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Alpha Kappa Alpha Sorority, Inc., North Atlantic Region Donates Tens of Thousands of Dollars to Thurgood Marshall College Fund and Local Literacy Nonprofits

By PRESS OFFICER
Alpha Kappa Alpha Sorority, Incorporated®, North Atlantic Region

OXON HILL, Md. (Nov. 21, 2024)—Under the leadership of North Atlantic Regional Director Elicia Pegues Spearman, Esq., more than 2,300 members of Alpha Kappa Alpha Sorority, Incorporated®, North Atlantic Region gathered on November 16, 2024, at the Gaylord National Resort & Convention Center in Oxon Hill, MD for their annual Cluster I Meeting. Hosted by Psi Epsilon Omega Chapter of Prince George's County, this was the last of five cluster meetings held in Wilmington, DE; Uniondale, NY; Princeton, NJ; and Warwick, RI. The clusters bring together Alpha Kappa Alpha (AKA) chapters in nearby states. Cluster I covers the District of Columbia and neighboring Maryland counties. The North Atlantic Region includes more than 16,000 members in 155 chapters in 12 states from Maryland to Maine and DC.

Embracing the theme "Soaring F.I.R.S.T. to Capture a Vision Fair," the full-day meetings focused on developing members' leadership skills, fostering sis-



Alpha Kappa Alpha Sorority, Incorporated® North Atlantic Regional Director Elicia Pegues Spearman, Esq., (center) and members of Psi Epsilon Omega Chapter.

terly bonds, and deepening understanding of the programs and practices of Alpha Kappa Alpha Sorority. Attendees also learned critical information from a panel discussion entitled, "Caring for

the Heart in Our Community." Cardiologists shared eye-opening information about the disparities in heart health care affecting Black women, as well as lifesaving tips. The session was

sponsored by Black Health Matters and Boston Scientific.

In addition, Regional Director Spearman was pleased to launch a fundraising campaign to rally AKA members in the North At-

lantic Region to contribute to the Thurgood Marshall College Fund (TMC). The Fund is the nation's largest organization exclusively supporting historically and predominantly Black colleges and universities. Over the course of the five cluster meetings, members donated almost \$13,500. The campaign will support students at 13 institutions located within the region and will run through April. Sorority members are encouraged to donate \$19.08, symbolic of the year Alpha Kappa Alpha was founded.

"This campaign demonstrates our commitment to education and scholarship. We value this opportunity to carry forward the historic legacy of Justice Thurgood Marshall," said Regional Director Spearman.

In addition to the TMC effort, cluster attendees participated in service projects benefiting local nonprofits. Cluster I supported the Maryland Book Bank in Baltimore, Maryland public schools, and the Free Minds Book Club and Writers Workshop in Washington, D.C. by donating more than 2,000 children's books and purchasing \$18,000 in gift cards from local Black-owned bookstores.

"Through this project, we are

promoting literacy and learning among young people, providing resources that can inspire and empower future generations, and spurring the economic growth of Black-owned bookstores," said Attorney Spearman.

The Maryland meeting was led by Psi Epsilon Omega Chapter President Karen S. Hicks. Aubreana Holder and Kimberly Jackson served as meeting chairman and co-chairman, respectively.

The North Atlantic Region is the birthplace of Alpha Kappa Alpha Sorority, Incorporated®, an international service organization founded at Howard University in Washington, D.C. in 1908. Led by International President & CEO Danette Anthony Reed, AKA is the oldest Greek-letter organization established by African American college-educated women and is comprised of more than 360,000 initiated members in graduate and undergraduate chapters in 12 countries. The North Atlantic Region comprises 155 chapters throughout Washington, D.C., Maryland, Delaware, Eastern Pennsylvania, New Jersey, Eastern New York, Connecticut, Rhode Island, Massachusetts, Maine, Vermont, and New Hampshire.

Senate Panel Passes Bill Making Chesapeake National Recreation Area a National Park Unit

By ANDREA DURÁN
Capital News Service

WASHINGTON (Nov. 19, 2024)—The Chesapeake Bay area is one step closer to becoming part of the national parks system.

The Senate Energy and Natural Resources Committee on Tuesday passed the Chesapeake Bay National Recreation Area Act, moving it onto the Senate floor.

The measure, sponsored by Maryland Democratic Sen. Chris Van Hollen, would create the Chesapeake National Recreation Area in Maryland and Virginia and make it part of a network of sites overseen by the National Park Service.

"In Maryland, we know the Chesapeake Bay is a national treasure," Van Hollen said in a statement. "And creating the Chesapeake National Recreation Area will celebrate that fact while also bringing major benefits to the Bay."

"Not only will this open up more equitable public access to the Bay, the (Chesapeake National Recreation Act) will also mobilize additional federal support for restoration, shine a light on the untold stories of its history, and support greater economic opportunity in the region," the senator said.

One of the key goals of making the Chesapeake National Recreation Area part of the na-



PHOTO CREDIT ANDREA DURÁN/CAPITAL NEWS SERVICE

WASHINGTON—The Senate Energy and Natural Resources Committee holds a business meeting Tuesday that passed legislation creating the Chesapeake Bay National Recreation Area

tional parks system is to boost national pride in the bay and its history, amplifying the stories of historically underrepresented groups such as Indigenous and Black people.

"Today's bipartisan, unanimous vote was a big step forward in our efforts to pass this historic legislation," Van Hollen said.

In 2021, Van Hollen and Maryland Rep. John Sarbanes, a Democrat, created a working group to help draft the language for the legislation. The working group included Maryland Sen. Ben Cardin, a Democrat, Virginia Democratic Sens. Mark Warner and Tim Kaine, and

Reps. Bobby Scott, D-Virginia, Rob Wittman, R-Virginia, and various conservation groups. Van Hollen and Sarbanes introduced the measure in the Senate and House, respectively, last year. However, the idea of the Chesapeake National Recreation Area dates as far back as the 1980s.

"The Chesapeake Bay is an extraordinary national treasure and a vital resource for our region," Sarbanes said in a statement. "I am thrilled that the Chesapeake National Recreation Area Act has advanced out of the Senate Energy and Natural Resources Committee—a crucial milestone in our efforts to safeguard the Bay for the well-being

and enjoyment of future generations."

Since the measure's introduction, several interested parties have submitted letters to Van Hollen in support of the legislation, including Rep.-elect John "Johnny O" Olszewski, Jr., Annapolis Mayor Gavin Buckley and Baltimore Mayor Brandon Scott.

"Thanks to Senator Van Hollen's leadership, this is a great day for the Chesapeake Bay, with another step forward in the four-decade effort to establish National Park Service recognition for the nation's largest estuary," Chesapeake Conservancy President and CEO Joel Dunn said in a statement. "The Chesapeake Bay is as spectacular as Yellowstone or Yosemite, as great as the Great Smokies and as grand as the Grand Tetons."

The Chesapeake Recreation Area Act would make the park service take on a larger and more administrative role.

Currently, the National Park Service can partner with and provide assistance to local and regional organizations involved in the bay through the Chesapeake Gateways program and administers some sites along the watershed, including some national monument sites.

See PARK Page A3

Council Enacts Dozens of Bills During Final Legislative Session of the Year

By PRESS OFFICER
Prince Georges County Council Media

In a marathon session on Tuesday, November 19th, the Prince George's County Council held public hearings on a total of 42 bills and 14 resolutions, ultimately enacting 37 bills and adopting 14 resolutions. The legislation enacted includes:

CB-67-2024 & CB-105-2024 Electric Vehicle Charging Infrastructure Bills require EV charging stations and a minimum number of EV parking spaces at all newly-constructed multi-family residential buildings, office buildings, and mixed use developments beginning in 2027.

CB-88-2024 Minimum Wage Indexing Bill requires the minimum wage in Prince George's County to be tied to the Consumer Price Index (CPI) for the Washington-Arlington-Alexandria area. The bill would use the average percentage growth of the CPI for the last 12 months to determine how much the minimum wage would increase for the next year, up to a maximum of 5%. It takes effect on Jan. 1, 2026.

CB-98-2024 Shopping Cart Control Bill requires retailers with more than 20 shopping carts to take proactive steps to prevent people from taking carts off property and leaving them in the community.

CB-16-2024 Late-Night Business Safety Plan Bill requires businesses open between midnight and 4:00 a.m. to develop and maintain a late-night safety plan approved by the Prince George's County Police Department.

CB-83-2024 Vehicle Noise Bill creates a pilot program to enforce motor vehicle noise limits through noise abatement monitoring systems, aiming to cut down on excessive vehicle noise caused by cars with illegal or modified exhaust systems.

CB-84-2024 School Zone Stop Sign Cameras Bill allows the county to install stop sign monitoring systems in school zones, similar to speed cameras already used around the county.

CB-62-2024 Convenience Store Locations Bill limits the

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TOWNS *and* NEIGHBORS

In and Around Morningside-Skyline

With Mary McHale, will return soon!

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

MINISTER VINCENT COOKE

Sunday, November 10, 2024, Minister Vincent Cooke delivered the morning message at Clinton United Methodist Church. Minister Vincent Cooke is a native of Washington, DC. He received his education in the public school system and graduated from Anacostia Senior High School in 1972. He served in the United States Army from June 1974 to January 1986. Now he is retired from the United State Postal Service. He is married to the wonderful, loving Ethel Cooke.

He received his calling into ministry in 2002, under the pastorate of Rev. Dr. George F. DeFord at Metropolitan UMC in Indian Head, Maryland. He became a Certified Lay Minister in 2009. In 2018, he went to Prince George's Community College where he received an AA degree in General Studies. While attending college, he received his calling as a pastor at Cooper's United Methodist Church in Dunkirk, Maryland where he served until June of 2023. He now attends Clinton United Methodist Church serving as the Trustee Chair. His favorite scripture is Philippians 4:13: "I can do all things through Christ which strengthens me."

ON VETERANS DAY WE REMEMBER

"Army, Navy, Air Force, Marines, Coast Guard and Space Force, too. These are the branches we salute representing the red, white, and blue. Sacrificing, so very much, defending air, sea, sky, and land. Protecting our sacred nation's defense across prairies, mountains, oceans, and sand. Committed to take on any enemy, foreign or domestic, near or far never forgetting those who did not return will forever shine like Golden Stars. On Veteran's Day, we remember those who selflessly answered the call retired, reserve, who actively serve. Yes, you will forever stand tall." Words by Kendra Neal who is a Clinton United Methodist Church member.

HOLIDAY TREE LIGHTING & FIREWORKS

Join us for our special weekly Saturday holiday tree light show and festive fireworks November 30, 2024, from 5:30-5:45 p.m. at 150 National Plaza, National Harbor, Maryland. Watch our 60-foot RGB tree come to life in the heart of the Waterfront District. The breathtaking custom light show dances alongside a holiday medley recorded by the United States Air Force Band and is followed by fireworks. Following the 5:30 p.m. lighting, the tree show will run every half hour until 9 p.m. Visit website: <https://www.nationalharbor.com/events/annual-events/christmas-at-the-harbor/>.

LET'S CELEBRATE CHRISTMAS TOGETHER

Let us celebrate Christmas Together It is a Community Event "Jesus is the Reason for the Season" on Saturday, December 21,

2024 "Pre-Christmas Event" with Rev. Tyrone Johnson at St. Philip's Episcopal Church, Baden, 13801 Baden Westwood Road, Brandywine, Maryland.

We will be having Holy Eucharist Service at 10 a.m. with you, me, the children and all. Followed by Brunch with Christmas music, movies, family pictures, games, fun and cheer. RSVP with numbers for eating, for food accountability to 301-888-1536. COME ON OUT AND HAVE FUN WITH US.

FAMILY GAMES: LIFE-SIZED CANDYLAND EVENT

You are invited to experience Baden Library's first ever Life-Sized, interactive version of Candyland Saturday, December 14, 2024, at 11 a.m. The game board will wind throughout the Baden Library, and visitors will traverse such places as Peppermint Forest and Gingerbread Meadows. Drop in any time between 11 a.m. & 3 p.m. to experience the fun. Age Groups: Elementary 5-12 years. You need to register for this event. Address is 13601 Baden Westwood Road, Brandywine, Maryland 20613.

BOWIE STATE UNIVERSITY NATIONAL ALUMNI ASSOCIATION

Congratulations to newly elected members of the National Alumni Association Executive Board for 2024-2026. President, Dr. Stephanie Overton Standard, Vice President, Valerie Hough Cromartie, Treasurer, Barbara Butler.

"We extend our heartfelt thanks to all members for their participation and commitment to the election process. Your involvement is crucial to the continued success of our organization, and we encourage everyone to stay engaged and active in future decisions. If anyone has further questions, please email us at bsunaa1865@gmail.com All the best, National Alumni Association Nomination and Election Committee."

ST. PHILIP'S CHURCH CASINO TRIP

It is time for our Casino Trip & Fun to Hollywood Casino in Perryville, Maryland, Sunday, December 22, 2024. Bus leaves St. Philip's Church, 13801 Baden Westwood Road, Brandywine, Maryland, 20613 at 11 a.m., and Clinton Ride 9030 Stuart Lane, Clinton, Maryland, 20735 at 11:30 a.m., returns at approximately 7 p.m. Fun package includes transportation, rebate of \$10.00 and other incentives with light refreshments, music, and Oldies but Goodies, 50/50 Raffle. The first 10 full paid tickets will receive \$5.00 for 50/50 Raffle play. Cost \$50.00. Absolutely no refunds or partial payments. Please purchase casino ticket early, so you will not be left out. What happens on the bus stays on the bus. Benefit St. Philip's Church Baden. Points of Contacts: Shirley A. Cleaves 302-690-4260, Doretha A. Savoy 301-233-3136, Vivian Rich 804-301-9530.

EarthTalk® Q&A Doggy's Lost Tennis Ball Wreaks Havoc on Environment

By Roddy Scheer and Doug Moss | November 13, 2024

Dear EarthTalk:

I often find old tennis balls in a nearby park, likely lost by dog owners. What is the collective effect on ecosystems of all these tennis balls?

—June Jackson, via email

Tennis balls, primarily made from rubber and synthetic materials, do not biodegrade and can persist in the environment for years. Made with a combination of rubber and felt, they contribute both litter and microplastics to our ecosystems.

Natural and synthetic rubber production is resource-intensive, often leading to deforestation and pollution in areas where rubber plantations are cultivated. The manufacturing process also consumes significant energy, and once discarded, tennis balls contribute to growing plastic waste in ecosystems. While some tennis ball recycling initiatives exist, such as efforts to repurpose used balls into playground surfaces or dog toys, the majority still end up in landfills or scattered in natural spaces.

Also, when left in nature, tennis balls can present hazards to wildlife. Animals may ingest pieces of these balls, mistaking them for food. The felt cover on tennis balls can shed fibers over time, especially in wet or harsh conditions, potentially releasing microplastics and other synthetic particles into the soil and waterways. Studies on synthetic materials in the environment have shown that these particles can disrupt soil health and are increasingly found in water systems, where they accumulate and impact marine life.

Fortunately, some manufacturers are developing more eco-friendly alternatives. Wilson Sporting Goods, for example, introduced the Triniti Ball, which is designed to last longer and comes in a recyclable, unpressurized paper container, a step toward reducing both waste and production impacts. However, these sustainable options are not yet widespread in dog toy collections, so responsible disposal and use are still crucial for pet owners who want to minimize their environmental footprint.

If you want to discard your dog's old tennis balls responsibly—or you pick up others' long forgotten ones left behind on



CREDIT: RODDY SCHEER

When your dog's tennis ball gets left behind in the bushes or woods, it can wreak havoc on the surrounding ecosystem.

walks—take them to a nearby tennis center that hosts a collection bin from RecycleBalls. This innovative company takes apart old tennis balls and repurposes their constituent parts into a wide variety of other applications.

While one or two tennis balls left behind might seem inconsequential, the cumulative impact is not. Retrieving and disposing of used tennis balls properly—or opting for eco-friendlier toys—can help reduce this environmental impact and keep natural spaces cleaner for everyone.

CONTACTS: The Environmental Challenges of Tennis Balls and Strings, B.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org

Social Security Matters

Ask Rusty:

When Should My Wife Claim Social Security Benefits?

By RUSSELL GLOOR, National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens

Dear Rusty: I turned 64 in July and my wife turned 62 in August. My wife has not worked for approximately 15 years but does qualify for Social Security on her prior work record. My wife is having some physical issues and would like to not return to work. Since she is eligible to collect Social Security, that would be an option to provide additional income, so she doesn't have to work. My question is how would it affect her future SS spousal benefits based on my record if she begins collecting her own benefit now? I plan to work until at least my full retirement age (67), and maybe longer, but plan to start collecting SS at 67 even I continue working. **Signed: Working Husband**

Dear Working: If your wife has the required 40 SS quarter credits, she is eligible to collect reduced retirement benefits at 62 (for that needed extra income), but her age 62 benefit will be about 70% of what it would be if she waited until her SS full retirement age (FRA) to claim. That reduction would, in turn, carry over to her spousal benefit when you eventually claim your SS benefit. Here's why:

Your wife's spousal amount when you claim will be a combination of her own SS retirement benefit, plus an auxiliary amount (a "spousal boost") that she is entitled to as your spouse. At age 62, her own benefit will be cut by 30% and she can collect that reduced amount until you claim, at which point her spousal boost will be added to make her benefit equal her spousal entitlement. So, her total benefit as your spouse (when you claim) will consist of her reduced age-62 amount, plus an additional amount as your spouse.

If you claim at 67, your wife will be about 2 years short of her own FRA, which means that her spousal boost amount will also be reduced for early claiming. That reduced spousal boost will be added to her already reduced (age 62) SS retirement benefit, which will make her total benefit less than 50% of your FRA benefit amount.

So, your wife claiming her own reduced SS retirement benefit at 62 also means her spousal benefit amount will be affected, and taking her spousal boost before her FRA means that the boost amount will also be reduced for early claiming. The only way your wife can get the full 50% of your FRA entitlement is to wait until she reaches her own FRA (67) to claim Social Security benefits.

Having said all of that, if your wife's physical issues suggest that she claims her benefits early and she is comfortable with the smaller benefit she will get, then that may be the right choice. For reference, the reduction to your wife's spousal boost amount (if you claim at your FRA) will be about 17%, and that reduced spousal boost will be added to her reduced age 62 SS retirement amount. The end benefit for your wife (if you claim at age 67) will likely be about 42% of your FRA entitlement (instead of 50%).

FYI, you can further delay your own SS retirement benefit (up to age 70) for a higher benefit yourself, but that would also mean your wife would need to wait longer to get her spousal boost. You could also wait to claim your SS until your wife reaches age 67 (her FRA), which would give you a higher personal amount and also ensure your wife gets her maximum spousal boost (but her total will still be less than 50% of yours because she claimed her own SS retirement benefit at 62). When to claim Social Security depends on financial need and life expectancy. If a long life expectancy is anticipated, waiting longer to claim is often the best move. But financial need always trumps waiting longer.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

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COMMUNITY

Maryland Ranks Top State for Minority-Owned Businesses, Supports Thousands of Small Business Jobs in FY24

By PRESS OFFICER
Office of the Governor

ANNAPOLIS, Md. (Nov. 15, 2024)—Governor Wes Moore today announced that Maryland has been named the number one state for minority-owned businesses, according to a recent analysis by Lending Tree. The state earned top 10 rankings in three of five Lending Tree metrics, including the percentage of minority-owned businesses in the state; the ratio of pay relative to all businesses; and the longevity of business operations.

This latest ranking comes on the heels of the Maryland Department of Commerce's announcement that its Small, Minority and Women-Owned Business Account supported more than 170 businesses and an estimated 2,598 jobs in Fiscal Year 2024. The program, which continues to grow under the Moore-Miller Administration, provided \$21.3 million in financial support, helped retain 1,866 jobs and created 732 new jobs, and leveraged \$16.4 million in private sector capital throughout Maryland according to the agency's latest annual program report.

"Our Small, Minority and Women-Owned Business Account is one of the most critical programs to grow our economy," said Gov. Moore. "Since its inception in 2013, the program has supported more than 14,300 new and retained jobs, leveraging more than \$240 million in private capital investment. Our Administration will continue to prioritize investments for small, minority, and women-owned busi-

nesses—their success is critical to our success as a state."

Created with the small business owner in mind, the program uses proceeds from video lottery terminals to assist small, minority, and women-owned businesses located in targeted areas surrounding Maryland's six casinos. At least 50 percent of fund allocations are deployed to businesses located within the casino area, while the other 50 percent are available to small businesses throughout the state.

The distribution of funds is overseen by a variety of eligible fund managers, including Anne Arundel County Economic Development Corporation; Baltimore County Economic Development; Baltimore Development Corporation; FSC First; Howard County Economic Development Authority; Maryland Capital Enterprises, Inc.; Meridian Management Group, Inc.; Montgomery County Economic Development Corporation; and Tri County Council for Western Maryland.

"This program is one of the most important and effective tools in Maryland's economic development toolbox, helping unlock new strength and new opportunity for small businesses across the state," said Maryland Department of Commerce Secretary Kevin Anderson. "We look forward to continuing to work with our partners to distribute funding statewide."

To learn more about financial incentives and business resources offered in Maryland, visit commerce.maryland.gov.

Park from A1

If the legislation is enacted, the park service would administer the Chesapeake Gateways and Watertrails Network, which encompasses about 200 places located within the Chesapeake Bay watershed.

However, the bill states that the Department of the Interior, through the National Park Service, would only acquire land and land-based resources within the recreation area boundaries from voluntary transfers by landowners. The bill also specifically states that the park service has to work with the Department of Transportation to minimize traffic around the bay as well as create an advisory board made up of nine representatives each from Maryland and Virginia.

The management and acquisition of sites would come from the park service's annual budget under the Department of the Interior, which is approved by Congress.

"Establishing the Chesapeake National Recreation Area expands resources for environmental protection and makes it clear that the United States cherishes the Chesapeake, the birthplace of American identity," Dunn said. "As a great gift to future generations, this legislation ensures public access to our nation's largest estuary while providing for the needs of those who live here and depend on the Bay for their livelihood."

Bills from A1

number of convenience stores in the county by barring any new convenience stores from moving into a three-mile radius of an existing convenience store, not including gas stations.

CB-30-2024 Untraceable Firearms and Minors Bill cracks down on untraceable "ghost guns" getting into the hands of minors, aligning the county's public safety laws surrounding untraceable or 3D-printed firearms with state law.

CB-81-2024 Community Informed Police Training Bill codifies into law many of the diversity and social justice training components Prince George's County Police Department says it already has in place, requiring police academy cadets to complete social justice training where the results of an assessment can be used in determining readiness to join the force.

CB-73-2024 Noise Control Bill increases fines for noise violations from \$500 to \$1,000 for a first-time violation, and from \$1,000 to \$1,500 for subsequent violations. The proposed legislation would also prohibit the use of ATVs, dirt bikes, snowmobiles, and similar vehicles within 300 feet of a property line, unless the vehicle's noise is within an allowable range.

CB-86-2024 Abandoned Vehicles Bill aims to reduce illegally abandoned vehicles in the county, increasing fines for abandoning a vehicle from \$50 to \$500 and increasing fines for tow truck operators who operate without a permit or knowingly tow a vehicle to a location where it will be abandoned from \$1,000 to \$5,000.

CB-65-2024 Land Bank Authority Of Prince George's County Bill amends the Prince George's County Code to establish the Land Bank Authority of Prince George's County to acquire, manage, maintain, and repurpose blighted, abandoned, and distressed properties.

CB-72-2024 Regulation of Invasive Bamboo Bill regulates invasive bamboo in the county.

"This legislative year has been a productive one for our Council, and we're proud of the bills we passed that will make Prince George's County a safer, greener, and more equitable community," said Council Chair Jolene Ivey. "Our focus has been improving the quality of life for Prince Georgians, and we look forward to continuing that work in 2025."

The Council will convene for Gavel Exchange on December 3 at 11 a.m.

Washington Revels Announces Its 42nd Annual Holiday Performance "An English Country Christmas Revels"

By PRESS OFFICER
The Washington Revels

SILVER SPRING, Md. (Nov. 19, 2024)—The Washington Revels announce the return of their cherished holiday tradition, "The Christmas Revels." In this 42nd annual Revels, audiences will be transported to 19th-century England with "An English Country Christmas Revels," a festive and immersive theatrical experience inspired by the stories of Thomas Hardy. Performances run December 20 through December 22 at the Montgomery College Cultural Arts Center in Silver Spring.

Synopsis

Based on the warm-hearted tale by Thomas Hardy's classic work *Under the Greenwood Tree*, this year's "Christmas Revels" invites audiences to the fictional village of Mellstock, where charming characters, folk melodies, and age-old traditions set the scene for a heartwarming holiday story.

The story begins in 19th-Century England on Christmas Eve, when school mistress Fancy Day returns from the city to her hometown of Mellstock. The village is buzzing with excitement—especially among three men who each hope to win her heart: the upright Parson Maybold, ambitious Frederick Shiner, and young Dick Dewey, a member of the local "quire." This quirky band of musicians, who perform in the village pub and the church, find their world turned upside-down with the arrival of a newfangled "harmonium" in the church.

As the village anticipates Christmas, they must grapple with the arrival of a new harmonium and the potential for

change it brings to their familiar world of fiddles, pipes, and rustic tunes. The performance blends comedy, romance, and classic themes of tradition and change to capture the true spirit of the season.

In a time when tradition meets innovation, the quire's beloved melodies are challenged by the prospect of mechanical accompaniment, and new ideas bring both hilarity and heartfelt change to the village. As winter settles in, love blossoms, traditions are tested, and generations clash in this delightful celebration of holiday spirit, music, and dance.

Musical and Artistic Highlights

A multigenerational cast, with members from ages 8 to 92, performs alongside talented local musicians from the Whiskey Before Breakfast Band and the Washington Revels Brass. Audiences can expect lively pub carols, joyful anthems, and Revels favorites such as "The Sussex Mummers' Carol," all complemented by rustic English tunes and traditional dance. As always, audience participation is encouraged, with sing-alongs that bring the whole theater together in song.

Key Production Highlights:

- A festive tale of love and transformation set in a quaint English village in the 1830s.
- A spirited debate over the new "harmonium," symbolizing the tension between tradition and progress.
- Performances by talented local artists alongside the Revels' signature blend of

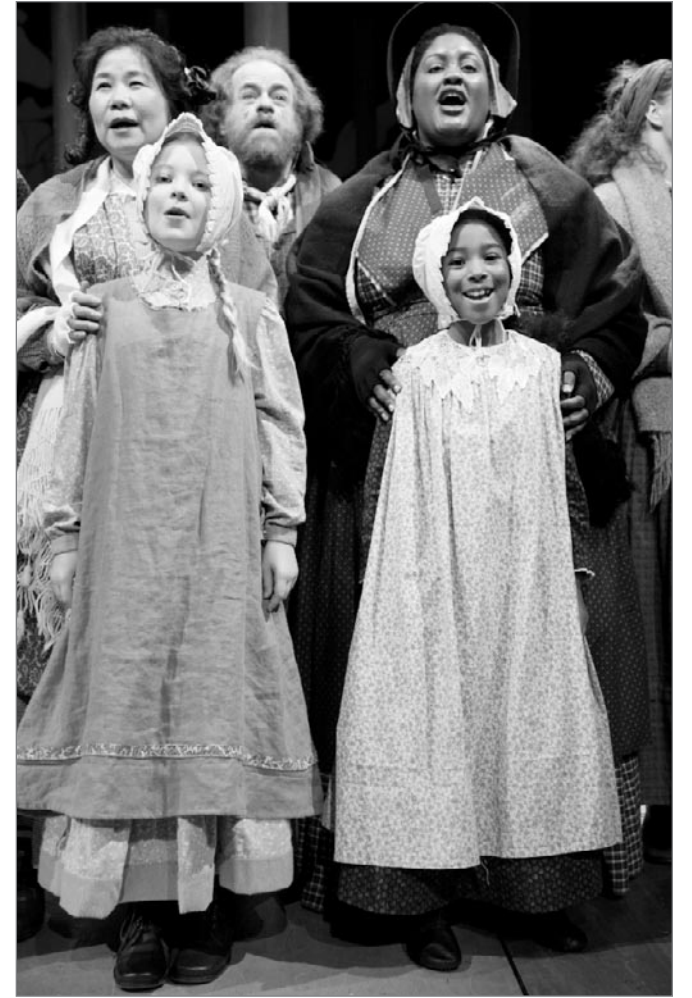


PHOTO COURTESY THE WASHINGTON REVELS

In this 42nd annual Revels, audiences will be transported to 19th-century England with "An English Country Christmas Revels," a festive and immersive theatrical experience inspired by the stories of Thomas Hardy.

music, dance, and storytelling. Beloved holiday traditions and sing-alongs, including Revels classics and carols that invite the audience to join in.

Performance Schedule:

- December 20–22, 2024
 - Venue: Montgomery College Cultural Arts Center, 7995 Georgia Avenue, Silver Spring, MD
- Tickets Available Now
- With five scheduled performances, this one-of-a-kind holiday celebration is perfect for families and friends looking to create new holiday tra-

ditions or rediscover the magic of Christmas. For more information and to purchase tickets, visit RevelsDC.org.

Since its founding over 40 years ago, The Washington Revels has dedicated itself to reviving and celebrating the spirit of cultural traditions through music, dance, and participatory theater. Known for their vibrant seasonal performances that bring history and customs to life, The Washington Revels provide an engaging holiday experience for all ages, with community and joy at its heart.

Honors for Local Students

Kelly Ross of Clinton Named to the Trumpeters Leadership Honor Society at McDaniel College

WESTMINSTER, Md. (Nov. 21, 2024)—Kelly Ross of Clinton (20735) was named to the Trumpeters leadership honor society. Ross is a senior Criminal Justice and Sociology major at McDaniel College, Westminster, Maryland.

Trumpeters is a leadership honor society that recognizes exemplary qualities of leadership, integrity, and sincerity. Those selected are called to serve as positive examples of the campus by devoting themselves to academics, extracurricular activities, and service. Students may apply for membership in the spring semester of their junior year.

—McDaniel College

The Honor Society of Phi Kappa Phi Elects New Members

BATON ROUGE, La. (Nov. 20, 2024)—The following people were recently elected to membership into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

Jasmine Hawkins of Fort Washington (20744) at University of Maryland Global Campus

David Foster of Upper Marlboro (20774) at University of Maryland Global Campus

They are among approximately 20,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent

of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States, its territories and the Philippines. Its mission is to "cultivate a community that celebrates and advances the love of learning."

—The Honor Society of Phi Kappa Phi

Commonwealth University Students Named to PSAC Scholar Athlete List

Pa. (Nov. 19, 2024)—Nearly 600 Commonwealth University student-athletes have been named to the 2023–24 Pennsylvania State Athletic Conference (PSAC) Scholar-Athlete award list.

Latrell Gatewood, of Ft. Washington, MD - Lock Haven campus

Richard Scott, of Hyattsville, MD - Lock Haven campus

Student-athletes must maintain a cumulative GPA of at least 3.25 upon completion of the academic year to be eligible for the PSAC Scholar-Athlete Award.

Overall, the PSAC honored 4,036 student-athletes from the league's 18 institutions after the conclusion of the 2023–24 academic year as PSAC Scholar-Athletes.

The 2023–24 PSAC Scholar-Athlete total of 4,036 (52% of the entire PSAC student-athlete population) marks the ninth straight year the PSAC has awarded at least 40% of its student-athlete popu-

lation with "Scholar-Athlete" status. The total number of PSAC Scholar-Athletes increased from 2022–23's total by 199.

—Commonwealth University of Pennsylvania

McDaniel College Students Perform in Student African Drum Ensembles

WESTMINSTER, Md. (Nov. 15, 2024)—McDaniel College students performed in the Student African Drum Ensembles on Thursday, Nov. 21, at 7 p.m. in Naganna Forum, Roj Student Center, at McDaniel College, 2 College Hill, Westminster, Maryland. The program featured the traditional African songs "Kuku," "Macaru," "Mengani," and "Lambaa," under the direction of Senior Adjunct Lecturer Pape Demba "Paco" Samb along with the Super Ngewel ensemble.

Students included:
Laure Abayomi of Upper Marlboro (20774), a senior Computer Science major.

Trevion Bagley of Suitland (20746), a freshman Computer Science major.

Kennedy Ewell of Fort Washington (20744), a junior American Sign Language major.

—McDaniel College

McDaniel College Students Selected for McDaniel's 2024 Homecoming Court

WESTMINSTER, Md. (Nov. 7, 2024)—McDaniel College students were named to McDaniel's 2024 Homecoming Court.

The Homecoming Court was presented Nov. 2 during pre-game activities of the Green Terror football game.

Students included:
Santana Abney, a senior Psychology major from Bowie (20721)

Leah Somerville, a senior Political Science major from Clinton (20735)

COMMENTARY

Ben Jealous
Executive Director,
Sierra Club



America's Healing Can Start With Family Around the Holidays

With the holiday season approaching, it seems that our country could not be more divided. That division has been perhaps the main overarching topic of our national conversation in recent years. And it has taken root within many of our own families.

Blood may be thicker than water, but for many American families it seems like it is not as thick as politics. Or, if not politics specifically, then the cultural rifts that have been widened and inflamed within our political debate.

Maybe our national healing can start with our families, around the holiday table.

There are mixed views within my own family, just like there are in millions of American families. And within my family there are stories of division and stories of healing.

My family traces its roots in America on my dad's side back 400 years to Massachusetts—the

home of the first Thanksgiving. My mom's family has also been here the better part of 400 years, but in Virginia and Maryland, tracing back to that area's earliest white settlers and their African slaves.

When my parents fell in love as young civil rights activists in Baltimore and got married, their marriage was illegal in Maryland. Their relationship was taboo at the time. My father's family disowned him for marrying a Black woman and he lost his inheritance.

So, I grew up on America's racial fault line. And learning about my own family's history has provided an important perspective on the nature of division both within the family itself and the country—our big, messy American family.

Using DNA research to trace my own family's origins, I discovered that like President Barack Obama, I am distant cousins with former Vice

President Dick Cheney. That revelation was interesting. But the revelation that I am also distant cousins with Robert E. Lee was a little harder to swallow. I was the youngest ever national president of the NAACP. He was the Confederate general who essentially fought to preserve the institution of slavery.

The Civil War itself was a conflict that famously divided families. "Brother against brother" is a phrase commonly used to describe those divisions that emerged within many American families, especially in the border states like my home state of Maryland.

And after the Civil War, America's divisions certainly did not go away. But there are inspiring stories of coming together as well that simply have not been told as much as the stories of division and oppression.

My grandmother's grandfather was at the center of one of those stories. In the years immediately following Reconstruction, Edward David Bland—who had been born into slavery—led Virginia's Black Republicans into coalition with former white Confederate soldiers to form a third party that took over the Virginia state government.

How many of us grew up learning that freedmen and the same Confederates that had fought to keep them enslaved actually came together to form a winning political party based on the common desire to save their state's public schools?

Known as the Readjusters, the bipartisan, multiracial movement won all statewide elected offices and controlled the Commonwealth of Virginia from 1881 to 1885. In that time, they abolished

the poll tax and the whipping post, radically expanded Virginia Tech and created Virginia State University, and readjusted the terms of the Civil War debt to save the free public schools and take the state from a financial deficit into a surplus.

That is just one story that illustrates how as a country we have managed to work through our divisions and move forward. We have common ground. We just need to look for it. And it should not be that difficult to search for and find that common ground within our own families.

Families can be great composites of many different backgrounds and experiences, just like America itself. And just like America, there can also be room for different viewpoints within families.

Most of us want the same things: a better life for our children, safe communities, good schools, freedom. That we might have different perspectives on what some of these things mean does not make for insurmountable differences. Instead, it begs for conversation and ultimately understanding of why we see things differently. Because whether our ancestors arrived as settlers or immigrants, were enslaved or were among this land's Indigenous peoples, what we have in common is we are all in the same boat now. Whether we sink or float, it will be together. And to truly thrive, we must heal our divisions. Within our own families is as good a place as any to start.

—November 18, 2024

Ben Jealous is the Executive Director of the Sierra Club and a Professor of Practice at the University of Pennsylvania.

HEALTH AND WELLNESS

Alzheimer's Association Shares Tips to Support Alzheimer's, Dementia Caregivers

By CINDY SCHELHORN
Alzheimer's Association

ARLINGTON, Va. (Nov. 20, 2024)—November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month. To mark these events, the Alzheimer's Association National Capital Area Chapter is encouraging people to lend a helping hand to family members and friends caring for a loved one with Alzheimer's or other dementia.

Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference. The Alzheimer's Association offers these suggestions:

- **Learn:** Educate yourself about

Alzheimer's disease—its symptoms, its progression and the common challenges facing caregivers. Explore the Association's website, or attend a free in-person or virtual education program. The more you know, the easier it will be to find ways to help.

- **Build a Team:** Organize family and friends who want to help with caregiving. The Alzheimer's Association offers links to several free, online care calendar resources that families can use to build their care team, share tasks and coordinate helpers.

- **Give Caregivers a Break:** Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run

errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.

- **Check In:** Many Alzheimer's and dementia caregivers report feeling isolated or alone. Start the conversation—a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.

- **Tackle the To-Do List:** Ask for a list of errands that need to be run—such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete

these simple tasks that we often take for granted.

- **Be Specific and Be Flexible:** Open-ended offers of support ("call me if you need anything" or "let me know if I can help") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.

- **Help for the Holidays:** Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. Help caregivers around the holidays by offering to help with cooking, cleaning or gift shopping. If a caregiver has traditionally hosted family celebrations, offer your home instead.

- **Join the Fight:** Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with

your local Alzheimer's Association chapter, participate in fundraising events such as Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study through the Alzheimer's Association's Trial Match.

To learn more about Alzheimer's disease and ways you can support families and people living with the disease, visit the Alzheimer's Association National Capital Area Chapter's website alz.org/nca or call the Association's 24/7 Helpline at 800.272.3900.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800.272.3900.

New Technique Improves Diagnosis of Deadly Coronary Artery Disease

Enhanced Technology Can Outperform Humans, International Study Finds

By PRESS OFFICER
UVA Health

CHARLOTTESVILLE, Va. (Nov. 19, 2024)—A new technology which allows doctors to quantify blood flow in the heart can improve their ability to diagnose potentially deadly coronary artery disease (CAD), an international study led by University of Virginia School of Medicine investigators has found.

The technique represents an advance in cardiac magnetic resonance imaging (CMR) used in conjunction with stress testing to diagnose coronary artery disease, a condition which affects 70% or more of people over 60. CMR stress testing is a noninvasive way for doctors to assess how well the heart is functioning and see if there are dangerous blood-flow blockages.

UVA's new research suggests that combining CMR with blood-flow data offers a superior way to identify patients with CAD. The new technique outperformed human experts examining images, the researchers

found.

"These findings are important because it means that a non-invasive test like CMR can be used to help diagnose CAD even at medical centers that may not have highly experienced physicians available to interpret the test," said researcher Amit Patel, MD, a cardiologist and imaging expert at UVA Health. "By including these novel blood flow measurements into the interpretation of the CMR test, we will be able to more accurately identify patients most likely to benefit from getting an invasive heart catheterization procedure."

Diagnosing Coronary Artery Disease

Heart disease is the leading cause of death in America, killing hundreds of thousands of people each year, and coronary artery disease is the most common form of heart disease. In most cases of CAD, fatty plaques made of cholesterol and other substances build up in the arteries that deliver blood to the heart. This chokes off blood flow and potentially sets the

stage for heart attacks and strokes.

CMR stress testing is a useful way to spot coronary artery disease, but the new research from Patel and colleagues suggests that "quantitative" CMR with blood-flow data is even better. To determine that, they launched a clinical trial at 10 sites around the world, testing quantitative CMR in 127 patients with a mean age of 62.

The researchers wanted to see if quantitative CMR could distinguish between two forms of coronary artery disease, "obstructive" and "nonobstructive." Obstructive is less common but more likely to require treatment with a coronary artery bypass or heart stent surgery. Nonobstructive CAD is often considered less serious than obstructive because it does usually need to be treated with a surgery, but it can still cause heart attacks and requires treatment with medications.

The researchers found that adding data on blood flow significantly improved CMR's ability to identify obstructive coro-

nary artery disease. Fifty-six patients, or 44% of the study participants, were found to have obstructive CAD, while 71 had nonobstructive. The enhanced CMR proved more effective at detecting obstructive CAD than both traditional CMR and human physicians reading scans.

"These findings will hopefully help us minimize the number of patients who have to undergo an invasive heart catheterization procedure," Patel said. "Although this study focused on improving the diagnosis of obstructive coronary artery disease, future studies will be needed to determine how the blood flow measurements will be beneficial for patients with other heart conditions such as heart failure."

Findings Published

The researchers have published their findings in the Journal of the American College of Cardiology: Cardiovascular Imaging. The research team consisted of Shuo Wang, Paul Kim, Haonan Wang, Ming-Yen Ng, Andrew E. Arai, Amita Singh, Saima Mushtaq, Tsun Hei Sin, Yuko Tada, Elizabeth Hillier, Ruyun Jin, Christian Østergaard Mariager, Michael Salerno, Gianluca Pontone, Javier Urmeneta Ulloa, Ibrahim M. Saeed, Hena Patel, Victor Goh,

Simon Madsen, Won Yong Kim, Mayil Singam Krishnam, Vicente Martínez de Vega, Alicia M. Maceira, Jose V. Monmeneu, Aju P. Pazhenkottil, Alborz Amir-Khalili, Mitchel Benovoy, Silke Friedrich, Martin A. Janich, Matthias G. Friedrich and Amit Patel.

Amit Patel has received research funding from GE Healthcare and has received research

support from Circle Cardiovascular Imaging, NeoSOFT and Siemens Healthineers. A full list of the authors' disclosures and funding sources is included in the paper.

To keep up with the latest medical research news from UVA, subscribe to the Making of Medicine blog at <http://makingofmedicine.virginia.edu>.

The Prince George's Post

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HEALTH AND WELLNESS

Alzheimer's Association Encourages Dementia Caregivers to Make Their Health and Wellbeing an Equal Priority

November is National Family Caregivers and National Alzheimer's Disease Awareness Month

Alzheimer's Association offers help to the more than 600,000 Alzheimer's caregivers in Maryland

By CINDY SCHELHORN
Alzheimer's Association

ARLINGTON, Va. (Nov. 20, 2024)—During National Family Caregivers and National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association is encouraging dementia caregivers to make their own health an equal priority as they navigate the demands and stresses of caring for someone else.

"As difficult as it may be, caregivers need to make their health and well-being an equal priority," said Sheila Griffith, Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter. "Maintaining your health can help you be a better caregiver. No caregiver should face this disease alone. The Alzheimer's Association is here to help."

Currently, there are more than 247,000 caregivers—family members and friends—in Maryland providing unpaid care to more than 127,000 people in the state living with Alzheimer's.

Caring for those living with Alzheimer's or other dementia poses special challenges for family caregivers. As dementia symptoms worsen, caregivers can experience increased emotional stress, depression, anxiety, and new or worsened health problems. In addition, caregivers often experience depleted finances due to disruptions in employment and paying for health care or other services.

"Caring for a person with Alzheimer's takes longer, lasts longer, is more personal and extensive than most other diseases, and takes a heavy toll on the health of the caregivers themselves," said Griffith. "During the course of the disease, caregiving tasks escalate and become more intensive. As a result, many dementia caregivers neglect their own health needs and that can lead to a crisis."

Across the country, 59% of dementia caregivers report high to very high emotional stress due to caregiving and 38% report high to very high physical stress due to caregiving. Seventy-four percent of dementia caregivers report they are "somewhat concerned" to "very concerned" about maintaining their own health since becoming a caregiver. In Maryland, 8.4% of caregivers report frequent poor physical health.

To help caregivers balance competing priorities while maintaining their overall health and well-being, the Alzheimer's Association offers these tips:

- **Find time for yourself.** It's normal to need a break from caregiving duties. No one can do it all by themselves. Consider taking advantage of respite care or help from family and friends to spend time doing something you enjoy.
- **Become an educated caregiver.** Understand the disease, its progression and accompanying behavioral and physical changes. Know resources in your community that can help.
- **Build a support network.** Organize friends and family who want to help provide care and support. Access local caregiver support groups or online communities, such as ALZConnected, to connect with other caregivers. If stress becomes overwhelming, seek professional help.
- **Take care of yourself.** Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
- **Avoid caregiver burnout.** Sustained caregiver stress can lead to

caregiver burnout—a state of physical, emotional and mental exhaustion. The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

- **Accept changes.** Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.

- **Know you're doing your best.** It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, consider joining an online or in-person support group.

"It's important that dementia caregivers not isolate themselves," said Griffith. "Connecting with other caregivers and support organizations can help you find the information, resources and emotional support needed to help stay physically and emotionally strong so you can take care of yourself while you provide care to others. In the end, taking care of yourself so you can be a better caregiver is really a gift to the person you are caring for."

The Alzheimer's Association provides local support and programs to families facing Alzheimer's and other dementia, including a 24-7 Helpline staffed by master's level clinicians and specialists who are available 365 days a year and can help families navigate a variety of disease-related issues. Call 800-272-3900.

Alzheimer's Caregiving: By the Numbers *

- More than 11 million people in the U.S. are providing unpaid care to a person living with Alzheimer's or dementia.
- In 2023, these caregivers provided an estimated 18.4 billion hours of unpaid care valued at \$346.6 billion.
 - 83% of the help provided to older adults in the U.S. comes from family members, friends or other unpaid caregivers.
 - Nearly half of all caregivers (48%) who provide help to older adults do so for someone with Alzheimer's or another dementia.
 - Among primary caregivers of people with dementia, over half take care of their parents.
 - Approximately two-thirds of caregivers are women, and one-third of dementia caregivers are daughters.
 - Approximately one-quarter of dementia caregivers are "sandwich generation" caregivers, meaning they care not only for an aging parent, but also for children under age 18.
- The total lifetime cost of care for a person living with dementia is estimated at almost \$400,000 (\$394,683) with 70% of these costs borne by family caregivers in the forms of unpaid caregiving and out-of-pocket expenses.
 - 41% percent of caregivers have a household income of \$50,000 or less.

* **Source:** Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures report, alz.org/facts

The Alzheimer's Association is a world-wide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800.272.3900.

MedStar Health Proudly Announces That MedStar Southern Maryland Hospital Center Has Been Named Among America's 100 Best Hospitals for Coronary Intervention by Healthgrades

By PRESS OFFICER
MedStar Health

CLINTON, Md. (Nov. 19, 2024)—Once again spotlighting MedStar Southern Maryland Hospital Center's exceptional coronary intervention services, the hospital was named one of America's 100 Best Hospitals for Coronary Intervention™ for 2025 by Healthgrades. This is the second time the hospital has been named to this prestigious list.

A 100 Best Hospital for Coronary Intervention

As a Healthgrades 100 Best Hospital for Coronary Intervention, hospitals must consistently perform in the top 5% or 10% in the nation for coronary intervention. MedStar Southern Maryland continues to stand out in this specialty, having received a Coronary Intervention award from Healthgrades for three years in a row.

Interventional cardiology is one of MedStar Southern Maryland's cornerstone services, delivering comprehensive care and excellent outcomes through minimally invasive techniques including angioplasty, coronary angiography, coronary artery stent placement, and transradial catheterization. The hospital's team of interventional cardiologists and coronary care specialists work in coordination to provide patients with lifesaving interventions for heart attacks, coronary artery blockages, and other conditions related to coronary vessels.

Brian Case, MD, Chief of Interventional Cardiology and Director of the Cardiac Cath Lab at MedStar Southern Maryland, credits the hospital's collaborative approach to coronary intervention with the prestigious recognition and excellent patient outcomes.

"It truly is a team approach that makes a difference in delivering exceptional coronary intervention. From EMS and the Emergency Department to the Cardiac Cath Lab, and cardiac care and step-down units, the focus on timely, advanced coronary interventions for critically ill patients helps save lives," said Dr. Case. "This award is a result of



COYLE STUDIOS PHOTO COURTESY MEDSTAR HEALTH

MedStar Southern Maryland Hospital Center

our team's commitment to patient safety, quality, and superior cardiac outcomes."

Contributing to the recognition as a 100 Best Hospital for Coronary Intervention is the sophisticated technology utilized in the program. The hospital's state-of-the-art Cardiac Catheterization Lab, complemented by a dedicated team of specialists, provides intravascular imaging and procedures for minimally invasive stent placement and other cardiac interventions when time is of the essence. Being part of the MedStar Heart & Vascular Institute also contributes to the high-quality care delivered at MedStar Southern Maryland's coronary intervention program.

"Being recognized by Healthgrades again for exceptional coronary interventional services is a true testament to the team's continued commitment to ensuring the highest quality care for patients throughout the Southern Maryland community," said Stephen Michaels, MD, President of MedStar Southern Maryland.

Local Hospice Organization Announces Dementia Care Program for Patients and Caregivers

By ELYZABETH MARCUSSEN
Hospice of the Chesapeake

PASADENA, Md. (Nov. 18, 2024)—Hospice of the Chesapeake has launched a new and innovative dementia care program for dementia patients and their caregivers. The program, in collaboration with The National Partnership for Healthcare and Hospice Innovation (NPHI), The Center to Advance Palliative Care (CAPC) and Aliviado Health, includes free access to the "Dementia Care Patient & Caregiver Resource Guide," which provides the best-in-class resource for dementia care. The goal is to improve the quality of life for dementia patients, reduce hospitalizations and ease burdens for families and caregivers.

The program is designed to support the home care of people living with dementia and to assist caregivers, including families, with the skills and necessary information to care for, manage safety, and provide comfort for their loved one living with dementia within their home. Many people living with dementia frequently visit their doctor's office, emergency room, and hospital due to worsening symptoms or increasing caregiving strain, but these conditions can be prevented or managed with appropriate hospice and palliative care.

Dementia can be a tremendous burden not only for people living with the disease but also for their families and caregivers. According to the Alzheimer's Association, 6.7 million individuals in the U.S. have dementia, the majority of whom received an Alzheimer's diagnosis, and by 2050, that figure is expected to more than double as the population ages. Across the nation, there are an estimated 11 million Americans who provide unpaid care for patients with dementia, many of whom carry the burden alone and face difficulties in navigating care.

"We know that caring for dementia patients means focusing on the caregivers in their lives. Much of that support is educating the family on how to

manage a disease that can be exhausting and alarming." Hospice of the Chesapeake Vice President of Medical Affairs & Hospice Medical Director Dr. Sonja Richmond said. "This program provides essential resources they can access within the comfort of their own homes. It can empower families to manage the challenges of dementia with dignity, compassion, and confidence. Our goal is to make sure they never feel alone on this journey."

The new Patient & Caregiver Guide represents the best standards of care for mid-, advanced-, to end-stage dementia and was put together with the collective input of 100+ not-for-profit hospice, palliative, and advanced illness care organizations. When used effectively, the new guide can improve the well-being, safety, and comfort of thousands of patients living with dementia. The guide offers a detailed explanation of dementia, provides tips for symptom management, and offers resources for both patients and caregivers.

To learn more about the program and for downloadable copies of the Patient and Caregiver Resource Guide, visit <https://www.hospicechesapeake.org/hospice-supportive-care/dementia-care/>

Hospice of the Chesapeake is the leading provider of compassionate, expert care for individuals and families facing serious illness across Anne Arundel, Calvert, Charles, and Prince George's counties. As Maryland's largest independent, not-for-profit hospice, the organization is committed to enhancing the quality of life for patients by managing symptoms, providing education, and focusing on what matters most to each individual and their loved ones. With a team of highly skilled professionals, Hospice of the Chesapeake offers personalized support to help families navigate the challenges of advanced illness and loss, ensuring comfort, dignity, and peace of mind throughout the journey. For more information, visit

<http://www.hospicechesapeake.org>.

The National Partnership for Healthcare and Hospice Innovation (NPHI) is a membership organization comprising 100+ not-for-profit, community-integrated hospice, and palliative care providers dedicated to ensuring patients and their families have access to care that reflects their individual goals, values, and preferences. Representing providers from 37 states and the District of Columbia, NPHI and its members help design more innovative and effective models of care, advocate for comprehensive and community-integrated care customized to meet each person's unique needs, and build collaboration between national thought leaders, decision-makers, and other healthcare stakeholders to improve hospice care. Learn more at hospiceinnovations.org.

The Center to Advance Palliative Care (CAPC) is a national organization dedicated to increasing the availability of quality, equitable health care for people living with serious illness. As the nation's leading resource in its field, CAPC provides healthcare professionals and organizations with the training, tools, and technical assistance necessary to effectively meet this need. Learn more at CAPC.org.

Aliviado Health provides innovative training and resources to home-based teams and community-based organizations, giving them advanced expertise in the complexities of dementia care. It is a dissemination arm of the Hartford Institute for Geriatric Nursing at NYU Rory Meyers College of Nursing, focusing on assisting clinicians and organizations in implementing high-quality, evidence-based care for older adults with serious illness. The mission of the Hartford Institute for Geriatric Nursing is to ensure older adults achieve optimal health and quality of life and has become a beacon for those working to advance geriatrics in nursing. Learn more at aliviado.org.