?

To continue reading: https://caregiver.com/articles/medicare-not-cover/?ct=t%28Caregiver+Newsletter+8-28-2025%29&mc_cid=d6353877db&mc_eid=ed4b7d14b1



Fall Prevention: Saving Claire Event

On Thursday, September 25, 2025, the Greenbelt Assistance in Living (GAIL) Program hosted a Falls Prevention Awareness Event as part of Falls Prevention Awareness Week (September 22–26). This nationwide initiative emphasizes a vital message: falls are preventable.

The event drew 32 attendees and featured a special screening of the documentary *Saving Claire*. Following the film, participants engaged in a dynamic discussion led by Dr. Sara Pappa of Marymount University. She was joined by an impressive panel of community partners:

- Dr. Jessica Garrison – PT & Brain Health
- Ivonne Rodriguez, RN – GoGo Access
- Tahnesia Davis – Maryland Home Modification Programs
- Priya Gardner – Greenbelt Community Center Therapeutic & Inclusion Coordinator

As part of the event, participants had the opportunity to sign up for a free Home Safety Assessment, and up to 25 pre-registered Greenbelt residents were eligible to receive a Bathroom Safety Kit.

This event not only marked a successful kickoff to Falls Prevention Awareness Week but also served as the launch of several upcoming community initiatives. Together, these efforts aim to increase education about fall prevention and encourage older adults to take proactive steps in developing an “aging in community” plan.



Free Grocery Giveaway



COMMUNITY *Grocery* GIVEAWAY



GROCERIES

DIAPERS

TOILETRIES

THURSDAY, OCTOBER 16

11 A.M. - 1 P.M.

The Greenbelt Assistance
in Living Program
Lower Municipal Center -
Parking Lot
25 Crescent Road
Greenbelt, MD 20770

**SAVE
• THE •
DATE**

ONE DISTRIBUTION PER CAR | WHILE SUPPLIES LAST

Upcoming Events

Free Community Health Fair & Flu Clinic

Join us at the Community Health Fair, where you'll find resources, health screenings, and flu shots for adults!

Tuesday, October 7, 2025, 1-4 pm

Greenbelt Community Center

15 Crescent Road, Ground Floor East, Greenbelt, MD 20770



Free Flu Clinic

Protect yourself and those around you by getting your free flu shot at our upcoming clinic!

Tuesday, October 14, 2025, 1-4 pm

Springhill Lake Recreation Center

6101 Cherrywood Lane, Greenbelt, MD 20770



TaiCare Diabetes Education Class & Screening 2025

Join Dr. Florence Awosika, DNP, APRN, CDCES for a free diabetes education session on self-care and prevention. Learn to manage your health and make informed choices. Open to all, with a follow-up health screening.

Class: Friday, November 7, 2025, 10-11 am

Screening: Friday, November 14, 2025, 10 am-12 pm

Greenbelt Community Center

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

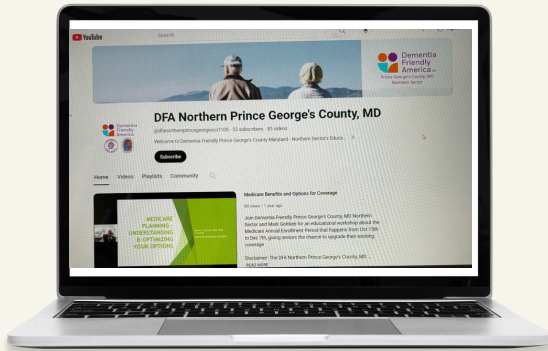


If interested, please contact

Brendy Garcia, 202-670-6497 OR bgarcia@greenbeltmd.gov

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