



# Dementia Friendly America

Prince George's County Northern Sector



SEPTEMBER 2025

## Upcoming DFA Webinars

### **Enhancing Communication with a Person with Dementia**

➤ Thursday, September 11th at 7 pm

As dementia advances, communication can become increasingly challenging. Let's delve into some effective skills together that can help make interactions more seamless and reduce frustration!

Registration Link: <https://bit.ly/4oOaFgZ>



### **When Words Fade: Caring for Someone with Dementia**

➤ Thursday, September 25th at 7 pm

Even as words fade, meaningful connection remains possible. This webinar offers practical tips for communicating with empathy, using tone, body language, and nonverbal cues to reduce frustration and build understanding. Discover how music, touch, routine, and shared silence can create moments of comfort, joy, and connection.

Registration Link: <https://bit.ly/41iwf36>



### **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>



For more information, please contact

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

# New Insights & Resources

## **New National Report Sheds Light on Caregiving in the United States**

AARP and the National Alliance for Caregiving recently released Caregiving in the U.S. 2025, which reveals that 63 million Americans—nearly one in four adults—are providing care to someone living with a chronic condition or disability. This represents a 45 percent increase over the past decade.

Family caregivers are taking on more complex responsibilities than ever before, from assisting with daily activities and personal care to managing medical tasks, coordinating services, and advocating with health care providers. The report emphasizes the financial, emotional, and physical toll this can take, while underscoring the urgent need for stronger policies and systems to support caregivers.

These findings mirror what C3 grantees are seeing across the country. Volunteers provide practical, person-centered support that eases the burden on family caregivers, helps older adults and adults with disabilities maintain independence, and strengthens community connections.

**Visit: <https://bit.ly/4oTflwB>**



## **Discover USAging's New Caregiver Innovations Hub**

USAging's Caregiver Services and Supports Innovations Hub is your go-to resource for discovering and sharing programs that make a real difference for caregivers. The Hub features replicable models from across the country, covering areas such as caregiver education, kinship care, respite, and more.

Whether you're looking for fresh ideas to enhance your services or proven approaches you can adapt for your community, this online hub offers practical examples, ready-to-use materials, and inspiration from the field.

**Visit: <https://bit.ly/47MasVe>**



# 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](mailto: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](mailto:vanecia.davis@pgparks.com)

**Tuesday, October 21 at 10 am–12 pm**

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

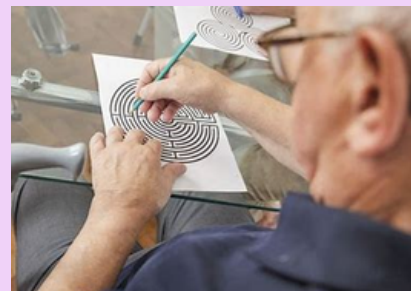
**Contact:** [vanecia.davis@pgparks.com](mailto:vanecia.davis@pgparks.com)

**Tuesday, November 4 at 10am–12pm**

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

**Contact:** [Brenda.Harris@pgparks.com](mailto: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**

**Katherine Farzin**

[Kfarzin@greenbeltmd.gov](mailto:Kfarzin@greenbeltmd.gov)  
Office (240) 542-2019



# Risk and Future Burden of Dementia in the United States

Dementia affects more than 6 million Americans and accounts for more than 100,000 deaths each year. Knowing people's lifetime risk of dementia can lead to improved prevention efforts. It can also inform public health planning by generating projections of future cases.

Previous estimates of lifetime dementia risk in the United States are 11-14% for men and 19-23% for women. But these are based on older data in which dementia wasn't reliably documented and early-stage cases were often missed.

These data were also typically limited to non-Hispanic White populations. A research team led by Drs. Josef Coresh at New York University Grossman School of Medicine and Michael Fang at Johns Hopkins Bloomberg School of Public Health generated updated estimates of lifetime dementia risk across different subsets of the population. They also projected the number of people who would be newly diagnosed with dementia in the U.S. between 2020 and 2060. Results appeared in *Nature Medicine* on January 13, 2025.

The team analyzed data on more than 15,000 people from the Atherosclerosis Risk in Communities (ARIC) study. All the people studied were free of dementia at age 55. More than a quarter were Black, and more than half were women. About 31% had at least one copy of the apolipoprotein E4 (APOEε4) gene variant, a major risk factor for Alzheimer's disease.

[https://www.nia.nih.gov/news/risk-and-future-burden-dementia-united-states&utm\\_source=niaebblast&utm\\_medium=email&utm\\_campaign=general-20250331](https://www.nia.nih.gov/news/risk-and-future-burden-dementia-united-states&utm_source=niaebblast&utm_medium=email&utm_campaign=general-20250331)

# The Unexpected Journey

Tune in to “Emma & Bruce Willis: The Unexpected Journey,” a Diane Sawyer Special, airing Tuesday, August 26 at 8/7c on ABC (and streaming next day on Disney+ and Hulu). In this deeply personal interview, Emma Heming Willis opens up about Bruce’s journey with frontotemporal dementia, their family’s love and resilience, and her mission to raise awareness and support for caregivers everywhere.



[https://www.youtube.com/watch?v=wY\\_w\\_vPoz9s](https://www.youtube.com/watch?v=wY_w_vPoz9s)

# 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 celebrating and supporting the caregivers in our community. This free, Dementia Friendly gathering offers a relaxing, rejuvenating experience—with wellness services, pampering activities, and plenty of time to connect with others in a warm, supportive setting.

### **Event Details:**

Saturday, November 8, 2025 1 – 4 pm  
Greenbelt Community Center  
15 Crescent Rd., Ground Floor East, Greenbelt, MD 20770

### **Who should participate?**

Family caregivers providing care to loved ones at home, including spouses, children, or friends caring for older adults, as well as community caregivers seeking support and appreciation, are all welcome.

*\*Registration opens October 1, 2025*

### **To register or learn more, contact:**

Brendy Maddox at 202-670-6497 or [bgarcia@greenbeltmd.gov](mailto:bgarcia@greenbeltmd.gov)

# Saving Claire: Fall Prevention Campaign



## **What is the Saving Claire: Fall Prevention Campaign?**

Hosted by the Greenbelt Assistance in Living Program (GAIL), this special event marks the official launch of the Fall Prevention Campaign and features the exclusive screening of Saving Claire—a moving film that raises awareness about the risks of falls among older adults and the importance of maintaining safe, accessible living environments. Following the screening, attendees will participate in a live panel discussion with experts in senior care, fall prevention, and home safety. Free fall prevention kits will be provided for the first 25 registered Greenbelt residents.

### **Event Details:**

Saturday, November 8, 2025 1 – 4 pm

Greenbelt Community Center

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

### **Who should participate?**

Family caregivers providing care to loved ones at home, including spouses, children, or friends caring for older adults, as well as community caregivers seeking support and appreciation, are all welcome.

### **To register or learn more, contact:**

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# Aging Solo Series



## **What is the Aging Solo Series?**

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.

## **Event Details:**

Wednesdays of each week from 1 -2:30 pm via Zoom on the following dates:

- September 24, 2025
- October 1, 2025
- October 8, 2025
- October 15, 2025
- October 22, 2025
- October 29, 2025

## **Who should participate?**

The Aging Solo Series is ideal for older adults who are aging without a primary caregiver or close support system, as well as individuals who want to take charge of their future by reflecting on priorities, building a support network, and putting aging-related plans in place.

## **To register or learn more, contact:**

Brendy Maddox at 202-670-6497 or [bgarcia@greenbeltmd.gov](mailto:bgarcia@greenbeltmd.gov)

# Upcoming Events

## **Senior Picnic & Fitness Day — FREE**

Enjoy a fun-filled day of dancing, fitness classes, food, and resources for older adults! Open to Prince George's County residents ages 60+.

**Friday, September 19, 2025, 10 am–2 pm**

The Pavilion Picnic Area, Six Flags America  
13710 Central Ave, Bowie MD 20721

**Registration ends September 12, 2025**

**Visit: <https://bit.ly/pgcseniopicnic2025>**

or



**Scan  
Here**



## **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**

Grenbelt Community Center

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

**Call to Register: (202) 670-6497**



## **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**

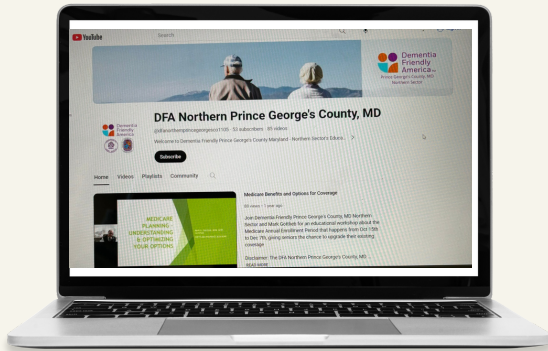
Springhill Lake Recreation Center

6101 Cherrywood Lane, Greenbelt, MD 20770



# 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](mailto:sjohnson@greenbeltmd.gov)