

National

March 2026

Brain Health Awareness Brain Injury Awareness

Month

Three Brain Health Tips

- Challenge Your Mind
- Protect Your Head
- Sleep Well

Quick Brain Health Recipe

Protect Yourself from Social Security Scams

- Common Scam Tactics
- Key Tips to Avoid a Scam

March 23rd Event: Dementia Caregiver Support Group

April 6th Event: Dementia Education / Dr. Maritza Buenaver

"To help erase the stigma and misunderstanding of dementia"

Dementia - Loved One/Caregiver Virtual Reality Experience

Resources

*"I forgive myself
for not knowing everything."*

You are not alone.
YOU ARE NOT ALONE.

Dementia Caregiver Support Group

Basehor Community Library:

March 2026: Meets in person on Monday, March 23rd at 6:30 p.m. - 7:30 p.m.

(See inside for 2026 new Support Group Schedule)

Join us in this safe supportive environment for caregivers.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist

and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.

March 2026

National Brain Health Awareness Month National Brain Injury Awareness Month

March is specifically recognized as Brain Health Awareness Month to promote proactive risk reduction.



Three Brain Health Tips

1. Challenge Your Mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain

2. Protect Your Head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

3. Sleep Well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Source: www.alz.org

Quick Recipe To Boost Brain Health: Follow the MIND diet—a blend of Mediterranean and DASH diets—focusing on leafy greens, berries, nuts, olive oil, and fish. A top recipe is Blueberry Walnut Oatmeal: simmer 2/3 cup rolled oats with 1/3 cup blueberries, 1/4 tsp cinnamon, and 2 tsp honey. (Walnuts optional)

➡ **“Reminder—2026 New Support Group Schedule”**

Beginning 2026, the Dementia Caregiver Support Group meetings at the Basehor Library will be held on the fourth Monday of each month.

MARCH EVENT: Dementia Caregiver SUPPORT GROUP
Monday, March 23rd—Basehor Community Library
1400 158th St., Basehor, KS—6:30 p.m—7:30 p.m.

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS
caregiver support specialists.

Protect Yourself From Social Security Scams

National “Slam the Scam” is designated by Social Security’s Office of the Inspector General to raise awareness of government imposter scams, which continue to spread across the United States. Slam the Scam is part of National Consumer Protection Week.

To avoid Social Security scams, **hang up immediately** on suspicious callers, never click links in text/email, and never pay with gift cards, cash, or wire transfers. The Social Security Administration (SSA) will never threaten arrest or suspend your Social Security number.

Protect your info by visiting ssa.gov directly.

Common Scam Tactics

- **Impersonation:** Scammers may use real names of employees or fake badges, and calls may appear to come from legitimate government numbers.
- **Urgency & Fear:** They use high-pressure tactics like threats of arrest to prevent you from thinking clearly.
- **Social Media/Text:** Be wary of direct messages on social media or texts containing suspicious links.

How to Avoid a Social Security Scam: Key Tips to “Slam the Scam”

- **Identify Red Flags:** Scammers often claim there is a problem with your SSN, demand immediate payment, or ask for secrecy.
- **Verify Independently:** If you receive a suspicious call, hang up and call the official SSA hotline at 1-800-772-1213, or check your account online at ssa.gov.
- **Never Transfer Money:** The SSA will not ask you to move money to a "protected" bank account or pay with gift cards.
- **Report It:** Report any scams to the Office of the Inspector General at oig.ssa.gov/report.

Source: www.ssa.gov

APRIL 2026 EVENT: Dementia EDUCATION

Dr. Maritza Buenaver is Inviting You to Join Us for this Free Event!

(Sessions are held Every Other Month on the first Monday of the month)

Monday, April 6th, 6:30 p.m—7:30 p.m.

Basehor Community Library

1400 158th St., Basehor, KS

This program will be led by Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education. The goal of this program is to help erase the stigma and misunderstanding of dementia by encouraging conversations about the disease, while advancing education and training that leads to compassionate care for individuals. This program will offer insight for people working with the public and for those working in health care.

Resources



A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

Find out what everyone is raving about!

"Enlightening" "Eye-Opening" "Empowering" "Informative"

Free Distance Learning Experience Through Zoom..

(Alzheimer's/Dementia/Lewy Body/Parkinson's)

Experience a journey through their eyes.

(A must for caregivers, families, doctors/fellows/residents/staff.)

Free Virtual Reality Distance Learning is made possible

by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.



**It's easy to schedule a
Virtual Reality Session.**

***Just email your preferred
VR Session date and time to:***

vaCaregiverEducation@gmail.com

***Also, ask about our other
Virtual Reality Experiences including:
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: April 6, 2026**
> Dementia Education Sessions are held Every Other Month on the "First Monday" of that month, 6:30-7:30 p.m., at the Basehor Library
- **> Dementia Caregiver Support Group**, Monthly, on the "Fourth Monday" of that month, 6:30-7:30 p.m., at the Basehor Library
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **The Deeper Window Association, Vicki Lichtenauer, vlichtenauer@scls.org**
Caregiver Support Group, Monthly, 1st and 3rd Wednesday, 5:45-7:30 p.m.
Leavenworth, KS— Let's Roll Mobile Respite, Tuesdays, 11:00 a.m.—3:30 p.m.
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.ALZ.org—Alzheimer's Association**