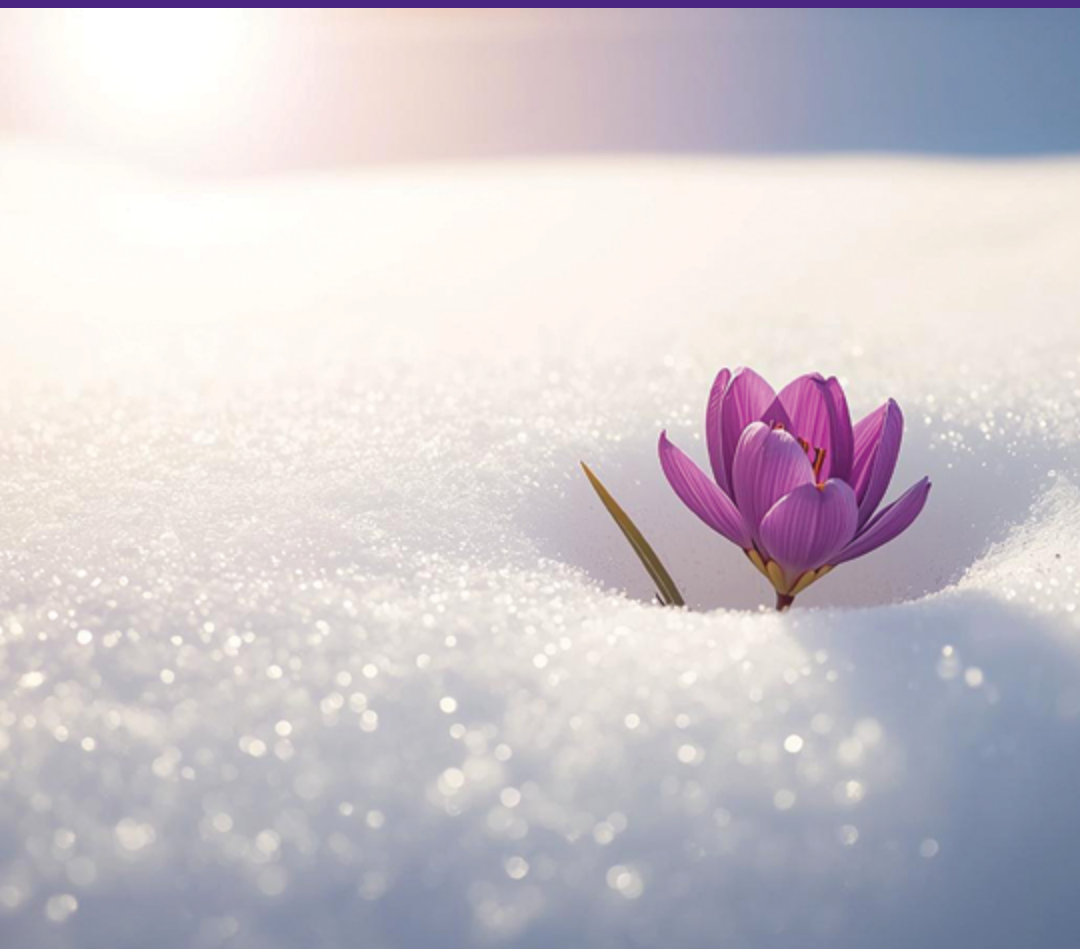




Central New York Chapter

WINTER/EARLY SPRING 2026

Programs and Services Catalog



CONTACT US

Reach us at:

Alzheimer's Association
5015 Campuswood Dr.
Suite 102
East Syracuse, NY
13057

Office Phone

315.472.4201

24-Hour Helpline

800.272.3900

On the Web

alz.org/cny

On Social Media



facebook.com/
alzcnny



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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



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

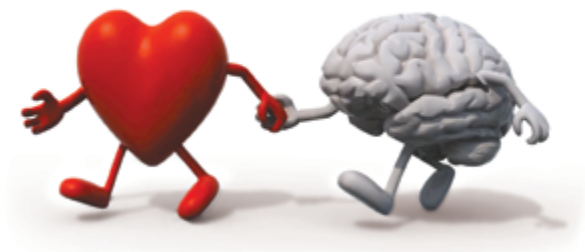
We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is FREE. To schedule a phone, video or in-person meeting, call 315.472.4201 ext. 227 or email cny-programs@alz.org.

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. These 14 counties are Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga and Tompkins. For more information, please contact 315.472.4201 ext. 227.

FEBRUARY IS AMERICAN HEART MONTH

What is good for your heart is good for your brain! American Heart Month, observed annually in February, serves as a crucial reminder to prioritize cardiovascular health and adopt habits that promote a strong heart. We know that many heart healthy habits - like healthy eating, getting enough physical activity and quality sleep, not smoking, and managing blood pressure and diabetes - are brain healthy habits too! Learn more about healthy habits and talk to your health care provider to take action for your health this month!



FEBRUARY 14th IS VALENTINE'S DAY

Valentine's Day can be a particularly sentimental time for those living with Alzheimer's and their partner as they adjust to dual roles as both romantic partners and care partners. This day is also a reminder that love is not only what brings couples together but can also be what keeps couples going through this difficult journey. The Alzheimer's Association is here to provide support and resources as couples navigate changes in their relationship.



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 10 a.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.

Winter Sessions Virtual (via Zoom) 10-11 a.m.	Winter Sessions In-Person (Syracuse) 4:30-5:30 p.m.	Spring Session Virtual (via Zoom) 10-11 a.m.	Spring Session In-Person (Syracuse) 4:30-5:30 p.m.
Monday, January 5	Wednesday, January 7	Monday April 6	Wednesday, April 8
Monday, January 12	Wednesday, January 14	Monday April 13	Wednesday, April 15
Tuesday, January 20	Wednesday, January 21	Monday April 20	Wednesday, April 22
Monday, January 26	Wednesday, January 28	Monday April 27	Wednesday, April 29
Monday, February 2	Wednesday, February 4	Monday May 4	Wednesday, May 6
Monday, February 9	Wednesday, February 11	Monday May 11	Wednesday, May 13
Tuesday, February 17	Wednesday, February 18	Monday May 18	Wednesday, May 20

Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: "Loving Someone Who Has Dementia" by Pauline Boss, PhD. This group will meet on four consecutive Thursday mornings, beginning March 5 and ending March 26, from 10-11 a.m. The book will be provided at no cost to registrants. Space is limited to 10 participants. **Advance screening and registration are required before February 23 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



THANK YOU

With deepest appreciation to all who made this a successful Walk Season!!





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



THANK YOU

With deepest appreciation to
our 2025 Walk Sponsor





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800-268-1830 | www.OneGroup.com

Thank You 2025 CNY Walk Sponsors!





ONE SIMPLE THING COULD CHANGE **EVERYTHING.**

Do What You Love to End ALZ™ lets you turn something you love into a fundraising event to end Alzheimer's and all other dementia. Start a fundraiser and invite members of your community to join. By doing one simple thing, you can change everything. Visit alz.org/dowhatyoulove to get started.

**DO WHAT YOU
LOVE TO END ALZ**
ALZHEIMER'S ASSOCIATION



LEARN MORE ABOUT **DO WHAT YOU LOVE!**

Scan QR Code Below



VOLUNTEER OPPORTUNITIES



Central New York Chapter

MAKE A DIFFERENCE TODAY

COMMUNITY EDUCATOR

Provide Alzheimer's education programs to community audiences.

COMMUNITY REPRESENTATIVE

Raise awareness of Alzheimer's Association and act as liaisons to local groups.

SUPPORT GROUP FACILITATOR

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

WALK TO END ALZHEIMER'S & OTHER DEMENTIA:

These volunteers play a vital role in the Association's Walk events. They help plan and execute events that honor loved ones lost, support those currently facing the disease, and raise funds for a future free of Alzheimer's and dementia. Volunteer roles include:

- Planning Volunteers
- Day-of-Event Volunteers

ADVOCACY

Advocates work to raise awareness and drive change by:

- Engaging with campaigns and events, officials, and media
- Amplifying awareness via media and the community
- Strengthening ties with the Alzheimer's Impact Movement



INTERESTED IN LEARNING MORE?

Contact: CNY-Volunteer@alz.org

315.472.4201 or alz.org/volunteer





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.**

Virtual

Tuesday, January 13, 1-2 p.m.

Winter Ecology with Binghamton University Nature Preserve

Why do birds migrate? Do all mammals hibernate? The strategies of animals and plants for surviving winter can be as varied as the numbers of species that exist here. In a virtual program offered by Dylan Horvath, Steward of Natural Areas at Binghamton University, we'll take a look at how life survives the winter in our area in his guided program, Winter Ecology.

Thursday, January 29, 10-11 a.m.

Winter Observation of Nature with Baltimore Woods Nature Center

Join the Baltimore Woods Environmental Education team for a mindful winter walk to observe nature at Baltimore Woods Nature Center and explore the varied and astounding ways plants and animals survive the cold Central New York winters.

Thursday, February 19, 1-2 p.m.

Haudenosaunee Exhibit Tour at the Roberson Museum and Science Center

Join us for an immersive museum program that guides us through the rich culture and traditions of the Haudenosaunee. We will explore the ingenious use of stone tools and the agricultural revolution, the importance of traditional crafts, the work of women and learn about the profound political system that influenced modern democracy. The Roberson Museum highlights the ongoing resilience of the Haudenosaunee people today through their art, language and cultural preservation.

In-Person

Tuesday, March 24, 11 a.m. - 12:15 p.m.

Seward House Museum Tour: The Women of the Seward Family, 33 South Seward St, Auburn

In celebration of Women's History Month, explore the lives of the ladies of the Seward family at the Seward House Museum. Drawing on their personal diaries and letters, this tour offers insight into the politics of gender relations, the women's rights movement, and the social customs of the Antebellum and Civil War periods.

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

Tour of SweeTrees Maple, 761 Glen Rd, Berkshire

Join us for a sweet tour with SweeTrees Maple as we learn about the art of making maple syrup! We will tour the sugarhouse, and you will get to enjoy the sights, smells, and many tastes of maple! Stop at their store following the tour to take home some of your very own maple products to enjoy a memory of this fun-filled day!

Thursday, April 30, 11 a.m.-12:30 p.m.

Tour of The International Maple Museum, 9748 Main St, Croghan

What better way to close out Maple Season than a tour of The International Maple Museum Centre? Founded in 1977, it preserves the history and evolution of the North American maple syrup industry. Exhibits depict the history of maple syrup and sugar making techniques ranging from those used by Native Americans to plastic tubing and stainless-steel evaporators in use today. Stop in the gift shop at the end of our tour for some delicious maple products and souvenirs.

What some participants are saying about our ALZTogether programs:

"Thank you so much for this online presentation - it was perfect for me since an in-person would no longer be possible."

"This was such a nice and relaxing program. Thank you for putting it on. I needed this."

"Your efforts are appreciated. Thank you for allowing us this opportunity to enjoy (a virtual tour of) the winter woods. We as a family have enjoyed this facility in good weather but not in winter."

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.

Upcoming Virtual Education Programs to Enjoy from the Comfort of Home

- **January 7, 12-1 p.m.** The Impact of Alzheimer's and Dementia in the Workplace
- **January 29, 11 a.m.** ALZ Talks: Take Charge of Your Brain Health
- **February 10, 7 p.m.** Understanding Alzheimer's and Dementia
- **February 26, 4 p.m.** 10 Warning Signs of Alzheimer's
- **February 28, 12-3:30 p.m.** Empowering Black and Brown Communities: A Brain Health Conference
- **March 2, 7 p.m.** Entender el Alzheimer y la Demencia
- **The Empowered Caregiver Series**
 - January 7, 5-6 p.m. Building Foundations of Caregiving
 - January 14, 5-6 p.m. Supporting Independence
 - January 21, 5-6 p.m. Communicating Effectively
 - January 28, 5-6 p.m. Responding to Dementia-Related Behaviors
 - February 4, 5-6 p.m. Exploring Care and Support Services

WINTER SAFETY TIPS FOR CAREGIVERS

Winter weather conditions - colder temperatures, snow, ice and early darkness- can be potentially dangerous and even life threatening for the more than 7 million Americans living with Alzheimer's or other dementia. For caregivers, the stress and challenges of keeping their loved ones safe during this time can be overwhelming. By preparing in advance, caregivers can make a big difference in keeping their loved one with Alzheimer's or other dementia safe.

- **Be prepared.** Winter storms can be dangerous. Check weather conditions regularly and have emergency plans in place.
 - o For example, if a snowstorm is predicted, consider rescheduling appointments that are not urgent. Tackle to-do lists in one trip to avoid making multiple trips.
- **Stay warm inside.** Be sure that the heat is set at 68 degrees or higher.
 - o People on fixed incomes often want to lower their thermostat settings to save on heating costs. To save on heating bills, close off rooms not being used. Close the vents and shut the doors in these rooms. Place a rolled towel in front of all doors to keep out drafts. Also, make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
 - o There are ways to get help paying heating bills through the Home Energy Assistance Program (HEAP).
 - o To ensure staying warm at home, have the person dress in layers of clothing. Throw a blanket over his or her legs. Have the person wear socks and slippers.
 - o Before cold weather begins, arrange for family and friends to check on the person during cold weather.
- **Bundle up outside.** Help the person living with Alzheimer's dress warmly for winter weather conditions by wearing dry, loose-fitting layers and covering exposed skin.
 - o Make sure the person you are caring for wears clothing that covers as much exposed skin as possible. Several layers of lightweight clothing for easy movement is a good option to consider. A hat is important since body heat escapes from an uncovered head and don't forget to wrap a scarf to cover up an exposed neck. Mittens keep hands warmer than gloves and may be easier to help get on and off.
- **Prevent slips.** Balance and mobility can be a challenge for a person living with Alzheimer's or other dementia. Assume all surfaces are slick; assist the person by taking smaller steps and slowing down, so they can match gait and speed to a safer level.
 - o Perception problems can make it difficult for the person living with Alzheimer's or other dementia to see ice on sidewalks or realize that ice is slippery or that snow is not a solid surface. Keep sidewalks and driveways clear to make walking outside safer for everyone. Utilize handrails or walk arm-in-arm when possible.

Use indoor or garage parking or consider acquiring a State-issued Handicapped placard enabling closer access to the door of buildings. Assist the person living with dementia by wearing sturdy shoes.

- **Make daylight last.** Winter months bring decreased sunlight and shorter days. Visual perception can be a challenge for those living with Alzheimer's or other dementia and can cause increased confusion or disorientation in dark or shadowy environments both inside and out.
 - o Turn on indoor lights earlier or install timers, open curtains during daylight hours, and consider installing motion detector lights to help illuminate walkways around the home as darkness may fall before arriving home from an outing.
- **Prevent wandering.** Wandering is one of the most frequent and challenging problems that caregivers face and can be extremely dangerous in colder conditions. Shorter days during winter months can also increase the risk of "sundowning." Monitor closely for agitation or restlessness as day transitions into night to help prevent wandering.
 - o It is estimated that 60% of people with dementia will wander and become lost at some point, many do so repeatedly. If not found within 24 hours, up to half of wandering individuals will suffer serious injury or death.
 - o While the term 'wandering' may suggest aimless movement, individuals who wander have a destination and a purpose. For example, a person who wanders may have a personal need such as going to the bathroom. But since people living with dementia can become disoriented even in a familiar place, this simple task can become a challenge. This might prompt a person to wander around the house, looking for the bathroom and maybe even open the front door.
 - o If a family member does wander and gets lost, begin your search immediately. Start by searching the immediate vicinity, including less-traveled areas in your home. Outside the home, search the yard and nearby surroundings. Most wanderers are found within a half mile of their homes or starting location. If, after 15 minutes, the person is not located, call 911 to file a missing person's report. Ensure a swift response by alerting the police that the individual has Alzheimer's disease and is a "vulnerable adult."
 - o New York state has implemented a Missing Adult Alert Program, which can be used to inform law enforcement agencies, media outlets, and the public about missing older adults, especially those with dementia or other cognitive impairments.
- **Ask for help.** According to an Alzheimer's Association survey, 84% of caregivers want more support, especially from their family.
 - o It can be hard for caregivers to find time to complete simple tasks outside of the home. Don't hesitate to ask others for help with errands, grocery shopping or with snow/ice removal.

Additional winter safety tips and resources are available at www.alz.org. For immediate support, the Alzheimer's Association 24/7 Helpline is available at 1.800.272.3900, offering free, confidential assistance, day or night, even on holidays.

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alz.org/cny

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HOCKEY FOR ALZHEIMER'S

Hosted By SUNY Canton Men's Hockey

*Come dressed in purple to
support Alzheimer's
awareness*

FEBRUARY 7TH, 2026



VS.



CAREGIVER PRESENTATION- 3:00PM

LOCAL RESOURCES AVAILABLE 3-6:30PM

CEREMONIAL PUCK DROP- 3:53PM

For more information
contact: Vanessa Cook
cookvs206@potSDam.edu

JERSEY AUCTION
50/50 RAFFLE



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