

ALZHEIMER'S ASSOCIATION

Rochester and Finger Lakes Chapter

June 2025

Programs and Services



The Alzheimer's Association, Rochester and Finger Lakes Region Chapter offers a variety of care and support programs to those impacted by Alzheimer's or another dementia.

All programs listed below are free of charge.

**Register today by calling our 24/7 Helpline at 800.272.3900
or by visiting our Community Resource Finder at alz.org/CRF.**

This publication is supported in part by grants from the New York State Department of Health, New York State Office for the Aging, Monroe County Office for the Aging, and the Health Resources and Services Administration & University of Rochester. All programs and services offered by the Alzheimer's Association are free to the public.

IN-PERSON FREE EDUCATION PROGRAMS

The Empowered Caregiver: Communicating Effectively

Lodi Whittier Library
Tuesday, June 3
2:00 - 3:00 PM

Understanding Alzheimer's and Dementia

Webster Public Library
Thursday, June 5
1:00 - 2:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behavior

Wayne County Nursing Home (Lyons)
Thursday, June 5
2:00 - 3:00 PM

The Empowered Caregiver: Communicating Effectively

Dansville Public Library
Monday, June 9
1:00 - 2:00 PM

Healthy Living for Your Brain and Body

Fred & Harriet Taylor Health Center (Bath)
Monday, June 9
5:00 - 6:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behavior

Lodi Whittier Library
Tuesday, June 10
2:00 - 3:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behavior

Newman Riga Library (Churchville)
Tuesday, June 10
6:00 - 7:00 PM

The Empowered Caregiver: Exploring Care and Support Services

Veterans of Foreign Wars (Mt. Morris)
Wednesday, June 11
11:00 - 12:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behavior

Victor Farmington Library
Wednesday, June 11
11:00 - 12:00 PM

Understanding Alzheimer's and Dementia

Hilton-Parma Rec Center
Thursday, June 12
10:00 - 11:00 AM

The Empowered Caregiver: Communicating Effectively

Pittsford Community Library
Thursday, June 12
1:00 - 2:00 PM

The Empowered Caregiver: Communicating Effectively

Seymour Library (Brockport)
Thursday, June 12
1:30 - 2:30 PM

Healthy Living for Your Brain and Body

Waterloo Library & Historical Society
Thursday, June 12
2:00 - 3:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behavior

Watkins Glen Public Library
Tuesday, June 17
12:00 - 1:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behavior

Penn Yan Public Library
Tuesday, June 17
4:30 - 5:30 PM

Ten Warning Signs

Perinton Community Center
Wednesday, June 18
1:00 - 2:00 PM

The Empowered Caregiver: Exploring Care and Support Services

Lodi Whittier Library
Tuesday, June 24
2:00 - 3:00 PM

The Empowered Caregiver: Supporting Independence

Wood Library (Canandaigua)
Wednesday, June 25
11:00 - 12:00 PM

Ten Warning Signs

Parma Library
Wednesday, June 25
2:30 - 3:30 PM

The Empowered Caregiver: Exploring Care and Support Services

Dansville United Methodist Church
Thursday, June 26
11:00 - 12:00 PM

IN-PERSON FREE EDUCATION PROGRAMS

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| <div>Ten Warning Signs</div> <div>Corning Senior Center</div> <div>Thursday, June 26</div> <div>11:30 - 12:30 PM</div> | <div>Understanding Alzheimer's and Dementia</div> <div>Livonia Public Library</div> <div>Friday, June 27</div> <div>11:00 - 12:00 PM</div> | <div>The Empowered Caregiver: Building Foundations of Caregiving</div> <div>Fairport Public Library</div> <div>Friday, June 27</div> <div>12:30 - 1:30 PM</div> | |
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Taking Care of Yourself by Getting Better Sleep

An education program presented by the Alzheimer's Association®



Join Thera Blasio for a virtual education program on healthy living for your brain and body, with a focus on caregiver strategies for better sleep.

Register by May 15 to receive a free caregiver book!

Visit alz.org/CRF to explore additional education programs in your area.

**Wednesday, June 4
12-1 p.m.
Via Zoom**

Register at tinyurl.com/k69vejn2, by scanning the QR code, or by calling 800.272.3900.



This program is supported (in part) by a grant from the New York State Department of Health

 **ALZHEIMER'S®
ASSOCIATION**

**Rochester & Finger Lakes
Region Chapter**



New York State Virtual Programs June 2025

Join us this June for free virtual education programs to further your knowledge on brain health, caregiving, and more!

VA Series: Self Care 101 - You Can't Pour From an Empty Cup

Tuesday, June 3, 2025 from 11:00 a.m. - 12:30 p.m.

VA Series: Healthy Living for Your Brain and Body

Tuesday, June 10, 2025 from 11:00 a.m. - 12:30 p.m.

Research Grant Lunch and Learn

Wednesday, June 11, 2025 from 12:00- 1:00p.m.

Healthy Habits for a Healthy Brain in Partnership with NYU

Monday, June 16, 2025 from 11:00 a.m. - 12:00 p.m.

VA Series: Advancing the Science -The Latest in Alzheimer's and Dementia Research

Tuesday, June 17, 2025 from 11:00 a.m. - 12:30 p.m.

Addressing Dementia in the Workplace

Monday, June 23, 2025 from 12:00- 1:00p.m.

Ask the Expert Series: LGBTQIA+ Caregiving

Tuesday, June 24, 2025 from 1:00 - 2:00 p.m.

Advanced registration is required for all virtual programs.

To register, visit alz.org/newyork or call 800.272.3900.

Family & Friends Private Education Session

If you, and your family and friends, would like to discuss one of our education topics during a private session in-person or by phone/webinar, please call 800.272.3900 and request to schedule a Family & Friends Education Session.

PROGRAMAS EDUCATIVOS en ESPANOL (Por ZOOM o por TELEFONO)



Todos los Programas Educativos son Gratis
Para Registrarse: Llame a nuestra Linea de Ayuda:
1.800.272.3900, visite [ALZ.ORG/CRF](https://www.alz.org/crf)



EARLY STAGE SOCIAL ENGAGEMENT ACTIVITIES

The Rochester and Finger Lakes Chapter offers **FREE** activities for individuals with early-stage Alzheimer's disease or another form of dementia and their care partners.
Pre-screening is required. Please call 1-800-272-3900 to register.

Meet Me at the MAG
Memorial Art Gallery
Monroe County
Tuesday, June 10
2:00 - 4:00 PM

Coffee and Conversation
Oak Leaf Cafe and Bakery
Yates County
Thursday, June 12
10:00 - 11:00 AM

SUPPORT GROUP DESCRIPTION

Caregiver Support Groups create a safe, confidential, supportive environment or community, and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

CAREGIVER SUPPORT GROUPS

Dansville, Livingston

Dansville Public Library
Monday, June 2
1:00 – 2:00 PM

Watkins Glen, Schuyler

St. James'
Episcopal Church
Monday, June 2
6:00 – 7:00 PM

Perinton, Monroe

Perinton Community
Center
Tuesday, June 3
10:00 – 11:30 AM

Victor, Ontario

Victor Farmington
Library
Tuesday, June 3
11:00 – 12:00 PM

Fairport, Monroe

Fairport Public Library
Tuesday, June 3
12:30 – 2:00 PM

Canandaigua, Ontario

Wood Library
Tuesday, June 3
2:00 – 3:30 PM

Virtual Lewy Body Dementia

Wednesday, June 4
2:00 – 3:00 PM

Hornell, Steuben

Hornell Public Library
Thursday, June 5
12:30 – 1:30 PM

Pittsford, Monroe

The Highlands at Pittsford
Tuesday, June 10
11:00 – 12:00 PM

Geneva, Ontario

Geneva Presbyterian
Church
Tuesday, June 10
1:00 – 2:00 PM

Virtual Session

Tuesday, June 10
4:00 – 5:00 PM

Macedon, Wayne

Macedon Public Library
Tuesday, June 10
6:30 – 7:30 PM

Irondequoit, Monroe

Irondequoit Public Library
Wednesday, June 11
6:00 – 7:00 PM

Virtual Black/African American

Thursday, June 12
6:00 – 7:00 PM

Date changed due to Juneteenth

Virtual Frontotemporal Dementia

Friday, June 13
1:00 – 2:00 PM

Waterloo, Seneca

Seneca County Office
for the Aging
Friday, June 13
2:00 – 3:00 PM

SUPPORT GROUPS CONTINUED

Rochester, Monroe

Marian's House
Monday, June 16
11:30 – 12:30 PM

Newark, Wayne

Newark Public Library
Tuesday, June 17
5:45 – 6:45 PM

Horseheads, Chemung

First Presbyterian Church
Wednesday, June 18
11:00 – 12:00 PM

Corning, Steuben

Corning Senior Center
Wednesday, June 18
2:00 – 3:00 PM

Date changed due to Juneteenth

Greece, Monroe

Greece Baptist Church
Wednesday, June 18
3:00 – 4:00 PM

Webster, Monroe

Webster Senior Center
Wednesday, June 18
3:30 – 5:00 PM

Penn Yan, Yates

Penn Yan Public Library
Monday, June 23
4:00 – 5:00 PM

Men's Morning Virtual

Tuesday, June 24
10:00 – 11:00 AM

Dundee, Yates

Dundee Library
Tuesday, June 24
4:00 – 5:00 PM

**Women: Wives and
Partners Virtual**

Tuesday, June 24
4:00 – 5:30 PM

Brockport, Monroe

Seymour Library
Tuesday, June 24
6:30 – 8:00 PM

Ovid, Seneca

Edith B. Ford
Memorial Library
Wednesday, June 25
5:45 – 6:45 PM

Brighton, Monroe

Alzheimer's Association
Office
Thursday, June 26
1:00 – 2:00 PM

Geneseo, Livingston

Interfaith Center
Thursday, June 26
1:00 – 2:00 PM

**Virtual Loved Ones in
ALF/LTC**

Thursday, June 26
4:00 – 5:30 PM

Elmira, Chemung

Steele Memorial Library
Saturday, June 28
1:30 – 2:30 PM



For more information or to register,
Call 800.272.3900

Las Consultas de Cuidado de la Alzheimer's Association son conversaciones personales y privadas para usted y su familia con nuestros profesionales capacitados en el conocimiento del Alzheimer u otras demencias. Estamos aquí para ayudarle a usted y a su ser querido a navegar las decisiones difíciles y las incertidumbres que rodean el vivir con el Alzheimer u otra demencia. Podemos proporcionar consejos sobre cómo involucrarse en actividades significativas y ofrecer dirección sobre estrategias de comunicación y cambios de comportamiento. Nuestro personal ayudará a evaluar sus necesidades y proporcionar asistencia y planificación personalizada. Usted no está solo en este camino. Por favor, llámenos en cualquier momento para programar una cita. Estamos disponibles 24/7 en nuestra Línea de Ayuda: 800.272.3900.

ONE-ON-ONE SUPPORT

Care Consultations from the Association are personal and private conversations for you and your family with our trained professionals in Alzheimer's or another dementia. We are here to help you and your loved one navigate difficult decisions and uncertainties around living with Alzheimer's or another dementia. We can provide tips on how to engage in meaningful activities and offer guidance with communication techniques and behavior changes. Our staff will help to assess your needs and provide personalized assistance and planning. You are not alone in this journey. Please call us anytime to schedule a meeting. We are here 24/7 at 800.272.3900



ALZHEIMER'S  ASSOCIATION®

800.272.3900 | alz.org®