

# COMMUNITY PROGRAMS & SERVICES

Winter/Spring 2026



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



## ASSOCIATION LAUNCHES MY ALZ JOURNEY APP

The Alzheimer's Association proudly presents **My ALZ Journey**, a free, innovative tool designed for newly diagnosed, early-stage individuals and their care partners to navigate their Alzheimer's or dementia journey. By delivering the right information at the right time, the My ALZ Journey app fosters connection, combats stigma and empowers individuals living with Alzheimer's or other dementia and their care partners to take action with confidence. Download it today on the Apple App Store or Google Play Store or learn more at [alz.org/MyALZJourney](https://alz.org/MyALZJourney).



## GET THE LATEST NEWS! SIGN UP FOR OUR E-NEWSLETTER

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



## FOLLOW US ON SOCIAL MEDIA



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# 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://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](mailto: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](mailto: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](https://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](mailto:program.wny@alz.org) to join our waitlist for the next 3-part hybrid (in-person and Zoom) 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](https://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 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).

## 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@elderjusticenyny.org](mailto:dgeyer@elderjusticenyny.org)**.

# VIRTUAL PROGRAMS

For questions/registration, call 800.272.3900.

## EDUCATION AND AWARENESS

### **The Impact of Alzheimer's Disease and Dementia in the Workplace**

**Wednesday, January 7, 12-1pm**

Via Zoom

Are you a business leader? Join us for a lunchtime presentation on the impact of Alzheimer's on employees and caregivers and learn ways companies can support their teams and the fight to EndAlz. Register today at [bit.ly/AlzWorkplaceJan26](https://bit.ly/AlzWorkplaceJan26) or call **800.272.3900**.

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

**Wednesday, March 25, 6-7pm**

Virtual presentation hosted by Wilson Central Community Education

Register today at [bit.ly/AlzVirtualMarch25](https://bit.ly/AlzVirtualMarch25) or email [program.wny@alz.org](mailto:program.wny@alz.org).

## **EMPOWERED CAREGIVER SERIES (five-week series)**

Join us from the comfort of home for this five-part education series. Together, we'll explore person-centered ways to compassionately support a loved one living with dementia through each stage of the disease. Attend as many sessions as you'd like! The first 10 registrants will receive a Caregiver Care Package in the mail. Register for the full series at [bit.ly/AlzVirtualWinter26](https://bit.ly/AlzVirtualWinter26).

- **Building Foundations of Caregiving**
  - Tuesday, January 20, 6pm
- **Supporting Independence**
  - Tuesday, January 27, 6pm
- **Communicating Effectively**
  - Tuesday, February 3, 6pm
- **Responding to Dementia Related Behaviors**
  - Tuesday, February 10, 6pm
- **Exploring Care and Support Services**
  - Tuesday, February 17, 6pm



# 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, 5:30-7:30pm

### 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 **\*new in February\***

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, 4:30pm

### LGBTQ Caregiver Support Group

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

### Loved One in a Memory Care Facility

4th Thursday of the month, 6-7pm

### Mens

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



# 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)

## 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**.

**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 in late January to discuss *Understanding the Changing Brain* by Teepa Snow. Register today at **[bit.ly/BookClubWNY](https://bit.ly/BookClubWNY)**. Space is limited, so don't delay!



# VIRTUAL PROGRAMS

For questions/registration, call 800.272.3900.

## Empowering Black and Brown Communities: A Brain Health Conference

Saturday, February 28, 12-3:30pm

Buffalo Federation of Neighborhood Centers (BFNC)

2365 Main St., Buffalo

*Or join us via Zoom!*

Join us for our annual conference on Buffalo's East Side. Everyone deserves a life with the healthiest brain possible. We'll share the latest research that supports lifelong brain health. Guest speakers will help us explore brain-boosting activities including mindfulness, music and movement. The event will feature a food demonstration with samples, refreshments and a resource fair including local providers ready to support those caring for someone with Alzheimer's and dementia. Register today at [bit.ly/AlzBfloConf26](https://bit.ly/AlzBfloConf26) or call 800.272.3900.



## Understanding Down Syndrome, IDD, and Dementia: Awareness, Diagnosis and Care

Friday, March 20

800 Hertel Ave., Buffalo

Or via Zoom

In honor of World Down Syndrome Day, join us for an inspiring conference dedicated to raising awareness about the intersection of Intellectual and Developmental Disabilities (IDD), Down syndrome and dementia. This event will bring together professionals, families, and advocates to explore early diagnosis, treatment approaches and ways to promote lifelong awareness and support.

**Call 800.272.3900 to register.**

# ALLEGANY COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Communicating Effectively

Tuesday, February 17, 1pm

Allegany Office for the Aging, 6085 NY Rt. 19, Belmont

### Healthy Living for Your Brain and Body

Tuesday, March 3, 11am

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.

## OFFICE FOR THE AGING

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

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

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



### *Are you a good listener?*

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

# CATTARAUGUS COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Building Foundations of Caregiving

Wednesday, January 21, 6-7pm

Gowanda Free Library  
56 W. Main St., Gowanda

### Healthy Living for Your Brain and Body

Several classes are in the process of being scheduled at Senior Wellness & Nutrition sites throughout the county. For more information, call **716.200.1408**, or to find a program near you, scan the QR code to visit the Community Resource Finder, click programs and events and search Alzheimer's education programs.



## 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.

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

***Are you a good listener? See page 11!***

# CHAUTAUQUA COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Know the 10 Warning Signs

Tuesday, January 13, 12-1pm

Wini Kettle Senior Center, 28 Thomas Indian School Dr., Irving

### Healthy Living for Your Brain and Body

Friday, January 16, 2-3pm

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

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

Friday, February 6, 1-2:30pm

Dunkirk Library, 536 Central Ave., Dunkirk

### Managing Money: A Caregiver's Guide to Finances

Thursday, February 12, 11am-12pm

Mayville Library, 90 S. Erie St., Mayville

### Understanding Alzheimer's Disease and Dementia

Thursday, April 2, 2-3pm

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

## SUPPORT GROUPS

### North County Dine n' Dish

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

Domus Fare, 41 W. Main St., Fredonia

### Jamestown

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

Brookdale Lakewood, 220 Southwestern Dr.

*Free respite may be available. Call 716.626.0600 ext. 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 7-9 for virtual support groups, book clubs and education programs. For information on community social programs in your area, visit our website at [alz.org/wnyrespite](http://alz.org/wnyrespite).*

# ERIE COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Brain Health Bingo at Family Fun Friday

Friday, March 27, 5:30-7:30pm

Friday, April 24, 5:30-7:30pm

King Urban Life Center, 938 Genesee St., Buffalo

*Join us for a fun game of BINGO  
and learn science-backed tips  
to support your brain health!*

### Building Foundations of Caregiving

Thursday, January 22, 7pm

Blessed Sacrament Church  
263 Claremont Ave., Buffalo

Thursday, January 29, 12:30pm

Orchard Park Senior Center  
4520 California Rd., Orchard Park

Wednesday, April 29, 1pm

Amherst Senior Center  
370 John James Audubon Pkwy., Amherst

### Healthy Living for Your Brain and Body

Monday, January 26, 1pm

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

Wednesday, February 25, 1pm

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

Monday, March 9, 2pm

Clarence Public Library, 3 Town Pl., Clarence

Thursday, March 26, 12:45pm

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

Monday, March 30, 4-5:30pm

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

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

Wednesday, February 11, 12:45pm

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

Thursday, March 5, 1pm

Isaias Gonzalez Soto Library, 280 Porter Ave., Buffalo



Saturday, March 28, 2pm

Isaias Gonzalez Soto Library  
280 Porter Ave., Buffalo

Join us for light refreshments and conversation as we share insights about supporting brain health and nurturing ourselves and our community. Learn about local resources available to support families facing Alzheimer's and dementia.

# ERIE COUNTY

For questions/registration, call 800.272.3900.

## Know the 10 Warning Signs

**Wednesday, January 28, 1pm**

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

**Monday, March 23, 1pm**

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

**Thursday, April 23, 11am**

Kenmore Library, 160 Delaware Rd., Kenmore

## Managing Money

**Wednesday, January 21, 4-5pm**

**Wednesday, January 28, 1-2pm**

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

**Tuesday, February 10, 11am- 12pm**

Leroy R. Coles, Jr. Branch Library, 1187 E. Delavan Ave., Buffalo

**Wednesday, March 25, 1pm**

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

**Monday, April 13, 2pm**

Clarence Public Library, 3 Town Pl., Clarence

## Responding to Dementia Related Behaviors

**Thursday, April 30, 12:45pm**

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

**Thursday, April 30, 12:30pm**

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

## Supporting Independence

**Tuesday, February 24, 11am**

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

## Understanding Alzheimer's Disease and Dementia

**Thursday, January 8, 10am**

Cheektowaga Senior Center, 3349 Broadway, Cheektowaga

**Monday, February 9, 2pm**

Clarence Public Library, 3 Town Pl., Clarence

**Thursday, March 19, 12:30pm**

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



# ERIE COUNTY

For questions/registration, call 800.272.3900.

## Resource Fair: Brain Health & Nutritional Wellness *for National Brain Health Week*



**Friday, March 20**  
**2-5:30pm**

Leroy R. Coles, Jr. Branch Library  
1187 E. Delavan Ave., Buffalo

Join us for Brain Health Bingo Activity, community organizations and nutritional health vendors will be providing resources, fun activities and health screenings.

Interested vendors can email  
Yessica at [ymamezquita@alz.org](mailto:ymamezquita@alz.org)  
or call **716.241.0348**

## 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 in whatever way is most convenient.

#### Daughters

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

#### Wives/Partners

**2nd Wednesday of the month**

Middle-Late Stage, 2-3pm

Early Stage, 3:30-4:30pm

#### 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.

### Cheektowaga **\*starting in January\***

**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.

# ERIE COUNTY

For questions/registration, call 800.272.3900.

## 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.



**Empowering  
Black and Brown  
Communities:  
A Brain Health  
Conference**  
**Sat., Feb. 28  
12-3:30pm at  
Buffalo Federation  
of Neighborhood  
Centers (BFNC)  
or via Zoom**

***See page 10 for info!***



**SAVE THE DATE!**



***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” in Spanish, from the traditional lullaby “Sana, sana, colita de rana...” invites us to return to the essence of collective healing. This family friendly, bilingual English and Spanish program will center community care as the heartbeat of wellness, blending cultural wisdom, movement, mindfulness, nourishing refreshments and brain health awareness to restore body and spirit. Register today at [bit.ly/SanaSanaBfIoMay26](https://bit.ly/SanaSanaBfIoMay26) or call **800.272.3900**.

# GENESEE COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### **Managing Money: A Caregiver's Guide to Finances**

**Wednesday, January 14, 10am**

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

### **Building Foundations of Caregiving**

**Wednesday, March 11, 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 7-9 for virtual support groups, book clubs and education programs.*

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

# NIAGARA COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Responding to Dementia-Related Behaviors

Wednesday, January 7, 12:30-1:30pm

The Dale Association, 33 Ontario St., Lockport

### Supporting Independence

Wednesday, February 4, 12:30-1:30pm

The Dale Association, 33 Ontario St., Lockport

### Managing Money: A Caregiver's Guide To Finances

Friday, March 6, 11am-12:30pm

Niagara Pride, 1522 Main St., Niagara Falls

### Alzheimer's Awareness: Brain Health Bingo

Friday, April 3, 11am-12:30pm

Niagara Pride, 1522 Main St., Niagara Falls

*Join us for a fun game of BINGO and learn science-backed tips to support your brain health!*

### Understanding Alzheimer's and Dementia

Thursday, April 23, 5-6pm

Wilson Central School District, 374 Lake St., Wilson

## Volunteers Needed

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](mailto:CLSipes@alz.org) or 716.271.9255.

### MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

*With a special presentation by the Center for Elder Law & Justice*

Saturday, January 24, 11-12:30pm

Lewiston Public Library  
305 S. 8th St., Lewiston

Wednesday, January 28, 1-2:30pm

North Tonawanda Public Library  
505 Meadow Dr., North Tonawanda

# 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 716.434.5982 for details.*

### North Tonawanda

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

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

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

## Discover Resources for Older Adults with CASE Wednesday, March 4, 12:30-4pm

**Gratwick Hose Fire Hall**

**110 Ward Rd., North Tonawanda**

Join the Coalition of Agencies in Service to the Elderly (CASE) for a community event highlighting services available to seniors in Niagara County. Connect with local organizations offering information on senior living, health care, financial planning, memory care, home support, and more.

Basket raffles and refreshments will be available. To register for this free event, email Courtney at [CLSipes@alz.org](mailto:CLSipes@alz.org).

## OFFICE FOR THE AGING

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

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

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

# ORLEANS COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Communicating Effectively

**Tuesday, January 20, 2pm**

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

### Healthy Living for your Brain and Body

**Wednesday, March 11, 6pm**

Hoag Library, 134 S. Main St., Albion

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

**Wednesday, March 25, 2pm**

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**.

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

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



# WYOMING COUNTY

For questions/registration, call 800.272.3900.

## EDUCATION

### Communicating Effectively

Thursday, February 26, 10:45am

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

## 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 7-9 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).*





# DO WHAT YOU LOVE. HELP END ALZHEIMER'S

No matter what your passion is, you can make it a fundraiser to end Alzheimer's and all other dementia.

Select an activity, pick a date, and fundraise for a future without Alzheimer's.

Scan the QR Code or visit  
[alz.org/dowhatyoulove](https://alz.org/dowhatyoulove) to get started.




# CONTACT US

 716.626.0600 ext. 312

 [program.wny@alz.org](mailto:program.wny@alz.org)

 [alz.org/WNY](http://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

[alz.org/WNY](http://alz.org/WNY)  
**800.272.3900**

 **ALZHEIMER'S<sup>®</sup>  
ASSOCIATION**  
Western New York Chapter