



SUMMER 2025

# COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S  ASSOCIATION®

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

A photograph of a smiling man and a young boy on a bicycle. The man is in the background, wearing a dark jacket, and the boy is in the foreground, wearing an orange sweater and holding the handlebars. They are outdoors with trees in the background.

# CONTENTS

The Western New York Chapter of the Alzheimer's Association offers education, care and support programs throughout the eight counties in our region, serving those living with Alzheimer's and their caregivers. This guide highlights programs by county, and you can find more classes by visiting our Community Resource Finder at [alz.org/crf](https://alz.org/crf). If you can't get to a class or support group in person, we offer many virtual options – see pages 8-9 for a full list.

Summertime means our Walk to End Alzheimer's is not far away! See pages 6-7 for the dates, times and locations for each of our six Walks across the region. Register your team today and join us at the world's largest event to raise funds and awareness for Alzheimer's care, support and research.

As always, we are here for you, 24 hours a day, 365 days a year. Call our Helpline at **800.272.3900** anytime for information and support.

News .....	3
Care Consultations .....	4
Virtual Programs .....	8
Early Stage .....	11
Allegany County .....	12
Cattaraugus County .....	13
Chautauqua County .....	14
City of Buffalo .....	16
Erie County .....	17
Genesee County .....	20
Niagara County .....	22
Orleans County.....	24
Wyoming County .....	25

# NEWS

## WELCOME TO NEW STAFF



Yessica Miguelina Amezquita joined the Western New York Chapter in May as a community engagement program manager. Yessica is a committed community health worker with experience in public health, mental health, early childhood education and business administration. Yessica is originally from the Dominican Republic, but grew up in the Bronx, New York. Yessica was motivated to join the

Alzheimer's Association after taking part in a community conversation on Buffalo's East Side. She believes optimal brain health is crucial not only for personal well-being but also for fostering connections within the community. By collaborating with the Alzheimer's Association, she hopes to raise awareness and provide support to those affected by cognitive challenges, ensuring that no one faces these struggles alone.



## INTERESTED IN ADVOCACY?

The Alzheimer's Impact Movement (AIM) develops and advances policies to overcome Alzheimer's and all other dementia through increased investment in research, enhanced care

and improved support. We amplify the voices of our nationwide network of volunteer advocates to advance progress in the fight against Alzheimer's disease and all other forms of dementia. Our voices are stronger together! Explore how you can quickly and effectively use your voice to grow bipartisan support for Alzheimer's and dementia policies by visiting [alzimpact.org](https://alzimpact.org) or texting NYSALZ to **1.888.438.0144**.

# 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).



# NOW IS OUR MOMENT.



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.

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

2025 National  
Presenting Sponsor  
**Edward Jones®**

# Start a Team. Join a Team. Walk with us!

Register today by scanning the QR code or visiting your Walk's website.



**ORLEANS COUNTY**  
**September 27 at 10 AM**  
**State Street Park, Medina**  
[act.alz.org/Orleans](http://act.alz.org/Orleans)



**SOUTHERN TIER**  
**September 27 at 10 AM**  
**JCC Campus, Olean**  
[act.alz.org/SouthernTierWNY](http://act.alz.org/SouthernTierWNY)



**GENESEE/WYOMING**  
**October 4 at 10 AM**  
**Centennial Park, Batavia**  
[act.alz.org/GeneseeWyoming](http://act.alz.org/GeneseeWyoming)



**BUFFALO**  
**October 11 at 9:30 AM**  
**Outer Harbor**  
[act.alz.org/Buffalo](http://act.alz.org/Buffalo)



**CHAUTAUQUA COUNTY**  
**October 18 at 10 AM**  
**Point Gratiot Park, Dunkirk**  
[act.alz.org/Chautauqua](http://act.alz.org/Chautauqua)



**NIAGARA COUNTY**  
**October 18 at 10 AM**  
**Reservoir State Park**  
[act.alz.org/Niagara](http://act.alz.org/Niagara)



# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## SUPPORT GROUPS

The following groups meet using Zoom. To register and learn how to join the sessions, please call **1.800.272.3900** or visit [alz.org/CRF](http://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, 5:30-7:30pm

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

2nd Monday of the month, 7-8pm

#### **Daughters**

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

#### **Frontotemporal Dementia Care Partners**

2nd Wednesday of the month, 6-7pm

#### **Lewy Body Dementia Care Partners**

1st Tuesday of the month, 6-7pm

#### **LGBTQ+ Care Partners**

2nd Thursday of the month, 4:30pm

#### **LGBTQ Caregiver Support Group**

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

#### **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

2-3pm Middle-Late Stage

3:30-4:30 Early Stage

#### **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.



# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## General Caregiver Support Groups

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 5-session group is offered in collaboration with the Wilson Support Center (an affiliate of Hospice Buffalo). The group will meet every other Tuesday evening during Summer 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).

## 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 July 22 to discuss Dealing with Dementia for Caregivers by S.R. Hatton. To register (or for more information), please visit [bit.ly/BookClubWNY](https://bit.ly/BookClubWNY). Space is limited, so don't delay!



# 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 3-part in-person series will begin in August 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 Maple City Music Therapy, 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.

# ALLEGANY COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Communicating Effectively

**Tuesday, July 29, 11am**

Cuba Library, 39 E Main St., Cuba

### 10 Warning Signs

**Tuesday, September 16, 11am**

Cuba Library, 39 E Main St., Cuba

### Coffee with Caregivers at the Office for Aging! Understanding Alzheimer's Disease and Dementia

**Thursday, September 25, 10:30am**

Allegany Office for the Aging, 6085 NY-19, Belmont

## SUPPORT GROUPS

### Belmont

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

Allegany Office for the Aging

6085 NY Rte. 19

Living<sup>with</sup>  
**MCI & Dementia**  
in the **Early Stages**  
see page 11

### 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 8-9 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).

# CATTARAUGUS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### 10 Warning Signs

**Tuesday, July 1, 1pm**

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

### Understanding Alzheimer's Disease and Dementia

**Wednesday, July 9, 4:30pm**

Gowanda Free Library  
56 W. Main St., Gowanda

### Exploring Care & Support Services

**Wednesday, August 13, 3pm**

Cattaraugus County Senior Nutrition and Wellness Center  
3 E. Main St., Allegany

### Healthy Living for Your Brain and Body

**Tuesday, August 19, 1pm**

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

### Managing Money

**Tuesday, September 9, 1pm**

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

## SUPPORT GROUPS

### Gowanda

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

Gowanda Free Library, 56 W. Main St.

### Cattaraugus

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

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

## 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**.

## CARE CONSULTATION & FREE CAREGIVING TOOLS

Call to learn more about free safety and caregiver tools and to set up an in-person meeting near you. See page 4 for details.

# CHAUTAUQUA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Effective Communication Strategies

**Wednesday, August 20th, 11AM**

Mayville Library, 92 S Erie St, Mayville

### Effective Communication Strategies

**Wednesday, September 10th, 11AM**

Jamestown Office for Aging Services, 2nd Floor

The Chautauqua Center, 107 Institute St., Jamestown

### Effective Communication Strategies

**Wednesday, September 17th, 11am**

Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk

## 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, 12:15-1:45pm**

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.

Living<sup>with</sup>  
**MCI & Dementia**  
in the **Early Stages**  
see page 11

## 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 8-9 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)**





# CITY OF BUFFALO

For questions / registration call 800.272.3900

## EDUCATION

### Healthy Living for Your Brain and Body

**Wednesday, July 9, 2pm**

Baptist Manor, 276 Linwood Ave.

**Friday, July 11, 11:45am**

Tosh Collins Community Center, 35 Cazenovia St.

**Thursday, August 28, 6pm**

Frank E. Merriweather Jr. Branch Library, 1324 Jefferson Ave.

### Know the 10 Warning Signs

**Tuesday, August 5, 1pm**

Leroy R. Coles, Jr. Branch Library, 1187 E. Delevan Ave.

**Thursday, August 7, 2pm**

Roswell Outreach Center, 907 Michigan Ave.

**Wednesday, September 17, 5pm**

Isaia Gonzales-Soto Library, 280 Porter Ave.

### The Impact of Alzheimer's and Dementia in Our Community

**Tuesday, August 12, 1pm**

Frank E. Merriweather Jr. Branch Library, 1324 Jefferson Ave.

## SUPPORT GROUPS

### Buffalo

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

Delavan Grider Community Center, 877 E Delavan Ave.

**3rd Thursday of the month, 5:30-7pm**

Frank E. Merriweather Jr. Library, 1324 Jefferson Ave.

# ERIE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Building Foundations of Caregiving

**Tuesday, August 5, 12:45pm**

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

### Communicating Effectively

**Thursday, August 14, 10am**

Kenmore Library, 160 Delaware Rd., Kenmore

**Thursday, August 21, 11:15am**

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

**Thursday, September 11, 4pm**

Akron Newstead Senior Center, 5691 Cummings Rd., Akron

### Estate, Long Term Care Planning and Asset Protection

**Friday, August 15, 1pm**

Akron Newstead Senior Center, 5691 Cummings Rd., Akron

**Wednesday, August 27, 1pm**

West Seneca Senior Center, 4620 Seneca St., West Seneca

### Exploring Care and Support Services

**Monday, August 25, 2pm**

Clarence Public Library, 3 Town Pl., Clarence

### Healthy Living for your Brain and Body

**Tuesday, July 15, 1pm**

West Seneca Senior Center, 4620 Seneca St., West Seneca

**Wednesday, July 30, 1pm**

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

**Friday, September 5, 11:30am**

Independent Health YMCA, 150 Tech Dr., Amherst

### Know the 10 Warning Signs

**Monday, July 14, 2pm**

Clarence Public Library, 3 Town Pl., Clarence

**Monday, July 21, 6pm**

West Seneca Library, 1300 Union Rd., West Seneca

### Managing Money: A Caregivers Guide to Finances

**Tuesday, September 30, 1pm**

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

# ERIE COUNTY

For questions / registration call 800.272.3900

## Responding to Dementia Related Behaviors

**Monday, August 4, 2pm**

Clarence Public Library, 3 Town Pl., Clarence

## Supporting Independence

**Wednesday, August 27, 1pm**

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

**Wednesday, September 17, 12:45pm**

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

## Tips for Tough Conversations

**Tuesday, September 4, 11:15am**

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

## Understanding Alzheimer's Disease and Dementia

**Wednesday, July 30, 11:15am**

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

**Monday, August 18, 6pm**

West Seneca Library, 1300 Union Rd., West Seneca

## SUPPORT GROUPS

### SPECIALTY GROUPS

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**

2-3pm Middle-Late Stage

3:30-4:30pm Early Stage

### 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.

Living with  
**MCI & Dementia**  
in the **Early Stages**  
see page 11

# ERIE COUNTY

For questions / registration call 800.272.3900

## ERIE COUNTY COMMUNITY FORUM

Join us for a community-focused listening session to better understand the concerns and challenges of caregivers, those living dementia and interested community members!

**Thursday, July 10, 1pm-3pm**

Reinstein Memorial Library, 2580 Harlem Rd., Cheektowaga



### 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**

Kenmore United Methodist Church, 32 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 of Senior Services at **716.858.8526**.

# GENESEE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Healthy Living for Your Brain and Body

**Wednesday, September 10, 10am**

Genesee County Office of the Aging, 2 Bank St., Batavia

## SUPPORT GROUPS

### Batavia

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

Genesee County Office of the Aging, 2 Bank St.

## COMMUNITY FORUM

**Tuesday, August 19, 2-4pm**

Genesee County Office of the Aging, 2 Bank St., Batavia

Come learn about resources in our community to help support your caregiving or diagnostic journey with Alzheimer's and dementia.



## 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 8-9 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 with  
**MCI & Dementia**  
in the **Early Stages**  
see page 11





# NIAGARA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Supporting Independence

**Tuesday, July 15, 11am**

North Tonawanda Public Library, 505 Meadow Dr., North Tonawanda

### Know the 10 Warning Signs

**Tuesday, July 29, 6pm**

Royalton Hartland Community Library, 9 Vernon St., Middleport

### Tips for Tough Conversations: Doctor Visits, Driving, Legal & Financial Concerns

**Thursday, July 31, 2pm**

Niagara Falls Public Library, 1425 Main St. (Flag Room), Niagara Falls

### Healthy Living for Your Brain and Body

**Wednesday, August 20, 1pm**

Lockport Public Library, 23 East Ave., Lockport

### Understanding Alzheimer's and Dementia

**Friday, September 19, 11am**

Lockport Public Library, 23 East Ave., Lockport

### Building Foundations of Caregiving

**Tuesday, September 23, 5pm**

Wilson Middle School, 374 Lake St., Wilson

### Communicating Effectively

**Friday, September 26, 11am**

North Tonawanda Public Library, 505 Meadow Dr., North Tonawanda

Living<sup>with</sup>  
**MCI & Dementia**  
in the **Early Stages**  
see page 11

## Volunteering

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!

# NIAGARA COUNTY

For questions / registration call 800.272.3900

## Caregiver Lunch & Learn: Messages That Matter

**Saturday, August 23, 11am-1pm**

Lock City Center, 2 Locks Plaza, Lockport

Caring for someone with dementia takes compassion, patience, and strong communication. As a caregiver, you deserve a moment to relax, recharge, and connect.

Join us for a Caregiver Lunch & Learn — an uplifting Saturday afternoon designed with you in mind. This event features expert guest speakers who will share valuable insights on communication strategies to help you and your loved one connect more effectively.

Enjoy lunch, meaningful conversation, and discover local resources available to support you on your caregiving journey.



## 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.*

### Niagara Falls

COMING SOON! Please email [program.wny@alz.org](mailto:program.wny@alz.org) 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.*

## 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**.

## CARE CONSULTATION & FREE CAREGIVING TOOLS

Call to learn more about free safety and caregiver tools and to set up an in-person meeting near you. See page 4 for details.

# ORLEANS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Communicating Effectively

**Wednesday, July 23, 2pm**

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

### Understanding Alzheimer's and Dementia

**Monday, August 18, 6pm**

Community Free Library, 86 Public Sq., Holley

### The Impact of Alzheimer's and Dementia in Our Community

**Wednesday, August 20, 6pm**

Hoag Library, 134 S Main St., Albion

### Exploring Care and Support Services

**Friday, September 12, 1pm**

Lee-Whedon Library, 620 West Ave., Medina

### Responding to Dementia-Related Behavior

**Wednesday, September 24, 3pm**

Orleans County Office for the Aging, 14016 NY-31, 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.**

Living with  
**MCI & Dementia**  
in the Early Stages  
see page 11

# WYOMING COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Know the 10 Warning Signs

**Wednesday, July 16, 10:30am**

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

### Understanding Alzheimer's and Dementia

**Wednesday, August 20, 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 Jamie McGrath at the Wyoming County Office for the Aging at **585.786.8833**.

See pages 8-9 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)



Make your voice heard and help us ensure Alzheimer's and dementia are priorities among policymakers.

**TEXT NYSALZ TO  
1.888.438.0144  
OR VISIT ALZIMPACT.ORG**

**\*Message and data rates may apply. Reply STOP to optout. HELP for help.**

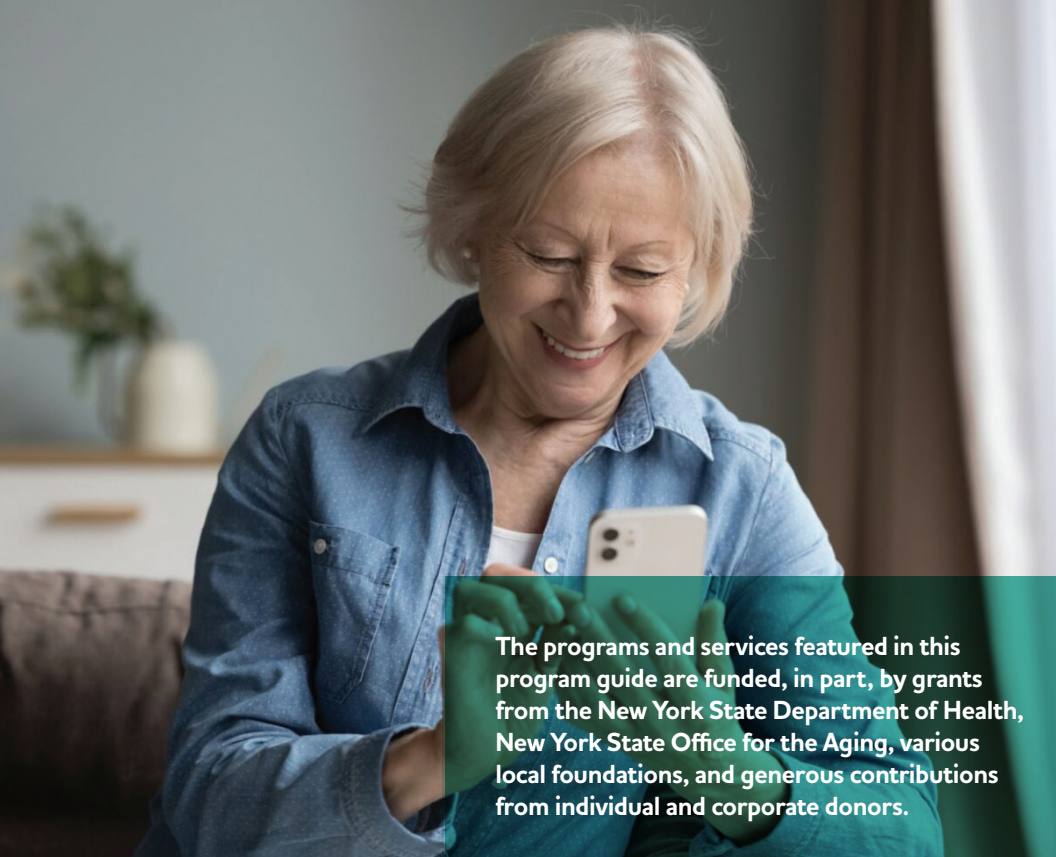


**@NYSALZ**



**@ALZAdvocacyNYS**





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.

## NEVER MISS CHAPTER NEWS OR EVENTS

Although we highlight as much information as possible in our Community Programs & Services Guide, it's impossible to include it all. But we have two great, online ways for you to stay up-to-date on the latest news and events from the our Chapter and the national Alzheimer's Association office.

**Sign up for our E-Newsletter!** The E-Newsletter includes topics such as local events, national initiatives and research updates and is delivered straight to your email inbox every Wednesday. Visit [alz.org/e-news](https://alz.org/e-news) to sign up – it takes less than a minute – and never miss the latest news.

**Follow us on social media!** We regularly post information about classes and events – including live links to register – on our Facebook, Instagram, LinkedIn and X accounts. We also share research updates, profiles and helpful tips from our national office to help you stay informed.

 4alzwny  @wnyalz  @WNYAlz  Alzheimer's Association WNY



# THERE'S STILL TIME TO SHED A LIGHT ON THE DARKNESS OF ALZHEIMER'S!

Join the Longest Day, our annual "do-it-yourself" fundraising program where individuals and businesses take part in a fundraising activity of their choice to raise awareness and funds for WNY local programs and services.

**Sign up by Aug. 31 at [alz.org/tld](http://alz.org/tld).**

Contact Kiernan Hayward at [kthayward@alz.org](mailto:kthayward@alz.org) for more info.



**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](http://alz.org/WNY)**