



Table of Contents

Page 2 What is a Caregiver Support Group?

Page 2 Caregiver Call In Support Group

Page 2 Memory Screening Week

Page 3 What is a Memory Café?

Page 3 Memory Café Locations

Page 4 Caregiver Support Group Locations

Page 4 Caregiver Resource Saturday

What is the Dementia Friendly America Initiative (DFAi) in Prince George's County?

DFAi, is a national initiative addressing Alzheimer's and other forms of dementia. It is an outgrowth of the 2015 White House Conference on Aging. Mr. Baker, County Executive for Prince George's County, involved Prince George's County as one of eight national "Early Adopter Communities", as well as Mr. Ike Leggett, County Executive for Montgomery County. DFAi is a cross-sector, national effort leveraging tailored resources and tools to equip all community sectors to support those with dementia, their caregivers, and families.

Locally, DFAi is housed in Prince George's Department of Family Services under the Area Agency on Aging (A complete description of the DFAi national initiative can be found at: www.dfamerica.org.)

"A dementia-friendly community is one in which people with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them." This

program has been implemented in Roseville, Minnesota. Program proponents seek to replicate the Minnesota model in communities nationwide. Becoming an informed, safe, and respectful community for people with dementia involves:

Prince George's County as a Dementia Friendly Community

- ◆ Raising awareness about Alzheimer's and transforming attitudes
- ◆ Having supportive options that foster quality of life
- ◆ Supporting caregivers and families touched by the disease
- ◆ Including diverse communities
- ◆ Promoting meaningful participation in community life

Dementia Friendly America is spearheaded by the Department of Family Services Area Agency on Aging in partnership with SeFams the contractor managing the Dementia Friendly Prince George's County Initiative. The Maryland Umbrella Group provides supportive services to the DFAi—Prince George's County through our Call In Caregiver Support Group, Memory Café and Caregiver Resource Saturdays programming .

Prince George's County's Only Memory Support Groups

Memory Support Groups provide a stigma-free environment for those with early stage or other forms of Alzheimer's, mild cognitive impairment, other forms of dementia without their spouses, partners or caregiver. Here, participants will experience a safe environment to express feelings and concerns, an opportunity to meet and bond with others that share same experiences, and receive education about the disease and linkage with support services and program options. **Greenbelt Municipal Building 25 Crescent Road, Greenbelt, MD 20770** .

Contact Greenbelt CARES for more information at 301-345-6660. Sessions are held the 1st and 3rd Wednesday of the month in 10 week cycles in conjunction with the Memory Café. Typically participants can attend up to 15 sessions a year at no cost.

What is a Caregiver Support Group??

It is a safe place for caregivers, family and friends of persons with debilitating diseases including Alzheimer's to meet and develop a mutual support system. It's a place to:

- ⇒ Exchange practical information on caregiving problems and possible solutions
- ⇒ Talk through challenges and ways of coping
- ⇒ Share feelings, needs and concerns
- ⇒ Learn about resources available in your community

All of the support groups are facilitated by trained individuals and are confidential. Locations listed on page 4.

Caregiver Call In Support Group Coming Soon.....

For the caregiver that has no one to stay with their family member or friend, starting on Monday, September 11, 2017 Dementia Friendly Prince George's County will offer a free Telephone Call In Caregiver Support Group on the 2nd Monday of the month from 6-7:00 pm. Group size is limited to 10 members. For more information and to enroll please contact Sharon Johnson at (301) 965-0220.



Dementia Friendly Prince George's County will participate in the 2017 National Memory Screening Program (an initiative of the Alzheimer's Foundation of America). Memory Screenings are like other routine health check-ups. From November 5-11, 2017 numerous providers in Prince George's County will offer free Memory Screening to pre-registered attendees. Registration begins October 2, 2017

- ◆ Each screening takes approximately 10 minutes and while the results are not a diagnosis, it can suggest if someone should see a physician for a full evaluation
- ◆ A screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions.
- ◆ The person who administers the screening will review the results with the person being screened, and suggest whether the person should follow up with a physician or other clinician for more extensive testing.
- ◆ **Results of the memory screenings are confidential.** The participant will receive the screening results to bring to a healthcare professional for follow-up and/or inclusion in medical files.
- ◆ Screenings will be offered in senior centers, medical offices, senior apartments and churches.

Greenbelt Municipal Center - 240-542-2029

25 Crescent Rd., Greenbelt, MD 20770

Gwendolyn Britt Senior Activity Center - 240-542-2033

4009 Wallace Road, North Brentwood, MD

Camp Springs Senior Center -301-449-0490

6420 Allentown Rd, Temple Hills, MD 20748

Laurel-Beltsville Senior Activity Center - 301-206-3355

7120 Contee Road, Laurel, MD 20707

Green Ridge House Apartments - 301-412-2480

22 Ridge Road, Greenbelt, MD 20770

Langley Park Senior Activity Center - 301-408-4343

1500 Merrimac Drive, Hyattsville, MD 20783

Bowie Senior Center - 301- 262-6200

4900 Health Center Dr. Bowie, MD 20716

United Radiology - 301-446-1728

7474 Greenway Center Drive, Suite 100 Greenbelt, MD 20770

Evelyn Cole Senior Activity Center - 301-386-5525

5720 Addison Road, Seat Pleasant, MD 20743

John E Howard Senior Activity Center - 301-735-2400

4400 Shell Avenue Capital Heights, MD 20743



Memory Café Locations

Pre-registration is required. For more information, contact Nancy Quarles at 240.467.3833 or nquarles@alz.org OR Linda Williams at 703.766.9021 or lwilliams@alz.org

Bowie Senior Center

14900 Health Center Drive, Bowie, MD 20716
Meets the third Wednesday of each month from 2:00 - 4:00pm

Greenbelt Municipal Building

25 Crescent Road, Greenbelt, MD 20770
Meets the first and third Wednesday of the month from 1:30 - 3:00pm

Laurel-Beltsville Senior Center

7120 Contee Road, Laurel, MD 20707
Meets the fourth Thursday of the month from 2:00 - 4:00pm.

Coming in September 2017–

Friendship Arms Senior Apartments (residents only)
5805 42nd Ave. Hyattsville, MD 20781
Meets the 2nd Friday of the month starting Friday, September 8, 2017

What are Memory Cafés ?

Memory Cafés are popping up all over the Prince George's County, MD and they can be a great place to go if you're caring for a person with dementia, if you're worried about someone's memory, or if you just want to meet other people who are affected by dementia.

Here's what to expect if you visit a Memory Café.

1. Memory Cafés are usually held on a regular basis, either once or twice a month. Most are located in places that are easy to access, such as a community center, a city hall, or a senior center.
2. Memory Cafés are run by people (including volunteers) who have experience and training in dementia, so you should receive a warm welcome. If you want to have a chat or get some help or advice the café facilitator can help link you with resources. But this is not the same as visiting your doctor. They won't be able to offer a diagnosis but they can make a referral to organizations or resources that will be beneficial to both participant and caregiver. A memory café is not the same as a memory clinic where a formal diagnosis of dementia can be made.
3. Memory Cafés typically are limited to 7 or 8 participants and their caregivers.

Benefits of going to a Memory Café:

- ◆ You can both socialize and chat with other like-minded people, and curb feelings of loneliness and isolation.
- ◆ You can both have fun! Most cafes provide stimulating activities for caregivers and people with dementia which can help prevent boredom and aid relaxation. For example, live music, sing-alongs, quizzes, painting, memory box work, massage and reflexology.
- ◆ You can talk about personal issues that you might be worried about, such as changes in your relationship with people who understand.
- ◆ Memory Cafés also highlight for caregivers, activities that their loved one can still participate in, with the goal that this will spark some interest in activities that can be continued in a home setting.

CAREGIVER RESOURCE SATURDAY

Coming Saturday, September 9, 2017 from 1:00 - 3:00 pm, caregiver resource workers from the Maryland Umbrella Group /Dementia Friendly Prince George's County Initiative will help link caregivers to services and programs in the local area. Please call **(301) 965 - 0220**.

Important Phone Numbers and Websites

The Maryland Access Point: 301-265-8450 - your link to Health and Support Services for Caregivers.

Alzheimer's Association 24/7 Helpline: 1.800.272.3900 - provides reliable information and support to all those who need assistance.

Adult Protective Services: 301-909-2228 - Call to report abuse, neglect or exploitation of a vulnerable adult.

Meals on Wheels: 301-474-1002 - Provides home delivered, nutritious meals to seniors .

Legal Aide Bureau: 301-560-2101 - provides a full range of FREE civil legal services to financially qualified Marylanders and people over 60.

Call -A-Bus: 301-499-8603 - a curb-to-curb transportation service available to all residents of Prince George's County who are not served by or cannot use existing bus or rail services.



Caregiver Support Group Locations

Bowie Senior Center | 14900 Health Center Drive, Bowie, 20716 | 2nd Tuesday at 10:00 a.m. Rosemary Allender 301.262.5082

Family Eldercare Management | 3032 Mitchellville Road, Suite 102, Bowie, 20716 | 4th Thursday at 6:00 p.m. , Rosemary Allender 301.262.5082

Greenbelt Municipal Building | 25 Crescent Road, Greenbelt, MD 20770 | 2nd Wednesday at 6:15 p.m., contact Greenbelt CARES for more information at 301-345-6660 ext. 2029

Morningside House of Laurel | 7700 Cherry Ln, Laurel, MD 20707 | 3rd Saturday at 10:00 a.m., Amanda Owens & Denise Kirksey - 301.725.2220, aowens@morningsidehouse.com, dkirksey@morningsidehouse.com

Carolina Missionary Baptist Church | 9901 Allentown Road, Fort Washington, MD, 20744 | 1st Saturdays at 10:00 AM | Delmarie Hines 240.356.7137, Lynn Carpenter 301.222.7811

Grace United Methodist Church | 11700 Old Fort Rd, Fort Washington, 20744 | 3rd Saturday at 10:00 a.m., Barbara Stevenson 301.248.3027

First Baptist Church of Glenarden | 3600 Brightseat Road, Landover, 20785 | 3rd Thursday at 11:00 a.m., Vikki Kalitsi or Valerie Outlaw 240.345.8895