



FALL 2025

# COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S  ASSOCIATION®

**Western New York Chapter**  
800.272.3900 | [alz.org/WNY](https://alz.org/WNY)



The Western New York Chapter of the Alzheimer's Association is pleased to offer our Community Programs and Services Guide several times a year to share the many care, education and support resources we offer throughout the region. In addition, you will find many virtual classes and support groups you can join from the comfort of your own home. Visit the Association's online Community Resource Finder at [alz.org/crf](https://alz.org/crf) for even more opportunities.

The Fall is synonymous with the Walk to End Alzheimer's, the world's largest event to raise funds and awareness for Alzheimer's care, support and research. We are grateful to everyone who will participate this year, as we come together in six locations throughout Western New York to #ENDALZ!

We are here for you - 24 hours a day, 365 days a year. Reach out anytime to our free Helpline at **800.272.3900** with your questions or concerns.

News .....	3
Care Consultations .....	4
Early Stage .....	6
Virtual Programs .....	7
Allegany County .....	11
Cattaraugus County .....	12
Chautauqua County .....	13
Erie County (City of Buffalo) .....	14
Genesee County .....	18
Niagara County .....	19
Orleans County .....	21
Wyoming County .....	22

# NEWS



## WELCOME TO NEW STAFF

We are excited to welcome **Jewel Ingram** to the Western New York Chapter as a care consultant. Jewel is a committed social worker with nearly a decade of clinical experience supporting individuals with complex health needs, including direct care coordination within managed long-term care. She has worked closely with individuals living with developmental disabilities, chronic medical and mental health conditions, regularly engaging caregivers and care teams to assess

needs, connect members to vital community resources, and support social determinants of health needs. Her decision to join the Alzheimer's Association is motivated by a desire to apply her knowledge and skills in a meaningful way to support individuals living with Alzheimer's and their caregivers.

## GET THE LATEST NEWS!

### SIGN UP FOR OUR E-NEWSLETTER

We have so many free programs going on all the time plus updates in research and of course, our annual events – the best way to stay connected is through our **E-Newsletter!** It will show up in your email every Wednesday and you can read it from your desktop, laptop, tablet or smart phone. Sign up takes less than a minute at: [alz.org/e-news](http://alz.org/e-news).

The programs and services featured in this program guide are funded in part by grants from the New York State Department of Health, New York State Office for the Aging, various local foundations, and generous contributions from individual and corporate donors.

## FOLLOW US ON SOCIAL MEDIA!

 4alzwny

 @wnyalz

 @WNYAlz

 Alzheimer's Association WNY

# CARE CONSULTATIONS

Living with Mild Cognitive Impairment (MCI), Alzheimer's disease or other dementia is a life-encompassing experience that spans generations. Everyone has a role: spouses, siblings, children of all ages, and friends each play a part in the care team. It requires thought, strategy, and most importantly, a plan.

Care Consultations from the Alzheimer's Association are more than just a meeting with a dementia expert. Your consultant works with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem-solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We don't teach or tell you what to do. We coach you to find acceptable solutions, focused on improving your quality of life and building a support team. Plus, the service is **free**.

## Consultations are available in four ways:

- Live Chat: Click the "Live Chat: green button on our website from 8am to 8pm, Monday through Friday. [alz.org/help-support](https://www.alz.org/help-support)
- Phone: Call **800.272.3900** for a phone consultation 24/7.
- Zoom: Email [program.wny@alz.org](mailto:program.wny@alz.org) to schedule a Zoom consultation for you and/or your family.
- In-person: Call **716.626.0600 ext. 313** to schedule an appointment in our Amherst office or a location in your community.

**Looking for a roadmap?  
Getting started is easy  
with ALZNavigator!**



Choose a topic, answer a few questions and view your personalized action plan. As your situation changes, your action plan can change too. Add topics, edit your answers and get new resources to help you face new challenges. Whether you're a caregiver, a person living with dementia or someone concerned about memory loss, find the support you need. ALZNavigator will guide you to customized resources and tools you need today and throughout each step of the disease — all in one place. [alz.org/alznavigator](https://www.alz.org/alznavigator)

# CARE CONSULTATIONS

## FREE LEGAL CONSULTATIONS



Concerned about managing personal care and property, healthcare coverage, your decision-making ability or that of your loved one, appointing a healthcare agent, knowing the signs of abuse or exploitation, and planning for the long-term costs of care? Individuals living with Mild Cognitive Impairment or a type of dementia and their caregivers can call **716.853.3087** or email Daniel Geyer at **[dgeyer@elderjusticenyny.org](mailto:dgeyer@elderjusticenyny.org)** at the Center for Elder Law & Justice to schedule a free legal consultation.

## RESPITE SERVICES/COMMUNITY SOCIAL PROGRAMS

Through grant funding from the New York State Department of Health, limited respite options such as social adult day programs, consumer directed, and skilled nursing hours are available for caregivers, through Offices for the Aging in Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming Counties. To learn more about temporary respite relief eligibility and options in your area, contact your local Office for the Aging. Phone numbers are listed on the back of this guide.

Monthly volunteer-led respite services are also available and offer 1:1 social companionship, meaningful activities and active engagement for individuals living with dementia. Respite also allows care partners an opportunity to recharge their batteries and reduce stress, and can help those with dementia



remain at home as long as possible. To find a program near you, scan the QR code to visit the Community Resource Finder, click Community Services and search Adult Day Care Centers. A full list can also be obtained by emailing us at **[program.wny@alz.org](mailto:program.wny@alz.org)**, or visiting our website at **[alz.org/wnyrespite](http://alz.org/wnyrespite)**.

# MCI AND EARLY STAGE DEMENTIA PROGRAMS

**The Alzheimer's Association WNY Chapter offers a variety of Programs for individuals experiencing early stage Alzheimer's disease, Mild Cognitive Impairment (MCI) and related dementias.**

Our Early Stage Program is multi-faceted. Please contact Maggie Concannon Meyers, at [mgconcannon@alz.org](mailto:mgconcannon@alz.org), if you have any questions and/or would like to become more involved.

- **Disease Education:** Living With MCI and Dementia in the Early Stages Education Series: We provide classes for care partners and individuals diagnosed with Mild Cognitive Impairment or a form of dementia. Our next three-part in-person series will begin in November 2025 and focuses on providing answers and planning tips, and strategies to help you live your best life with this disease and to meet others going through similar experiences.
- **Social Events:** We facilitate monthly programs to have fun, stay busy and get connected to others going through similar experiences with their diagnosis. Programs are free and include Art Today with the Buffalo AKG Art Museum, Interactive Music Program presented by Matt's Music, Lunch Bunch, BINGO Night, Massage Therapy and Chair Pilates. Some programs are held in-person and some are held via Zoom.
- **Support Group:** We hold a monthly support group for those who are experiencing mild cognitive impairment or the beginning stage of Alzheimer's and related dementias. Here, they can process and share in a safe space with their peers the range of emotions and challenges that can come with a diagnosis.
- **Online Chat Room:** [www.alzconnected.org](http://www.alzconnected.org) for those living with the disease and their care partners.

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## EDUCATION AND AWARENESS

### Caregiving Through the Holidays

Thursday, October 23, 2pm

Wednesday, November 12, 6pm

Thursday, November 13, 11am

### Sundowning and Sleep Disturbances in Dementia

Tuesday, November 18, 12pm

People living with dementia often experience disruptions in their sleep patterns.

Also common is Sundowning: a pattern of increased confusion and behavioral changes in the late afternoon and evening. Dr. Carleara Weiss from UB will present her research on this topic and share practical tips for caregivers.

Register at [bit.ly/AlzSleep18Nov25](https://bit.ly/AlzSleep18Nov25)

### Understanding Frontotemporal Dementia

Thursday, December 11, 12-1pm

Register at [bit.ly/FTD25Dec11](https://bit.ly/FTD25Dec11)

### Understanding Alzheimer's and Dementia for Children and Caregivers

Friday, December 12, 11am

Alzheimer's affects the whole family—including children—especially when a parent or grandparent is diagnosed. Join us to learn the difference between Alzheimer's and dementia, its stages, risk factors, current treatments and resources for caregivers and kids. Register at [bit.ly/Alz4Kids12Dec25](https://bit.ly/Alz4Kids12Dec25)



# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## PROGRAMAS DE IDIOMA ESPAÑOL

### Entendiendo la demencia:

**Lo que es, lo que no es, y lo que podemos hacer**

**Martes 7 de Octubre, 2pm**

Registrarse en [bit.ly/AlzEsp7Oct25](https://bit.ly/AlzEsp7Oct25)

### Viviendo con Alzheimer para personas con Alzheimer

**Jueves 9 de Octubre, 11am**

Registrarse en [bit.ly/AlzEsp9Oct25](https://bit.ly/AlzEsp9Oct25)

### Conversación comunitaria:

**el impacto del Alzheimer y la demencia**

**Sábado 11 de Octubre, 11am**

Registrarse en [bit.ly/AlzEsp11Oct25](https://bit.ly/AlzEsp11Oct25)

### El Cuidado Durante las Fiestas

**Jueves 20 de Noviembre, 12pm**

Registrarse en [bit.ly/AlzFiestas25Nov20](https://bit.ly/AlzFiestas25Nov20)

## SUPPORT GROUPS

The following groups meet using Zoom. To register and learn how to join the sessions, please call **800.272.3900** or **visit [alz.org/CRF](https://alz.org/CRF)**. New to virtual meetings? Call us for a free one-on-one lesson at **716.626.0600 ext. 313**.

### Specialty Groups

#### Black/African American Care Partners

**3rd Thursday of the month, 6-7pm**

#### Daughters

**2nd Wednesday of the month, 5-6:30pm**

#### Frontotemporal Dementia Care Partners

**2nd Wednesday of the month, 6-7pm**

#### IDD/Down Syndrome with Alzheimer's

**2nd Monday of the month, 7-8pm**

#### Lewy Body Dementia Care Partners

**1st Tuesday of the month, 6-7pm**



# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## LGBTQ+ Care Partners

2nd Thursday of the month, 4:30pm

## LGBTQ Caregiver Support Group

3rd Tuesday of the month, 7:30-8:30pm

## Loved One in a Memory Care Facility

4th Thursday of the month, 6-7pm

## Mens

1st and 3rd Monday of the month, 7-8pm

## Wives/Partners

2nd Wednesday of the month

Middle-Late Stage, 2-3pm

Early Stage, 3:30-4:30pm

## Younger-Onset Care Partners

1st and 3rd Monday of the month, 6:30-7:30pm

## Grupo de Apoyo virtual en Español

Cafe con Leche

Primer sabado de cada mes, 10:30am-12pm

Para registrarse por favor llamar al 800.272.3900.

## General Caregiver Support Group

via phone or Zoom:

1st Wednesday of the month, 6-7pm

(in partnership with Dent Neurologic)

## After the Long Goodbye

A Group for Recently Bereaved Care Partners. This five-session group is offered in collaboration with the Wilson Support Center (an affiliate of Hospice Buffalo). The group will meet every other Tuesday evening beginning Fall/Winter 2025. Pre-screening and registration are required at [bit.ly/AlzGrief](https://bit.ly/AlzGrief). Space is limited. For more information, please call **716.626.0600 ext. 313** or email [program.wny@alz.org](mailto:program.wny@alz.org).

## SAVE THE DATE!

The Empowered Aging in the Black Community Conference will be held in Buffalo and streamed live via Zoom on Saturday, February 21. Stay tuned for more details!

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## VIRTUAL BOOK CLUBS


### Joyful Moments Book Club

Join us by phone or Zoom on the first Wednesday of the month from 1:30-3pm. To register, call **716.626.0600 ext. 313** or email [Lynn.Oyer@alleganyco.gov](mailto:Lynn.Oyer@alleganyco.gov).

### Evening Book Club

For new care partners and those seeking new solutions to the challenges of caring for a loved one with dementia, join us via Zoom every other Tuesday beginning October 21 to discuss *Slow Dancing with a Stranger* by Meryl Comer. Register today at [bit.ly/BookClubWNY](https://bit.ly/BookClubWNY). Space is limited, so don't delay!

**'The Longest Day' is now:**

**DO WHAT YOU  
LOVE TO END ALZ**  
ALZHEIMER'S  ASSOCIATION<sup>®</sup>

**NEW NAME. NEW LOOK.  
SAME MISSION.**



Check out the new website and be one of the first to register: [alz.org/andalzwyny](https://alz.org/andalzwyny)

# ALLEGANY COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Caregiving Through the Holidays

**Wednesday, November 5, 11am**

Cuba Library, 39 E Main St., Cuba

*Safety gift bags will be available for those who register in advance*

## SUPPORT GROUPS

### Belmont

**3rd Tuesday of the month, 1-2:30pm**

Allegany Office for the Aging

6085 NY Rte. 19

Living with  
**MCI&Dementia**  
in the **Early Stages**  
see page 6

### Joyful Moments Book Club

**1st Wednesday of the month, 1:30-3pm**

Join via Zoom or phone. To register call 716.626.0600 ext. 313 or email Lynn.

Oyer@alleganyco.gov.

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Lynn Oyer the Allegany County Office for the Aging at **585.268.9390**.

See pages 7-9 for virtual support groups, book clubs and education programs.

## *Are you a good listener?*

**We're currently looking for volunteers to facilitate monthly caregiver support groups and education classes across Cattaraugus County. Please contact Chelsea Torgalski at [ctorgalski@alz.org](mailto:ctorgalski@alz.org) if you're interested in learning more!**

# CATTARAUGUS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Managing Money

**Monday, October 6, 11am**

Interfaith Caregivers Caregiver Connection, 317 West State St., Olean

### Caregiving Through the Holidays

**Monday, November 3, 11am**

Interfaith Caregivers Caregiver Connection, 317 West State St., Olean

## SUPPORT GROUPS

### Gowanda

**3rd Wednesday of the month, 6-7pm**

Gowanda Free Library, 56 W. Main St.

### Southern Cattaraugus

**3rd Thursday of the month, 1-2pm**

Senior Nutrition & Wellness Center, 3 E Main St., Allegany

Living <sup>with</sup>  
**MCI & Dementia**  
in the **Early Stages**  
see page 6

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Kayla Chesebro at the Cattaraugus County Department of Aging at **716.373.8032**.

**See pages 7-9 for virtual support groups, book clubs and education programs.**

**For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite)**

*Are you a good listener?*

**We're currently looking for volunteers to facilitate monthly caregiver support groups and education classes across Cattaraugus County. Please contact Chelsea Torgalski at [ctorgalski@alz.org](mailto:ctorgalski@alz.org) if you're interested in learning more!**

# CHAUTAUQUA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Understanding Alzheimer's

**Wednesday, October 22, 5pm**

Mary E. Seymour Library, 22. N Main St., Stockton

### Managing Money

**Tuesday, November 18, 12pm**

Cassadaga Branch Library, 18 Maple Ave., Cassadaga

### Caregiving Through the Holidays

**Wednesday, December 10, 12pm**

Mary E. Seymour Library, 22. N Main St., Stockton

## SUPPORT GROUPS

### North County Dine n' Dish

**2nd Tuesday of the month, 9:30-11am**

Domus Fare, 41 W Main St., Fredonia

### Jamestown

**4th Tuesday of the month, 12:15-1:30pm**

Brookdale Lakewood, 220 Southwestern Dr.

*Free respite may be available. Call 716.626.0600 ext. 313 for details.*

### Westfield

**1st Tuesday of the month, 6-7pm**

Patterson Library, 40 S. Portage St.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Chautauqua County Office for Aging Services at

**716.753.4471.**

**See pages 7-9 for virtual support groups, book clubs and education programs.**

**For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite)**

# ERIE COUNTY Including Buffalo

For questions / registration call 800.272.3900

## EDUCATION

### Communicating Effectively

**Thursday, October 9, 1pm**

St. Joseph University Parish, 3269 Main St., Buffalo

**Wednesday, October 29, 1pm**

Amherst Senior Center, 370 John James Audubon Pkwy., Amherst

**Monday, November 3, 11:30am**

Independent Health YMCA, 150 Tech Dr., Williamsville

### Exploring Care and Support Services

**Friday, November 7, 1pm**

Clarence Senior Center, 3 Town Pl., Clarence

### Healthy Living for your Brain and Body

**Tuesday, October 21, 11am**

Ken-Ton YMCA, 535 Belmont Ave., Kenmore

**Tuesday, December 2, 1pm**

Schiller Park Senior Center, 2057 Genesee St., Buffalo

### Know the 10 Warning Signs

**Thursday, October 2, 12:45pm**

Orchard Park Senior Center, 4520 California Rd., Orchard Park

**Tuesday, October 7, 11am**

Kenmore Library, 160 Delaware Rd., Kenmore

### Managing Money: A Caregivers Guide to Finances

**Saturday, November 15, 10:30am**

Blessed Trinity Church, 317 Leroy Ave., Buffalo

### Responding to Dementia Related Behaviors

**Thursday, November 6, 2pm**

Eden Library, 2901 E. Church St., Eden

**Friday, December 5, 12:30pm**

Lancaster Senior Citizens Center, 100 Oxford Ave., Lancaster

**Monday, December 15, 5:30pm**

Blessed Trinity Church, 317 Leroy Ave., Buffalo

# ERIE COUNTY Including Buffalo

For questions / registration call 800.272.3900

## CAREGIVER EDUCATION FAIR

**Tuesday, November 4, 10am-1pm**

St. Philip the Apostle Parish, 950 Losson Rd., Cheektowaga

Celebrate the season with support! Join us to discover local caregiving resources and connect with others. An 11am presentation by the Alzheimer's Association will provide helpful caregiving tips for the holiday season.



## Supporting Independence

**Monday, October 13, 5:30pm**

Blessed Trinity Church, 317 Leroy Ave., Buffalo

## Understanding Alzheimer's and Dementia

**Wednesday, November 12, 1pm**

Amherst Senior Center, 370 John James Audubon Pkwy., Amherst

## Caregiving Through the Holidays

The holidays can be both joyous and stressful, especially when a loved one is living with dementia. Explore simple, meaningful ways to adapt holiday traditions so everyone can feel included and connected.

**Friday, November 7, 10:30am**

Orchard Park Senior Center, 4520 California Rd., Orchard Park

**Thursday, December 11, 1pm**

St. Joseph University Parish, 3269 Main St., Buffalo

## Communicating Effectively

**Wednesday, November 19, 12:45pm**

Grand Island Golden Age Center, 3278 Whitehaven Rd., Grand Island

## Responding to Dementia Related Behavior

**Monday, December 15, 12:45pm**

Grand Island Golden Age Center, 3278 Whitehaven Rd., Grand Island

## Building Foundations of Caregiving

**Wednesday, December 3, 2pm**

Kenmore Library, 160 Delaware Rd., Kenmore

## SUPPORT GROUPS

### Specialty Groups

24/7 Helpline 1.800.272.3900

[www.alz.org/WNY](http://www.alz.org/WNY) | 15



# ERIE COUNTY Including Buffalo

For questions / registration call 800.272.3900

These groups meet in-person and virtually simultaneously. In-person meetings are held at our Chapter Office at 6400 Sheridan Dr., Suite 320, Amherst. Join in whatever way is most convenient.

## Daughters

**2nd Wednesday of the month, 5-6:30pm**

## Wives/Partners

**2nd Wednesday of the month**

Middle-Late Stage, 2-3pm

Early Stage, 3:30-4:30pm

Living with  
**MCI&Dementia**  
in the **Early Stages**  
see page 6

## Frontotemporal Dementia Caregivers

**2nd Wednesday of the month, 6-7pm**

## General Caregiver Groups

### Amherst

**2nd Tuesday of the month, 6-7pm**

Dent Neurologic Institute, main entrance board room, 3980 Sheridan Dr.

### Depew

**3rd Monday of the month, 10-11am**

Lord of Life Lutheran Church, 1025 Borden Rd.

### East Aurora

**4th Wednesday of the month, 10:30-11:30am**

Baker Memorial United Methodist Church, 345 Main St.

\*Free respite may be available. Call Michele Engasser at 716.652.0500 for details.

### Hamburg

**2nd Wednesday of the month, 10:30-11:30am**

Hamburg United Methodist Church, 116 Union St.

\*Free respite may be available. Call Lisa Rood at 716.941.5703 for details.

### Kenmore

**4th Wednesday of the month, 10:30-11:30am**

# ERIE COUNTY Including Buffalo

For questions / registration call 800.272.3900

## SAVE THE DATE!

### The Empowered Aging in the Black Community Conference

Will be held in Buffalo and streamed live via Zoom on  
Saturday, February 21. Stay tuned for more details!



Kenmore United Methodist Church, 32 Landers Rd.

Please ring the bell to enter on Landers Rd.

*\*Free respite may be available. Call Michelle Spencer at 716.875.5091 for details.*

### City of Tonawanda

**1st Thursday of the month, 10:30-11:30am**

City of Tonawanda Senior Center, 35 Main St.

### Orchard Park

**2nd Thursday of the month, 6-7pm**

Dent Neurologic Institute, 200 Sterling Dr.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact Erie County Department for the Aging at **716.858.8526**.

See pages 7-9 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite).

# GENESEE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Know the 10 Warning Signs

**Wednesday, October 8th, 10am**

Genesee County Office of the Aging, 2 Bank St.

### Responding to Dementia Related Behaviors

**Tuesday, December 2nd, 10am**

Genesee County Office of the Aging, 2 Bank St.

## SUPPORT GROUPS

### Batavia Caregiver Support Group

**3rd Thursday of the month, 1-2 pm**

Genesee County Office of the Aging, 2 Bank St.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Genesee County Office for the Aging at **585.343.1611**.

See pages 7-9 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite)

Living<sup>with</sup>  
**MCI&Dementia**  
in the **Early Stages**  
see page 6

# NIAGARA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Healthy Living for Your Brain and Body

**Monday, October 6, 12pm**

Lockport YMCA, 5833 Snyder Dr.

### Responding to Dementia-Related Behaviors

**Tuesday, October 14, 3:15pm**

**Thursday, October 16, 3:15pm**

Sisters of St Francis School, 4421 Lower River Rd., Stella Niagara

### Know the 10 Warning Signs

**Tuesday, October 14, 6pm**

Royalton Hartland Community Library, 9 Vernon St.

### Supporting Independence

**Tuesday, November 18, 3:15pm**

**Thursday, November 20, 3:15pm**

Sisters of St Francis School, 4421 Lower River Rd., Stella Niagara

## SUPPORT GROUPS

### Lockport

**2nd Tuesday of the month, 10:30-11:30am**

Trinity Lutheran Church, 67 Saxon St.

Free respite may be available. Call Laurie Bauch at 716.434.5982 for details.

### North Tonawanda

**3rd Wednesday of the month, 1-2pm**

Ralph Wilson Adult Day Services, 3780 Commerce Ct. #100

*\* Free respite may be available during the group. Email Kristen at [kjopp@kaleidahealth.org](mailto:kjopp@kaleidahealth.org) for details.*

# NIAGARA COUNTY

For questions / registration call 800.272.3900

## DEMENTIA CAREGIVER SOCIAL AND FORUM

**Wednesday, October 1, 12:30-2pm**

The Dale Association, 33 Ontario St., Lockport

No one should navigate the challenges of caregiving alone. Come meet other caregivers and learn about dementia, brain health, and supportive resources in our community.

This event is free and open to the public.

To register, please visit [bit.ly/AlzLockportOctober1](https://bit.ly/AlzLockportOctober1) or call **800.272.3900**.



## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Cathy Hummel at the Niagara County Office for the Aging at **716.438.3030**.

See pages 7-9 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at [alz.org/wnyrespite](https://alz.org/wnyrespite)

### *Are you a good listener?*

We're currently looking for volunteers to facilitate monthly caregiver support groups and education classes across Niagara County. Please contact Courtney Sipes at [CLSipes@alz.org](mailto:CLSipes@alz.org) if you're interested in learning more!

# ORLEANS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **Building Foundations of Caregiving**

**Wednesday, October 1, 6pm**

Hoag Library, 134 S Main St., Albion

### **Healthy Living for your Brain and Body**

**Friday, October 17, 1pm**

Lee Whedon Library, 620 West Ave., Medina

### **Communicating Effectively**

**Wednesday, November 19, 10am**

Orleans County Office for the Aging, 14016 NY-31, Albion

### **Know the 10 Warning Signs**

**Wednesday, December 17, 6pm**

Hoag Library, 134 S Main St., Albion

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact the Orleans County Office for the Aging at

**585.589.3191.**

**See pages 7-9 for virtual support groups, book clubs and education programs.**

**For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite)**

Living<sup>with</sup>  
**MCI&Dementia**  
in the **Early Stages**  
see page 6

# WYOMING COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Healthy Living for Your Brain and Body

**Tuesday, October 28, 10:30am**

CORE The Learning Center, 29 N Main St., Warsaw

## SUPPORT GROUPS

### Warsaw

**1st Monday of the month, 10-11am**

Wyoming County Office of the Aging, 8 Perry Ave.

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact the Wyoming County Office for the Aging at 585.786.8833.

See pages 7-9 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite).

Living<sup>with</sup>  
**MCI & Dementia**  
in the **Early Stages**  
see page 6



# Thank you!

To everyone who walked,  
volunteered, donated or  
cheered us on!

The Walk to End  
Alzheimer's would not  
exist without you.

**WALK TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION





**Reach the Alzheimer's Association 24/7 at 800.272.3900.**

You can also contact our partners in your local Office for the Aging:

Allegany County - 585.268.9390

Cattaraugus County - 716.373.8032

Chautauqua County - 716.753.4582

Erie County - 716.858.8526

Genesee County - 585.343.1611

Niagara County - 716.438.3030

Orleans County - 585.589.3191

Wyoming County - 585.786.8833

**ALZHEIMER'S  ASSOCIATION®**

**Western New York Chapter**  
**800.272.3900 | [alz.org/WNY](https://alz.org/WNY)**