

COMMUNITY PROGRAMS & SERVICES

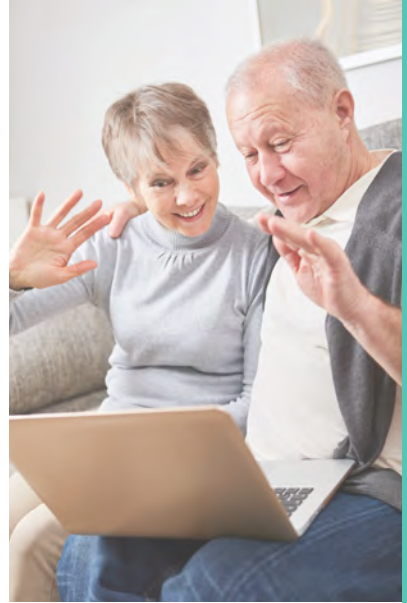
Summer 2026



Western New York Chapter
800.272.3900 | alz.org/WNY

ALZHEIMER'S  ASSOCIATION®

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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.

The Alzheimer's Association is here for you – in person, virtually and through our 24/7 Helpline at 800.272.3900. Call us anytime, day or night, for confidential support in Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming Counties.



WNY CHAPTER PARTNERS TO HONOR MALE CAREGIVERS

Join us on **Saturday, June 20, from 12-3pm**, for a Men's Caregiver Recognition Event to honor Alzheimer's & Brain Awareness, Father's Day, National Men's Health and PTSD Awareness Month. The Alzheimer's Association, WNY Chapter, is partnering with Omega Psi Phi Fraternity INC., Buffalo Prenatal Perinatal's Nurturing Fathers Program, and Buffalo Center for Health Equity's Men's Mental Health Support Group. Ten men in the community who have been caregivers to their loved ones through dementia, Alzheimer's and other neurological health conditions will be awarded for their commitment, dedication and ongoing support. This event will be held at **Johnnie B. Wiley Pavilion, 1100 Jefferson Ave. in Buffalo** and will feature an awareness presentation, vendors sharing resources, chair massages and foot reflexology. Register at bit.ly/MensCareBuffalo26 or call **800.272.3900**.

BRAIN HEALTH HABIT BUILDER HELPS YOU TAKE CHARGE

The Brain Health Habit Builder is a free web-based tool from the Alzheimer's Association designed to empower individuals to assess their current habits and take proactive steps to improve their brain health. It offers a quick, engaging experience that takes about three to five minutes and encourages users to reflect on their lifestyle habits and commit to small but meaningful changes. Upon completion, users receive a tailored action plan based on their responses, including research-backed guidance from the groundbreaking U.S. POINTER study, which found that lifestyle interventions targeting a combination of physical activity, improved diet, cognitive and social engagement, and health monitoring improved cognition in older adults at risk of cognitive decline. To begin building your plan for brain-healthy habits, visit alz.org/habitbuilder.

Sign up for our e-newsletter at alz.org/e-news for weekly news!

FOLLOW US ON SOCIAL MEDIA



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Alzheimer's Association
WNY



@wnyalz



@WNYAlz

CARE CONSULTATIONS

Living with Mild Cognitive Impairment (MCI), Alzheimer's disease or another dementia is a life-changing experience that affects individuals, families, and communities. Everyone has a role—spouses, siblings, children, and friends are all part of the care team. Navigating this journey requires thoughtful planning, compassionate support, and access to trusted resources.

Care Consultations from the Alzheimer's Association are free, confidential conversations designed to support you in your moment of need. Whether you're living with dementia or supporting someone who is, our trained Care Consultants offer individualized, solution-focused guidance to help you move forward.

Each consultation begins by identifying your best hope or goal for the conversation. From there, we work together to:

- Clarify your current situation and explore strengths, resources, and needs
- Navigate complex caregiving decisions and family dynamics
- Co-create a realistic, personalized action plan
- Provide supportive listening in a nonjudgmental environment

We don't tell you what to do—we coach you to discover what works best for you. Our approach is collaborative, respectful and grounded in your lived experience. The goal is to improve quality of life and help build a sustainable support system.

Consultations are available in four formats:



Live Chat: Click the green "Live Chat" button at [alz.org/help-support](https://www.alz.org/help-support) from 8 am to 8 pm, Monday through Friday.



Phone: Call us anytime, 24/7, at **800.272.3900**. Dial 711 for TRS operator assistance.



Zoom: Schedule a virtual consultation for yourself or your family by emailing program.wny@alz.org or calling **716.626.0600 ext. 312**.



In-Person: Meet with a Care Consultant at our Amherst office or a location in your community. ***In-person consultations are by appointment only.*** Contact program.wny@alz.org or call **716.626.0600 ext. 312** to schedule an appointment.

CARE SERVICES



Looking for a roadmap? Whether you're living with dementia, caring for someone who is, or concerned about memory changes, **ALZNavigator™** is here to help you take the next step.

This free online tool guides you to personalized resources and support based on your unique situation. Simply answer a few questions and receive a customized action plan with information, tips, and services tailored to your needs—today and as things change over time.

- Choose a topic
- Answer a few quick questions
- View your personalized action plan

As your needs evolve, so can your plan. You can revisit ALZNavigator anytime to update your answers, explore new topics, and access fresh resources to help you navigate each stage of the journey. Start your journey today at alz.org/alznavigator.

MCI AND EARLY STAGE DEMENTIA PROGRAMS

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

- **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. Reach out to program.wny@alz.org to join our waitlist for the next 3-part series that 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.
- **Online Chat Room: alzconnected.org** for those living with the disease and their care partners.

CARE SERVICES

RESPITE SERVICES/COMMUNITY SOCIAL PROGRAMS

Through grant funding from the New York State Department of Health, respite options such as social adult day programs, consumer directed, and skilled nursing hours are available for caregivers, through Offices for the Aging in the eight counties we serve. 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 one-on-one 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 programs. A full list can also be obtained by emailing us at program.wny@alz.org, or visiting our website at alz.org/wnyrespite.

FREE LEGAL CONSULTATIONS



CENTER FOR
**ELDER
LAW &
JUSTICE**

Navigating legal concerns related to dementia? Whether you're living with Mild Cognitive Impairment (MCI), Alzheimer's disease, or another dementia—or caring for someone who is—the legal landscape can feel overwhelming.

If you have questions about managing personal care and property, healthcare coverage, decision-making authority, appointing a healthcare agent, recognizing signs of abuse or exploitation, or planning for the long-term costs of care, help is available.

Thanks to a grant from the New York State Department of Health, the Center for Elder Law & Justice offers free legal consultations for individuals living with dementia and their care partners. To schedule a consultation, call **716.853.3087** or email **Daniel Geyer at dgeyer@elderjusticenyc.org**.

VIRTUAL PROGRAMS

For questions/registration, call 800.272.3900.

EDUCATION AND AWARENESS

WOMEN & ALZHEIMER'S: KNOWLEDGE, CARE & PLANNING FOR THE FUTURE

Friday, May 8 | 1:30-4:30pm

Orchard Park Senior Center
4520 California Rd.
OR Join Via Zoom!



Women are at the center of the Alzheimer's crisis. Nearly two-thirds of those living with the disease and two-thirds of caregivers are women.

Our expert speakers will discuss Alzheimer's and dementia's impact on women, practical tips to support brain health and strategies for planning ahead. Free refreshments will be provided!

FREE! Register today at bit.ly/WOMENCONF26, call our 24/7 Helpline at **800.272.3900** or scan here:



Empowered Caregiver Series - Virtual

To register for one or more of these sessions, call 800.272.3900.

Communicating Effectively

Thursday, May 28, 2-3pm

Responding to Dementia Related Behavior

Thursday, June 25, 2-3pm

Exploring Care and Support Services

Thursday, July 30, 2-3pm



VIRTUAL PROGRAMS

For questions/registration, call 800.272.3900.

Managing Money: A Caregiver's Guide to Finances Featuring Nathan Kinne, Financial Advisor

Tuesday, June 9, 6-7pm

Wednesday, August 19, 6-7pm

It's never too early to put financial plans in place. Featuring guest speaker Nathan Kinne, Financial Advisor, we'll discuss tips for managing someone else's finances, preparing for future care costs and the benefits of early planning. To register, call **800.272.3900**.

2026 **Let's Talk About Health**
CARING FOR OLDER ADULTS IN RURAL NEW YORK
A VIRTUAL CONFERENCE FOR HEALTHCARE PROFESSIONALS AND CAREGIVERS



VIRTUAL CONFERENCE FOR HEALTHCARE PROFESSIONALS AND FAMILY CAREGIVERS

Focusing on caregiving challenges in rural areas

MAY 8 | **8:30am to 4pm**

To learn more, visit
tinyurl.com/RHC2026Registration
or email tsblasio@alz.org

FREE!

Continuing Education Credits available for
Social Work, OT, PT, LMHC, and SLP

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

Co-sponsored by:



ALZHEIMER'S ASSOCIATION

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 **800.272.3900** or visit **alz.org/CRF**. New to virtual meetings? Call us for a free one-on-one lesson at **716.626.0600 ext. 312**.

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

4th Tuesday of the month, 6-7pm

Late Stage Caregivers Group

1st Thursday of the month, 7-8pm

Lewy Body Dementia Care Partners

1st Tuesday of the month, 6-7pm

LGBTQ+ Care Partners

2nd Thursday of the month, 6:30-7:30pm

Loved One in a Memory Care Facility

4th Thursday of the month, 6-7pm

Mens

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

VIRTUAL PROGRAMS

For questions/registration, call 800.272.3900.

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

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). Pre-screening and registration are required at bit.ly/AlzGrief. Space is limited. For more information, or to join the waitlist please call 716.626.0600 ext. 312 or email 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. 312.

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 beginning in May to discuss *Connecting in the Moment* by Deborah Shouse. Register today at bit.ly/BookClubWNY. Space is limited, so don't delay!

ALLEGANY COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Understanding Alzheimer's Disease and Dementia

Tuesday, June 9, 11am-12pm

Cuba Library, 39 E Main St., Cuba

SUPPORT GROUPS

Belmont

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

Allegany Office for the Aging

6085 NY Rte. 19

Joyful Moments Book Club

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

Join via Zoom or phone. To register call 716.626.0600 ext. 312.

ALLEGANY COUNTY COMMUNITY FORUM

COMING IN JUNE!

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



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 7-10 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.

CATTARAUGUS COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Know the 10 Warning Signs

Thursday, May 14, 12 pm
South Dayton Nutrition Site
327 Pine St., South Dayton

SUPPORT GROUPS

Gowanda

3rd Wednesday of the month, 6-7pm
Gowanda Free Library, 56 W. Main St.

Allegany

3rd Thursday of the month, 1-2pm
Senior Nutrition & Wellness Center
3 E. Main St.

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** for virtual support groups, book clubs and education programs.

See pages 7-10 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.



Are you a good listener?

We're currently looking for volunteers to facilitate monthly caregiver support groups and education classes across Allegany and Cattaraugus Counties. Contact Chelsea Torgalski at ctorgalski@alz.org if you're interested in learning more!



Interfaith Caregivers and the Alzheimer's Association

*Join us for a virtual
program and services
overview*

**Tuesday, May 5
10am**

Call 800.272.3900 to register.

CHAUTAUQUA COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

The Empowered Caregiver Series

Caregivers can register for individual courses to meet their needs or complete the entire series, at the Cassadaga/Stockton Branch Libraries.

Building Foundations of Caregiving

Friday, April 17, 2pm

Cassadaga Branch, 18 Maple Ave.

Supporting Independence

Thursday, May 14, 2pm

Stockton Branch, 22 N. Main St.

Communicating Effectively

Friday, June 12, 2pm

Cassadaga Branch, 18 Maple Ave.

Responding to Dementia Related Behavior

Thursday, July 9, 2pm

Stockton Branch, 22 N. Main St.

Exploring Care and Support

Friday, August 14, 2pm

Cassadaga Branch, 18 Maple Ave.

SUPPORT GROUPS

North County Dine n' Dish

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

Domus Fare, 41 W. Main St., Fredonia

Jamestown

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

Chautauqua Adult Day Care Center, 358 E. 5th St. Jamestown

Free respite may be available. Call 716.626.0600 ext. 312 for details.

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 **716.753.4582**.

See pages 7-10 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.

ERIE COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Building Brain-Healthy Habits

Friday, June 26, 10-11am

Kenmore Library, 160 Delaware Rd., Kenmore

Tuesday, May 5, 1-2pm

Concord Senior Center, 40 Commerce Dr., Springville

Building Foundations of Caregiving

Tuesday, June 30, 1-2pm

Concord Senior Center, 40 Commerce Dr., Springville

Tuesday, August 11, 2-3pm

Eden Library, 2901 E. Church St., Eden

Communicating Effectively

Wednesday, May 20, 2-3pm

Orchard Heights Senior Living, 5200 Chestnut Ridge Rd., Orchard Park

Wednesday, June 24, 1-2pm

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

Tuesday, July 14, 1-2pm

Concord Senior Center, 40 Commerce Dr., Springville

Exploring Care and Support Services

Wednesday, May 27, 1-2pm

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

Know the 10 Warning Signs

Tuesday, May 19, 1-2pm

Concord Senior Center, 40 Commerce Dr., Springville

Wednesday, August 19, 2-3pm

Orchard Heights Senior Living, 5200 Chestnut Ridge Rd., Orchard Park

Managing Money: A Caregiver's Guide to Finances

Tuesday, June 16, 1-2pm

Concord Senior Center, 40 Commerce Dr., Springville

Tuesday, August 4, 11am-12pm

Kenmore Library, 160 Delaware Rd., Kenmore

ERIE COUNTY

For questions/registration, call 800.272.3900.

Responding to Dementia Related Behaviors

Tuesday, May 19, 1-2:30pm

Delavan Grider Community Center, 877 E. Delavan Ave., Buffalo

Wednesday, August 26, 1-2pm

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

Supporting Brain Health in our Community

Tuesday, July 28, 5:30-6:30pm

Akron-Newstead Senior Center, 5691 Cummings Rd., Akron

Supporting Independence

Wednesday, July 29, 1-2pm

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

Friday, July 31, 12:30-1:30pm

Lancaster Senior Center, 100 Oxford Ave., Lancaster

Understanding Alzheimer's Disease and Dementia

Tuesday, May 12, 2-3pm

Eden Library, 2901 E. Church St., Eden

Monday, May 18, 2-3pm

GreenField Health & Rehabilitation Center, 5949 Broadway, Lancaster

Tuesday, June 2, 1-2pm

Concord Senior Center, 40 Commerce Dr., Springville

Tuesday, July 14, 10-11am

Cheektowaga Senior Center, 3349 Broadway, Cheektowaga

Southtowns Empowered Caregiver Series

To register for the series or any sessions that interest you, call **800.272.3900**.

Lakeshore Library

4857 Lake Shore Rd., Hamburg

1st Thursdays at 1pm

May 7: Foundations of Caregiving

June 4: Supporting Independence

July 2: Communicating Effectively

Aug. 6: Responding to Behaviors

Sept. 3: Exploring Care &
Support Services

Hamburg Library

102 Buffalo St., Hamburg

3rd Tuesdays at 3:30pm

May 19: Foundations of Caregiving

June 16: Supporting Independence

July 21: Communicating Effectively

Aug. 18: Responding to Behaviors

Sept. 22: Exploring Care &
Support Services

ERIE COUNTY

For questions/registration, call 800.272.3900.

Sana Sana:

A Bilingual Health and Wellness Conference

Saturday, May 16, 12:30-3pm

Isaias Gonzalez Soto Library, 280 Porter Ave., Buffalo



Sana Sana, meaning “heal heal” comes from a traditional Spanish lullaby. This family friendly, bilingual English and Spanish program will center community care as the heartbeat of wellness. We’ll offer movement, mindfulness, nourishing refreshments and brain health awareness to restore body and spirit.

Register today at bit.ly/AlzSanaSana26 or call 800.272.3900.

SUPPORT GROUPS

HYBRID 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 how you choose.

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

Frontotemporal Dementia Caregivers

2nd Wednesday of the month, 6-7pm

GENERAL CAREGIVER SUPPORT GROUPS

Amherst

2nd Tuesday of the month, 6-7pm

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

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.

**WOMEN &
ALZHEIMER'S:
KNOWLEDGE, CARE &
PLANNING FOR THE FUTURE**

**Friday, May 8
1:30-4:30pm**

Orchard Park Senior Center
4520 California Rd.
OR Join Via Zoom!

See
page 7
for more
info!



ERIE COUNTY

For questions/registration, call 800.272.3900.

Cheektowaga

4th Tuesday of the month, 6pm-7pm

St. Philip the Apostle Parish, 950 Losson Rd.

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 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 716.941.5703 for details.

Kenmore

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

Kenmore United Methodist Church, 32 Landers Rd.
Please ring the bell to enter on Landers Rd.

Free respite may be available.

Call 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.



June is Alzheimer's & Brain Awareness Month!

The YMCA Buffalo Niagara is Going Purple on June 18 to show support for brain health and the fight against Alzheimer's! Join us at these participating YMCA branches for education, helpful resources, refreshments, giveaways, and more. For a full schedule, call **800.272.3900** or contact your local YMCA.

Join us for Brain Health Bingo on June 18:
9:30am - Independent Health YMCA, Amherst
10:30am - Southtowns YMCA
12pm - Ken-Ton YMCA
12:30pm - Lockport YMCA
1:30pm - William-Emslie YMCA, Buffalo

See pages 7-10 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.

GENESEE COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Communicating Effectively

Wednesday, June 3, 2pm

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

Supporting Independence

Tuesday, July 14, 2pm

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

SUPPORT GROUPS

Batavia

3rd Thursday of the month, 1-2pm

Genesee County Office for 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 7-10 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.

NIAGARA COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Exploring Care and Support Services

Wednesday, May 6, 12:30-1:30pm

The Dale Association, 33 Ontario St., Lockport

The Impact of Alzheimer's in Our Community

Wednesday, May 6, 5:30-7pm

First Presbyterian Church, 505 Cayuga St., Lewiston

Building Brain-Healthy Habits and Intro to Tai Chi

Thursday, May 21, 5-6:30pm

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

Know the 10 Warning Signs

Tuesday, May 26, 11am-12pm

Lewiston Senior Center, 4361 River Rd., Youngstown

Brain Health Bingo!

Wednesday, June 3, 12:30-2:00pm

The Dale Association, 33 Ontario St., Lockport

Communicating Effectively

Wednesday, July 1, 12:30-1:30pm

The Dale Association, 33 Ontario St., Lockport

Know the 10 Warnings Signs

Wednesday, July 8, 1-2pm

North Tonawanda Senior Center, 110 Goundry St., North Tonawanda

New Advancements in Alzheimer's Treatments

Wednesday, Aug. 5, 12:30-1:30pm

The Dale Association, 33 Ontario St., Lockport

NIAGARA COUNTY

For questions/registration, call 800.272.3900.

SUPPORT GROUPS

Lockport

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

Trinity Lutheran Church, 67 Saxon St.

Free respite may be available. Call 716.946.4227 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

kjopp@kaleidahealth.org for details.



June is Alzheimer's & Brain Awareness Month!

The YMCA Buffalo Niagara is Going Purple on June 18 to show support for brain health and the fight against Alzheimer's! Join us at any of the five participating YMCA branches for education, helpful resources, refreshments, giveaways, and more. Brain Health Bingo will be offered at various times throughout the day, including at 12:30pm at the Lockport YMCA! For a full schedule, call **800.272.3900** or contact your local YMCA.

Volunteers Needed!

*We are seeking volunteers to raise awareness about dementia and brain health, and speak to community audiences about the Association's programs and support services. Training and mentoring is provided. Interested in learning more? Contact Courtney at CLSipes@alz.org or **716.271.9255**.*

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 7-10 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.

ORLEANS COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Building Brain-Healthy Habits

Thursday, May 14, 2pm

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

Supporting Brain Health in our Community

Wednesday, July 22, 6pm

Hoag Library, 134 S Main St., Albion

Understanding Alzheimer's and Dementia

Thursday, August 13, 11am

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



Brunch, Learn & Laugh

Saturday, May 2, 11am

Hoag Library, 134 S. Main St., Albion

Join us for Brunch, Learn & Laugh—a nourishing event designed to feed both the body and the mind. Over a relaxed brunch, we'll come together to explore the importance of self-care while gaining meaningful insight into dementia education and resources in your community. Come for the food. Stay for the knowledge. Leave with clarity, compassion, and a smile!

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 7-10 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.

WYOMING COUNTY

For questions/registration, call 800.272.3900.

EDUCATION

Responding to Dementia Related Behaviors

Friday, August 7, 10:45am-11:45am

Hope Lutheran Church, 2 E. Main St., Arcade

CORE The Learning Center Education Series

29 North Main St., Warsaw

All classes take place **10-11am**

July 7 - Supporting Healthy Brains in our Community

July 28 - Building Healthy Brain Habits

Aug. 11 - 10 Warning Signs

Sept. 1 - Understanding Alzheimer's and Dementia

Sept. 15 - Responding to Dementia-Related Behaviors

Sept. 22 - Exploring Care and Support Services

WYOMING COUNTY COMMUNITY FORUM

Thursday, June 25

10:45am-12:15pm

Hope Lutheran Church

2 E. Main St., Arcade

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

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 of the Aging at **585.786.8833**.

See pages 7-10 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.



WALK ^{TO} END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®



Start a Team. Join a Team. Walk with Us!

Scan the QR code or visit your Walk's website to register today and join the fight to #ENDALZ!



BUFFALO
SEPTEMBER 26 at the Outer Harbor
act.alz.org/Buffalo



CHAUTAUQUA COUNTY
OCTOBER 3 at Point Gratiot Park, Dunkirk
act.alz.org/Chautauqua



GENESEE/WYOMING COUNTIES
OCTOBER 3 at Centennial Park, Batavia
act.alz.org/GeneseeWyoming



ORLEANS COUNTY
OCTOBER 10 at State Street Park, Medina
act.alz.org/Orleans



SOUTHERN TIER
OCTOBER 10 at JCC Campus, Olean
act.alz.org/SouthernTierWNY




NIAGARA COUNTY
OCTOBER 17 at Reservoir State Park
act.alz.org/Niagara

CONTACT US

 716.626.0600 ext. 312

 program.wny@alz.org

 alz.org/WNY

 6400 Sheridan Drive
Suite 320
Amherst, NY 14221

**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

**THE ALZHEIMER'S ASSOCIATION
IS HERE FOR YOU**

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800.272.3900

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Western New York Chapter