



THE BERWYN HEIGHTS BEACON

The Town of Berwyn Heights Senior Services Program Newsletter



As The Town of Berwyn Heights is in partnership with the City of Greenbelt's GAIL Program, The GAIL Program is pleased to offer the monthly Food Produce Distribution on the following dates:

Upcoming Produce Distributions

Location

Greenbelt Community Center

15 Crescent Road, Ground Floor East
Greenbelt, MD 20770

Time

1pm-3pm

Dates

Thursdays

- March 21st, 2024
- April 18th, 2024
- May 16th, 2024

Drive-thru and walk-ups are welcome.

**A friendly reminder that a card is now required to pick-up produce.*

NEED MORE INFORMATION

Contact Pamela Aluvale (240) 583-0602

Free! Webinars

April Webinars



DATE

Thursday April 4, 2024



TIME

7:00 - 8:00 pm

Difficult Behaviors: What? Where? When? Why?

Please Join us to a discussion on "Aging Well at Home" to explore advanced technologies that promote seniors' health and well-being.

Registration Link: <http://tinyurl.com/mr2m2p2w>



DATE

Thursday April 11, 2024



TIME

7:00 - 8:00 pm

Long Term Care Planning

Please join us for a presentation to explain there is an increase in the demand for long-term care due to the prevalence of chronic health and cognitive conditions.

Registration Link: <http://tinyurl.com/4erhkta7>

May Webinars



DATE

Thursday May 2, 2024



TIME

7:00 - 8:00 pm

Nutrition For Older Adults

Please Join us to a fun discussion on food. It's not just about satisfying our nutritional needs, but it also brings us so much joy and pleasure.

Registration Link: <http://tinyurl.com/2unrtpzz>



DATE

Thursday May 9, 2024



TIME

7:00 - 8:00 pm

Living with Serious Illness: Myths and Misunderstandings

Please Join us to a discussion on how to identify misunderstandings of serious illness that make it difficult for patients to receive the appropriate support to ensure overall wellness.

Registration Link: <http://tinyurl.com/4e9cwyju>

NEED MORE INFORMATION OR TO REGISTER

Contact Pamela Aluvale (240) 583-0602

Free! Webinars

June Webinars

**DATE**

Thursday June 6, 2024

**TIME**

7:00 - 8:00 pm

The Positive Path Towards Dementia Aware End of Life Care

Please join us to a discussion on affirming responses to raise Dementia awareness.

**DATE**

Thursday June 13, 2024

**TIME**

7:00 - 8:00 pm

A Place for Dad: One Maryland Caregivers Journal

Please join us to a discussion on caregiving.

Contact Pamela, paluvale@berwynheightsmd.gov for registration links.

VOLUNTEER OPPORTUNITIES

Join the Movement! Become a Dementia Friend.



Do you want to help the community become a more dementia friendly place? Become a Dementia Friend today! A dementia friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities. Consider attending a Dementia Friends Training.

NEED MORE INFORMATION OR TO REGISTER

Contact Pamela Aluvale at 240-583-0602.

SAVE THE DATE for New! Aging Solo Class

WHAT IS AGING SOLO?

The Greenbelt Assistance in Living Program has held Aging Solo classes that are traditionally online-learning opportunities to help one take charge of their aging.

TO REGISTER:

Contact Pamela Aluvale, Senior Services Coordinator, by phone (240)-583-0602 or email paluvale@berwynheightsmd.gov

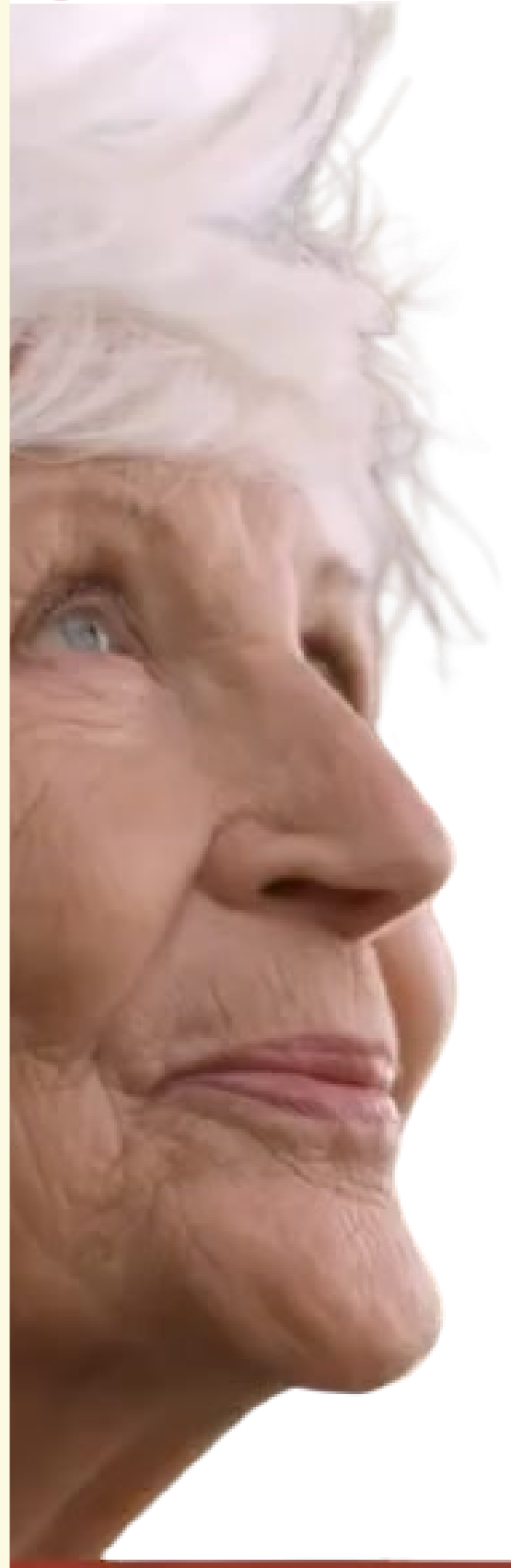
WHEN:

Thursdays, April 4 - May 9, 2024
11:00am - 12:30pm

- April 4, 2024
- April 11, 2024
- April 18, 2024
- April 25, 2024
- May 2, 2024
- May 9, 2024

WHERE:

Berwyn Heights Town Center
8603 57th Avenue (2nd Floor)
Berwyn Heights, MD 20740



NEED MORE INFORMATION OR TO REGISTER

Contact Pamela Aluvale at 240-583-0602.

RENTERS' TAX CREDIT

What is the Renters' Tax Credit?

The Renters' Tax Credit Program is a tax credit where the State of Maryland provides a direct check payment of up to \$1000.00 a year for renters who paid rent in the State of Maryland and who meet certain eligibility requirements.

To be eligible to apply:

- The applicant must have a bona fide leasehold interest in the property and be legally responsible for the rent.
- They must submit a copy of their lease, rental agreement, money order receipts or other proof of rent paid.
- They must be a Maryland resident, where the applicant resided for at least six (6) months in the calendar year 2023.
- The dwelling may be any type of rented residence or a mobile home pad on which the residence rests, but it may not include any unit rented from a public housing authority or from an exempt organisation.
- The applicant, spouse and/or co-tenant(s) must have a combined net worth of less than \$200,000 as of December 31, 2023.

Applications are available on the web at:

<http://tinyurl.com/25tadctt>

Income Guidelines

Individuals	Gross Income Limit
2	\$18,310
3	\$23,030
4	\$27,540
5	\$32,470
6	\$37,190

The deadline for filing an application is October 1, 2024.

INDEPENDENT LIVING TAX CREDIT

What is the Independent Living Tax Credit?

The Maryland Department of Housing and Community Development administers a State of Maryland tax credit for residents of the state who have renovated a home to be more accessible. The tax credit may be up to 50% of the cost of the renovation up to \$5,000, whether it's your own home, the home of a family member, or a rental property. To claim this credit, the renovations must have taken place during the prior tax year, and you must demonstrate the costs incurred with receipts, invoices, before and after pictures, etc. Any approved accessibility features will be considered in the calculation for the tax credit amount.

To be eligible to apply:

- Be a Maryland resident
- File taxes in Maryland for the same calendar tax year that your renovations were made
- Have documentation to show that you have paid for a home renovation that includes accessibility features.
- Submit a completed application to DHCD and provide any additional information that is requested.

Applications are available on the web at:

<http://tinyurl.com/25tadctt>

Eligible Renovations

No-step entrance

Doorways with a 32-inch wide opening

Handrails

Rocker panel light switches

Chairlifts and elevators

The deadline for filing an application is June 1, 2024.

FOR ADDITIONAL INFORMATION PLEASE CALL

Pamela Aluvale at 240-583-0602.

Upcoming events

CAREGIVER SUPPORT GROUPS

Feeling isolated? Looking to connect with others? We are here to help.



- In-Person on the 2nd Wednesdays, 6-7pm
- Virtually on the 3rd Wednesdays, 2-3pm

MEMORY CAFÉ

Memory Café provides a stigma-free environment for those with early-stage Alzheimer's disease, mild cognitive impairment or other forms of dementia. The sessions are hosted by Sharon Johnson from The GAIL Program.



- In Person on the 1st Wednesdays, 1:30-2:30 pm
- Virtually on the 2nd Wednesdays, 1:30-2:30 pm
- Virtually on the 4th Wednesdays, 1:30-2:30 pm



If interested, please contact
Pamela Aluvale at paluvale@berwynheightsmd.gov or
240-583-0602.

INCONTINENCE SUPPLIES

If you are interested in receiving incontinence supplies, to be added onto the list, please contact Pamela Aluvale at (240)-583-0602 or paluvale@berwynheightsmd.gov

**Please note that the availability and sizes are not guaranteed every month.*