



Central New York Chapter

FALL 2025

Programs and Services Catalog



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24-Hour Helpline

800.272.3900

On the Web

alz.org/cny

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STAY UP TO DATE
WITH OUR WEEKLY
E-NEWSLETTER



The Alzheimer's Association's E-News combines stories of nationwide interest with stories that have local focus. Every Wednesday, you'll receive the latest information on Alzheimer's care and support, advances in research, as well as inspirational stories and resources for people living with the disease and their caregivers. Sign up takes less than a minute at alz.org/e-news.

SUPPORT, GUIDANCE AND CONNECTION FOR NEWLY DIAGNOSED PEOPLE – ALL IN ONE APP



My ALZ Journey

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is excited to introduce **My ALZ Journey**, an innovative and accessible free tool designed for newly diagnosed, early-stage individuals and their care partners to help navigate their journey with Alzheimer's or other dementias.

Developed for those who enjoy using apps in their daily life, **My ALZ Journey** provides personalized guidance, education, planning tools, interactive activities and local community resources.

By delivering the right information at the right time, **My ALZ Journey** fosters connection, combats stigma and empowers individuals and their care partners to take action with confidence.

What You Can Expect

- **Made just for you** – Personalized content based on who you are (individual or care partner), your location and age at diagnosis.
- **Step-by-step help** – Guidance for adjusting to the diagnosis, staying independent and planning for the future.
- **Local support** – Connections to your local Alzheimer's Association chapter and nearby programs.
- **Tools and activities** – Planning tools, helpful checklists and creative ways to stay engaged.
- **Based on true stories** – Developed with input from individuals living with dementia and their care partners to reflect real life, not just research.

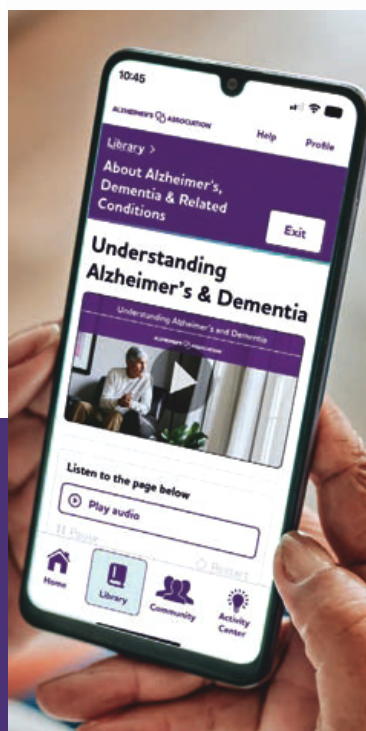
Get Started in 3 Easy Steps

1. **Download** – Find My ALZ Journey in the Apple App Store or Google Play Store.
2. **Customize** – Answer a few questions to tailor the app to your needs.
3. **Explore** – Access trusted resources, tools and support anytime, anywhere.

ALZHEIMER'S GUIDANCE ANYTIME, ANYWHERE

Download and start your journey today! **My ALZ Journey** is available for free at the Apple App Store and Google Play Store.

Visit alz.org/MyALZJourney for more information.





Care Consultations

High quality dementia care requires planning. Let our experts be your guide.

Care Consultations are not just a meeting with a care professional. We work 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 coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is FREE. To schedule a phone, video or in-person meeting, call 315.472.4201 ext. 227 or email cny-programs@alz.org.

Respite Care

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's or other dementia continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver. Respite care can help caregivers by providing time to relax, run errands, or go to appointments. Caregivers can receive respite funds from their county's Office for the Aging (OFA), made possible by a grant to the Alzheimer's Association. Interested caregivers must meet eligibility requirements of their county's respite program. The Central New York Chapter maintains relationships with OFAs in its 14-county service area, providing caregivers a direct connection to the resources each OFA provides. For more information, please contact 315.472.4201 ext. 227.

SEPTEMBER 21st IS WORLD ALZHEIMER'S DAY



World Alzheimer's Day, which takes place every September 21st, is a global effort to raise awareness and challenge the stigma around Alzheimer's disease and other dementia. Join the Alzheimer's Association as we recognize the more than 55 million people across the world who are affected by this terrible disease. Whether you fundraise for the cause, share information about Alzheimer's or talk to a loved one about dementia, you can make a difference.

NOVEMBER 11th IS VETERAN'S DAY



Nearly half a million American veterans have Alzheimer's, and as the population ages, that number is expected to grow. Veterans living with post-traumatic stress disorder (PTSD) or traumatic brain injury (TBI) have a higher risk of developing Alzheimer's or other dementia. The Alzheimer's Association has information and resources to answer your questions about veterans and dementia risk, symptoms, and treatment.



Support Groups

OPEN TO ALL DEMENTIA CAREGIVERS

Advance screening and registration is required for ALL support groups before attending. Please call 315.472.4201 ext. 227 to be screened and obtain Zoom link and/or location information.

VIRTUAL

Group

Chapterwide Caregiver Support Group
Chenango County Caregiver Support Group
Clinton Caregiver Support Group

Day of Month and Time

4th Monday at 5 p.m.
3rd Thursday at 6 p.m.
Last Wednesday at 1 p.m.

IN-PERSON

Group

Auburn Caregiver Support Group
Baldwinsville Caregiver Support Group
Canton Caregiver Support Group
Cortland Caregiver Support Group
Ithaca Caregiver Support Group
Johnson City Caregiver Support Group
Lowville Caregiver Support Group
North Syracuse Caregiver Support Group
Oswego Caregiver Support Group
Rome Caregiver Support Group
Skaneateles Caregiver Support Group
Syracuse Caregiver Support Group
Watertown Caregiver Support Group

Day of Month and Time

1st Thursday at 1:30 p.m.
2nd Tuesday at 6:30 p.m.
1st Tuesday at 6:30 p.m.
3rd Wednesday at 12:30 p.m.
1st Wednesday at 5:30 p.m.
3rd Wednesday at 4 p.m.
1st Wednesday at 10:30 a.m.
3rd Tuesday at 3 p.m.
4th Wednesday at 6 p.m.
2nd Tuesday at 5 p.m.
Last Thursday at 2 p.m.
1st Thursday at 1 p.m.
4th Tuesday at 4:30 p.m.

Specialty Caregiver Groups (Virtual)

Group

Day of Month and Time

African American Caregiver Support Group	3rd Wednesday at 2 p.m.
Support group for Black/African American caregivers of people living with dementia.	
Long Term Care Caregiver Support Group	2nd Wednesday at 10 a.m.
Support group for family caregivers of people living with dementia in a long-term care residence.	
Partner/Spousal Caregiver Support Group	4th Thursday at 3 p.m.
Support group for partners/spouses of people living with dementia.	
Younger-Onset Caregiver Support Group	2nd Wednesday at 5:30 p.m.
Support group for caregivers of people living with younger-onset (under 65 years old) Alzheimer's disease or other dementia.	

Don't see what you need? The Alzheimer's Association offers a variety of specialty support groups virtually nationwide. For example:

- IDD/Down Syndrome with Alzheimer's
- LGBTQ+ Caregivers
- Recently Bereaved Caregivers
- Groups in languages other than English (i.e. Spanish, Arabic, Mandarin-Chinese, Haitian-Creole)

Please call 800.272.3900 or visit alz.org/crf to get a full listing.

Early Stage/Caregiver Time-Limited Support Group

The Alzheimer's Association, Central New York Chapter is pleased to offer an early stage support group designed specifically for those in the early stage of the disease and their care partner. During this seven-week group, participants will have an opportunity for emotional, educational, and social support with peers in a safe and confidential space.

<u>Virtual (via Zoom) 10-11 a.m.</u>	<u>In-Person (Syracuse) 4:30-5:30 p.m.</u>
Monday, October 6	Wednesday, October 8
Monday, October 13	Wednesday, October 15
Monday, October 20	Wednesday, October 22
Monday, October 27	Wednesday, October 29
Monday, November 3	Wednesday, November 5
Monday, November 10	Wednesday, November 12
Monday, November 17	Wednesday, November 19

Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: [Creating Moments of Joy](#) by Jolene Brackey. This group will meet on four consecutive Tuesday evenings, beginning September 9 and ending September 30, from 7-8 p.m. The book will be provided at no cost to registrants. Space is limited to 10 participants. **Advance screening and registration are required before August 25th to allow for mailing of book/materials.**

Our Vision is a world without
Alzheimer's and all other dementia.

JOIN US IN THIS FIGHT BY
BECOMING AN ADVOCATE!



Thanks to the tireless work of our advocates, we've passed critical legislation and significantly increased federal research funding. But our work is not done. We need dedicated, passionate advocates like you to build on this success in Congress and in state capitals throughout our nation.

"Becoming an advocate and seeing how our voices can influence positive change restores my sense of hope!" - Nancy C., Long Island

HOW YOU CAN HELP

As a volunteer advocate, you'll make your voice heard, motivate policymakers to address Alzheimer's and other dementia, and improve the lives of everyone affected by Alzheimer's. Your level of commitment is completely flexible to fit your schedule, style and skills.

- Do you want to share your personal experience as a caregiver? You can talk with your elected officials, sharing your story and telling them how they can help.
- Are you on social media? You can post, share your story on X or Facebook, and tag elected officials, asking them to help on our issues.
- Do you have a few spare minutes in your day to write to your local newspaper? You can submit letters to the editor to your local newspaper about your story, asking others to contact their elected officials for help

THESE ARE JUST A FEW EXAMPLES OF WAYS YOU CAN GET INVOLVED WITH OUR CAUSE.
CONNECT WITH US AND LET'S FIGURE OUT WHAT WORKS FOR YOU!



JOIN
NOW!

Alzheimer's Advocacy Team
New York State
nysadvocacy@alz.org
1.800.272.3900

The Alzheimer's Impact Movement (AIM) is a separately incorporated advocacy affiliate of the Alzheimer's Association

Save the Date!

**REGISTER
TODAY!**

SEPTEMBER 27
Southern Tier

OCTOBER 4
Utica/Rome



OCTOBER 25
Ithaca/Cortland

NOVEMBER 2
Syracuse

Visit
alz.org/CNYwalk

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END
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ALZHEIMER'S ASSOCIATION



The Promise Garden signifies our solidarity in the fight against the disease. The colors of the Promise Garden Flowers represent someone's connection to Alzheimer's — www.reallygreatsite.com — their reasons to end the disease.




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WALK TO END ALZHEIMER'S



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**REGISTER
TODAY!**



Visit
alz.org/CNYwalk

VOLUNTEERS NEEDED!

Are you able to spend a few hours a month helping people living with dementia and their caregivers?



Make a difference as a

COMMUNITY EDUCATOR

Community Educators provide Alzheimer's Association education programs to community audiences.

COMMUNITY REPRESENTATIVE

Community representatives raise awareness of Alzheimer's Association programs and act as liaisons to local groups

SUPPORT GROUP FACILITATOR

Support group facilitators create safe, open environments where people can share their feelings and learn to manage the experience of caring for or living with dementia.

Interested in learning more?
Contact Pamela Gratton at
pbgratton@alz.org or 315.472.4201
or apply online at alz.org/volunteer



Central New York Chapter



ALZTogether: JOINT SOCIAL ENGAGEMENT PROGRAMS

The need for staying connected through activities and social engagement is important. **ALZTogether social engagement programs offer a FREE, fun and comfortable way for both a person living in the**

early stage of Alzheimer's or other dementia and their care partner to engage with each other, and connect with others in similar situations. This is done through a variety of social events and community-based activities by promoting social interaction and companionship. **Please call 315.472.4201 ext. 227 for screening and registration to obtain location/joining information.**

Friday, September 12, 2-4 p.m.

Otter Lake Explorer Train Ride with the Adirondack Railroad, 2568 NY-28, Thendara

Join us for a 1.5 hour nature round trip excursion, departing from Thendara Station, guaranteed to reawaken all your senses. Relax and soak up the colorful sights while gently rolling over the Moose River to Otter Lake aboard vintage train coaches. From the comfort of the train, you'll revel in stunning views of the beautiful scenery reflecting on the river water outside your window. Space is limited, and advanced registration is required. **Deadline to register is August 28. Train departs at 2:30 p.m.; please arrive by 2 p.m.**

Wednesday, September 24, 1-2:30 p.m.

Tour of the Silas Wright House and Museum, 3 East Main Street, Canton

Join us at the St. Lawrence Center for History and Culture to take a tour of the Silas Wright House and Museum. The house is a well-preserved example of 19th-century architecture and a reminder of Silas Wright's career, which included serving as a U.S. Senator, NYS Comptroller, and the 14th Governor of NY.

Tuesday, September 30, 1-2:30 p.m.

Tour of Wolf Mountain Nature Center, 562 Hopkins Crandall Road, Smyrna

Join us for a guided tour of Wolf Mountain Nature Center with the sanctuary's founder, Will Pryor. The Center is located on a 70+ acre plot of land in the country with fields, forests, and ponds. During the tour, we will see and learn about the 14 wolves, 3 coyotes, and 9 foxes who currently reside at the Center within large, secure habitats, and of the importance of protecting these species so critical to a healthy, balanced ecosystem. At the conclusion of the tour, we will gather around the Center's teepees for a short Native American storytelling and take a stop at their wolf-themed gift shop.

Thursday, October 9, 11 a.m.-12:30 p.m.

Tour of Fort Ontario, 1 East 4th Street, Oswego

Join us for a tour of the historic Fort Ontario. This tour includes two guardhouses, a powder magazine, a storehouse, enlisted men's barracks, an Army office building, windswept ramparts featuring magnificent views of Lake Ontario, and more.

Thursday, October 23, 10-11 a.m.

Guided Celestial Bodies Tour at Munson Art Institute, 310 Genesee Street, Utica

Join us to view sculptures by Karen LaMonte, one of the most celebrated sculptors of our time. We will look at her award-winning artworks in glass, porcelain, marble, and bronze and reflect on LaMonte's life and career as well as her artistic soul.

Tuesday, October 28, 10-11 a.m.

Magical Monoprinting - Every Print is a Surprise! at SJFS, 4101 East Genesee Street, Syracuse

Create your own abstract prints that resemble tree-like or coral-like shapes! Staff from Syracuse Jewish Family Service (SJFS) will lead you through an easy printing process that offers endless possibilities for artistic exploration. Participants will get to experiment with a variety of colors and paper sizes. No prior art experience is necessary. All materials will be provided.

Friday, November 7, 11 a.m.-12:30 p.m.

Make Your Own Cider! at Lime Hollow Nature Center, 3277 Gracie Road, Cortland

What better way to enjoy a fall day than with homemade apple cider! Join us for a fun filled afternoon of learning the art of making your own homemade apple cider! We will learn the workings of a cider press, enjoy lunch with new friends, and most importantly taste the apple cider you made!

Thursday, November 13, 10-11 a.m.

Enjoy a Slice at Chocolate Pizza Company, 3774 Lee-Mulroy Road, Marcellus

Come and meet America's Hometown Chocolatier, Ryan Novak, of Chocolate Pizza Company in Marcellus. Learn about his unique story and the magic behind Peanut Butter Wings, among other delicious treats. Enjoy a taste and watch how it's all made! Afterward attendees are invited to shop on their own throughout the store with a discount provided at the register.

Thursday, December 11, 11 a.m. - Noon

Museum of the Earth Tour and Fossil Findings, 1259 Trumansburg Road, Ithaca

Join us at the Museum of the Earth for a private hands-on presentation and tour through the exhibits. We'll handle fossils from the ancient sea that long covered Central New York and bones from ancient animals such as mammoths and dinosaurs. In the museum, we'll get the behind-the-scenes stories of acquiring the right whale skeleton that hangs in the lobby, the life size model of a stegosaurus, the excavation of the Hyde Park mastodon skeleton, and much more. The program will be delivered by paleontologist Rob Ross, who runs the museum education program and teaches at Cornell University.

ALL PROGRAMS ARE FREE TO ATTEND!



EDUCATION PROGRAMS

Alzheimer's and dementia don't come with an instruction manual, but there are



resources available to help. Use these free education programs to learn more about what to expect and how to prepare for the future. **Please call 800.272.3900, scan the QR code with your phone or visit alz.org/crf to get dates and location information.** You can also access education programs online, 24 hours a day, through the Alzheimer's Association Education Center by visiting www.training.alz.org.

Understanding Alzheimer's and Dementia

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

10 Warning Signs of Alzheimer's

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

Healthy Living for Your Brain & Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Incorporate these recommendations into building a plan for aging.

New Advances in Alzheimer's Treatments

This course will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more.

Building Foundations of Caregiving: The Empowered Caregiver

This course explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence: The Empowered Caregiver

This course focuses on helping the person living with dementia take part in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

Communicating Effectively: The Empowered Caregiver

This course teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors: The Empowered Caregiver

This course details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services: The Empowered Caregiver

This course examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

Managing Money: A Caregiver's Guide to Finances

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning. It teaches caregivers how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

Approaching Alzheimer's: First Responder Training **MAKE YOUR FIRST RESPONSE THE RIGHT RESPONSE.**

If you encounter a person living with dementia in the community, would you know how to appropriately adjust your approach? As a first responder, it's critical to understand how to best approach situations involving someone living with dementia. Approaching Alzheimer's: First Responder Training is a free program that will help prepare paramedics, police, firefighters and other emergency personnel to respond to common calls involving a person living with dementia. If you are interested in scheduling a training call 315.472.4201 ext. 227.

SANDWICH CAREGIVERS



5 TIPS FOR SANDWICH CAREGIVERS ON HOW TO BALANCE CHILDREN AND A PARENT WITH DEMENTIA

For many families, late summer ushers in the annual ritual known as “back to school.” Dreaded by kids and celebrated by parents, the return to school marks a time of transition to more rigid schedules after a few months of fun and flexibility.

But for sandwich generation caregivers – those who are raising a family while caring for a parent – the new school calendar and all the activities associated with it can add to an already hectic schedule.

National surveys have found there are about 11 million sandwich generation caregivers, with about 2.2 million caring for someone with Alzheimer’s. The number of sandwich generation caregivers is expected to grow as Baby Boomers increasingly move into retirement age and live longer lives.

In addition to elder and childcare responsibilities, it is estimated that two-thirds of sandwich generation caregivers are holding down jobs, stretching themselves even thinner as they try to balance competing priorities.

Not surprisingly, roughly a third of sandwich caregivers report a high level of emotional stress, and a fifth of these caregivers report a high level of financial and physical strain. Among these sandwich caregivers, those co-residing with their care recipients and those caring for a close relative are most likely to report high strain.

Because the toll of Alzheimer’s weighs heavily on caregivers who are also raising a family, finding a balance can require major sacrifices. Of the more than 12 million unpaid Alzheimer’s caregivers in the United States, with 656,000 here in New York, about one-third report their health has suffered due to caregiving, and over half report tardiness or absences at work. To compensate, caregivers often must leave their jobs or ask children to take on extra responsibilities.

Despite its many challenges, it is possible for sandwich generation caregivers to manage their responsibilities effectively while maintaining their overall health and well-being. The Alzheimer's Association offers these tips:

- **Take Care of Yourself** – It can be easy to neglect your health while caring for others but making sure you are healthy can help you be a better caregiver to others. The Alzheimer's Association offers these specific tips for recognizing and relieving caregiver stress. Try to eat well, exercise and get plenty of rest. Carving out just 30 minutes a day for yourself to do something you enjoy (exercise, reading or watching TV) can go a long way to reducing caregiver stress.
- **Maintain Good Communication** – A major stressor for sandwich generation caregivers is feelings of guilt when caregiving tasks detract from time spent with family. Help your spouse/partner and children understand the demands you're facing and enlist their help and support. A 2017 Alzheimer's Association survey found that 91 percent of Americans believe it "takes a village" to care for a person living with Alzheimer's, but many caregivers fail to ask for help.
- **Seek Support** – Contact the Alzheimer's Association or use our online Community Resource Finder to locate dementia care resources in your area. Adult day programs, in-home assistance, companions, and meal delivery are just some of the services that can help you manage daily tasks.
- **Talk to Your Employer** – A 2023 AARP report found that 45% of employed caregivers indicate their employers offered flexible work schedules. Some companies allow telecommuting. Discuss potential accommodations that can be made that will allow you to remain productive at work while balancing caregiver responsibilities at home.
- **Know You're Doing Your Best** – Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but you are only one person. Identify priorities and focus on those tasks most essential. Delegate lesser responsibilities to others. For support and encouragement, join ALZConnected, our online caregiver community.

Caregiving, particularly when you are caring for a loved one with dementia and children at home, can be overwhelming. It is important to know that high levels of stress can be harmful to all family members. But there is support and resources that can help family members navigate through the journey. To learn more about Alzheimer's disease and other dementia and find local support services and resources, visit [alz.org/cny](https://www.alz.org/cny).

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Winter Webinar Series - Wednesdays at 5pm

Hosted by St. Lawrence County OFA

12/3/2025 - Understanding Alzheimer's and Dementia

12/10/2025 - 10 Warnings Signs of Alzheimer's

12/17/2025 - Healthy Living for Your Brain & Body



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