



# Helping Hands University Park

# NEWS

**F**all is almost here and we are looking ahead to a couple of events in November, which is National Alzheimer's Disease and Awareness Month as well as Family Caregiver's Month. Dementia Friendly Prince George's County will participate in the 2017 National Memory Screening Program, an initiative of the Alzheimer's Foundation of America. From Nov. 5-11, 2017 numerous providers in our county will offer free Memory Screening to pre-registered attendees. Registration begins Oct. 2, 2017.

The notion of memory screening can evoke anxiety and fear, and Helping Hands UP is offering an event to learn more about the subject: a lecture on Memory and Aging by Dr. Carlo Tornatore, UP resident and Chairman of the Department of Neurology at Georgetown University Medical Center as well as Neurologist-in-Chief for the Medstar Hospital System. He will speak at the University Park Church of the Brethren, 4413 Tuckerman St., University Park, in the sanctuary on Thursday, Nov. 2, 6:30 - 8 pm.

## JOIN US

Memory and Aging, lecture by Dr. Carlo Tornatore

Thursday, Nov. 2, 6:30 - 8 pm

University Park Church of the Brethren,  
4413 Tuckerman St, University Park

Join us for the free lecture and light refreshments.

Free Memory Screening

Tuesday, Nov. 7, 2017, 10 am - 1 pm

Word of God Baptist Church, 6513 Queens Chapel Road, University Park

Registration starts Monday, Oct. 2, 2017. To register, call Loretta at 240-487-9445.

- Each screening takes approximately 10 minutes. The results provide a baseline for the person being screened and his/her doctor. They can sometimes 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.

## LOOKING AHEAD TO 2018

We plan to offer a "Memory Cafe" for the first time in University Park. What is a "Memory Cafe?" It is a welcoming place for people with memory problems and other changes in their thinking. It is also intended as a social time for family and friends who are caregivers. The Memory Cafe 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. It is a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and engaging creative fun!

Tuesday, Feb. 13, 2018 and then the 2nd Tuesday of each month through June 2018, 1:30 - 3 pm. Location to be announced.

**Helping Hands University Park** is a program designed by residents for residents. Anyone can join. Ask us how! Call us at **301-892-6636** or email [HHUniversityPark@gmail.com](mailto:HHUniversityPark@gmail.com)