



THE BERWYN HEIGHTS BEACON

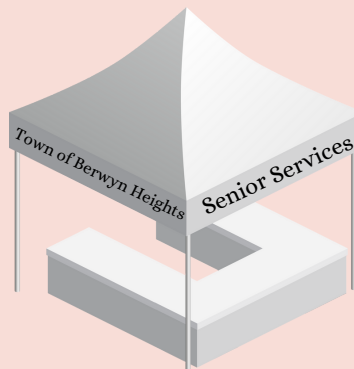
The Town of Berwyn Heights Senior Services Program Newsletter



There's the saying "*April showers bring May flowers*" — let's bloom together this May while we also celebrate Older Americans Month!

Come to our Senior Services Program Table at Berwyn Heights Day!!

Be sure to stop by our table at Berwyn Heights Day
taking place on May 4th, 2024 from 11am-3pm !!



NEED MORE INFORMATION

Contact Pamela Aluvale (240) 583-0602

SENIOR SERVICES' ADVISORY GROUP



Are you passionate about enhancing services for seniors in our community?

Do you have ideas on how we can make our senior services more inclusive and beneficial for Berwyn Heights' Seniors?

Join the Senior Services' Advisory Group as we collaborate once a month to brainstorm ideas and strategies to enhance our programs and services! Our goal is to tailor programs, services, classes and resources to meet the needs of our residents. Your suggestions and input is needed. Continuing to make the Town of Berwyn Heights an Age Friendly Community for all residents is imperative to making us inclusive and engaging.

If interested in joining, contact Pamela Aluvale, Senior Services Coordinator by phone (240)-583-0602 or email paluvale@berwynheightsmd.gov.

FREE SUMMER CLASSES PROVIDED BY THE GAIL PROGRAM

**Registration is required*



Habit Shift Mindset

is a single-session program that focuses on how habits are cultivated, changed or eliminated

June
11

1-2:30 pm



Stress Surfing

is a three-week program that focuses on the science of stress and stress management

July
11 - 24

1-2:30 pm



Dining With Diabetes

is a 4-week program that focuses on diabetes management through nutrition.

August

7 - 28

1-2:30 pm

All classes will be taking place at:

The Greenbelt Community Center

15 Crescent Road, Ground Floor East, Greenbelt, MD 20770

NEED MORE INFORMATION OR TO REGISTER

Contact Pamela Aluvale (240) 583-0602

Upcoming Free Webinars



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>

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.

Registration Link: <https://shorturl.at/BWZ35>



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.

Registration Link: <https://shorturl.at/eor12>

NEED MORE INFORMATION OR TO REGISTER

Contact Pamela Aluvale (240) 583-0602

BeSMART Energy Efficiency Loan for Homeowners



What is the BeSMART Loan Program?

The BeSMART Home Loan Program provides financing to improve the energy efficiency and comfort of your home. By replacing and upgrading appliances, heating, ventilation and cooling systems, and whole house envelope improvements – homeowners can save on the utility bill.

Eligibility:

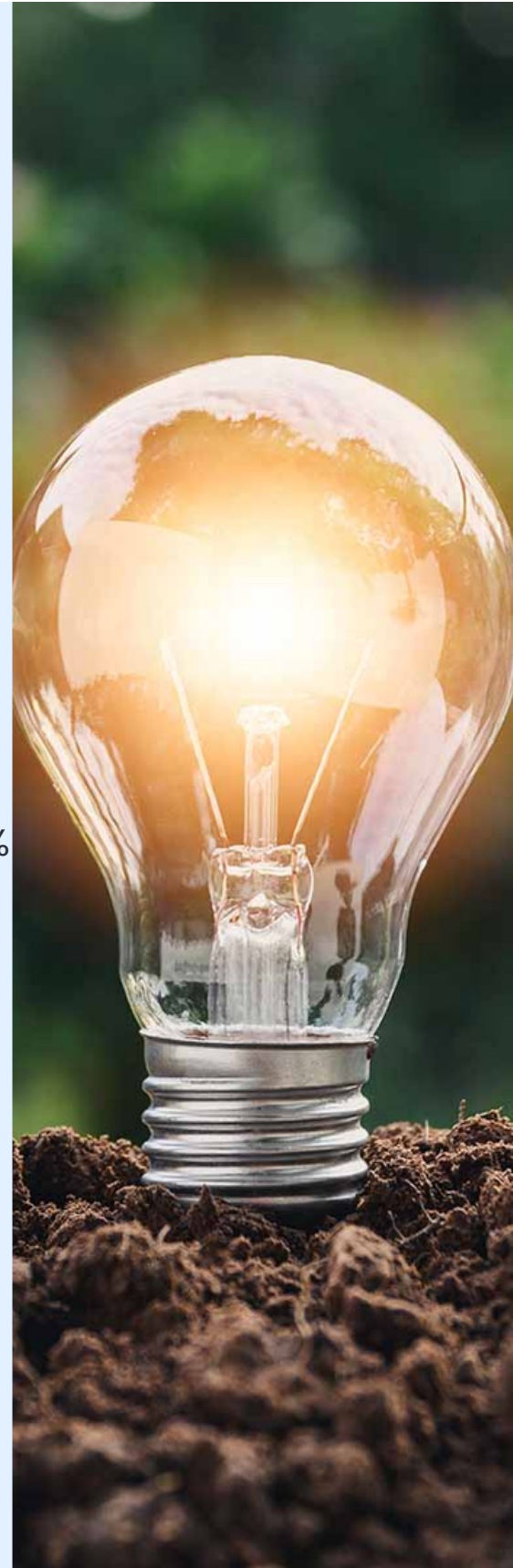
The loan is an unsecured loan based on verification of credit and ability to pay.

Applicant must be/have:

- Maryland homeowner
- Credit score of 640 or greater
- Debt to income ratio that does not exceed 50%

How to apply?

1. Submit application either online or through mail including 30-day paystubs or 2 years of tax returns if self-employed, copy of valid ID, & most recent mortgage statement (if qualified, you'll receive a pre-approval letter)
2. Send estimates/scope of work along with the make and model of the equipment and any appliance invoices for financing (if scope is eligible, loan documents are sent)
3. Sign, notarize and return Loan documents (DHCD requests 30% draw of funds)
4. Complete Project, notify DHCD and they will have a state inspector before the final draw is completed.



NEED MORE INFORMATION

Contact Pamela Aluvale at 240-583-0602.

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.

More 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.*