



SPRING 2025

# COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S  ASSOCIATION®

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

# CONTENTS

After a particularly tough WNY winter, we at the Alzheimer's Association look forward to what spring may hold in store as we continue our outreach, education, care and support efforts to all our constituents. The Community Services and Programs Guide offers highlights of what we offer throughout the eight counties of Western New York, but you can find many more opportunities and events by visiting [alz.org/crf](https://alz.org/crf) and searching for your location.

We are excited to share with you the dates for our 2025 Walks to End Alzheimer's, found on the back of this guide! Mark your calendars to join us at one (or more!) of our six Walks this year. Register and find more information at [alz.org/wnywalk](https://alz.org/wnywalk). We also encourage you to take part in The Longest Day by signing up and planning your own personalized fundraiser at [alz.org/tld](https://alz.org/tld). Your efforts help our services remain free to all who need them.

We are here for you, 24 hours a day, 365 days a year. Please call our Helpline at **800.272.3900** anytime for information and support.

News .....	3
Care Consultations .....	4
Special Events .....	6
Virtual Programs .....	8
Early Stage .....	11
Allegany County .....	12
Cattaraugus County .....	13
Chautauqua County .....	14
City of Buffalo .....	16
Erie County .....	17
Genesee County .....	20
Niagara County .....	21
Orleans County.....	23
Wyoming County .....	24

# NEWS

## WELCOME ISAAC SMITH, NEW ADVOCACY MANAGER



We are excited to welcome Isaac Smith as the new advocacy manager for Upstate New York Chapters! Isaac previously served on the staff of New York State Assemblyman John Salka, eventually becoming chief of staff. Upon Assemblyman Salka's retirement, Isaac served Congressman Brandon Williams' office as a constituent service representative.

Isaac has hit the ground running, joining our advocates to meet with many Upstate New York representatives. He is pictured at left with Lauren Ashburn, now senior associate director of advocacy field development for the national Alzheimer's Association office, along with advocates Nancy Swiston, Dave Gonlag and Donna Gonlag as they met with Congressman Tim Kennedy's district director, Emily Reid Schreckengost (third from right).

Learn more about how you can become an Alzheimer's Association Advocate and help drive policies that improve care, expand support services, and increase research funding at [alz.org/wny/advocacy](https://alz.org/wny/advocacy).

## PARA TU INFORMACIÓN

Ofrecemos una amplia gama de materiales educativos, presentaciones y recursos de apoyo en español, diseñados para facilitar el aprendizaje y la comprensión de diversos temas sobre el Alzheimer y la demencia. Visita [alz.org/wnyespanol](https://alz.org/wnyespanol).

# CARE CONSULTATIONS

Living with Mild Cognitive Impairment (MCI), Alzheimer's disease or other dementia is a life-encompassing experience that spans generations. Everyone has a role: spouses, siblings, children of all ages, and friends each play a part in the care team. It requires thought, strategy, and most importantly, a plan.

Care Consultations from the Alzheimer's Association are more than just a meeting with a dementia expert. Your consultant works with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem-solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We don't teach or tell you what to do. We coach you to find acceptable solutions, focused on improving your quality of life and building a support team. Plus, the service is **free**.

## Consultations are available in four ways:

- Live Chat: Click the "Live Chat: green button on our website from 8am to 8pm, Monday through Friday. [alz.org/help-support](https://www.alz.org/help-support)
- Phone: Call **800.272.3900** for a phone consultation 24/7.
- Zoom: Email [program.wny@alz.org](mailto:program.wny@alz.org) to schedule a Zoom consultation for you and/or your family.
- In-person: Call **716.626.0600 ext. 313** to schedule an appointment in our Amherst office or a location in your community.

**Looking for a roadmap?  
Getting started is easy  
with ALZNavigator!**



Choose a topic, answer a few questions and view your personalized action plan. As your situation changes, your action plan can change too. Add topics, edit your answers and get new resources to help you face new challenges. Whether you're a caregiver, a person living with dementia or someone concerned about memory loss, find the support you need. ALZNavigator will guide you to customized resources and tools you need today and throughout each step of the disease — all in one place. [alz.org/alznavigator](https://www.alz.org/alznavigator)



# CARE CONSULTATIONS

## FREE LEGAL CONSULTATIONS



Concerned about managing personal care and property, healthcare coverage, your decision-making ability or that of your loved one, appointing a healthcare agent, knowing the signs of abuse or exploitation, and planning for the long-term costs of care? Individuals living with Mild Cognitive Impairment or a type of dementia and their caregivers can call **716.853.3087** or email Daniel Geyer at [dgeyer@elderjusticenyny.org](mailto:dgeyer@elderjusticenyny.org) at the Center for Elder Law & Justice to schedule a free legal consultation.

## ECMC DRIVER EVALUATION VOUCHERS

We can make a referral to the ECMC Driver Evaluation Program at no cost to you, and a licensed occupational therapist will conduct an in-clinic and behind-the-wheel assessment and make recommendations.

## RESPIRE SERVICES/COMMUNITY SOCIAL PROGRAMS

Through grant funding from the New York State Department of Health, limited respite options such as social adult day programs, consumer directed, and skilled nursing hours are available for caregivers, through Offices for the Aging in Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming Counties. To learn more about temporary respite relief eligibility and options in your area, contact your local Office for the Aging. Phone numbers are listed on the back of this guide.

Monthly volunteer-led respite services are also available and offer 1:1 social companionship, meaningful activities and active engagement for individuals living with dementia. Respite also allows care partners an opportunity to recharge their batteries and reduce stress, and can help those with dementia remain at home as long as possible. To find a program



near you, scan the QR code to visit the Community Resource Finder, click Community Services and search Adult Day Care Centers. A full list can also be obtained by emailing us at [program.wny@alz.org](mailto:program.wny@alz.org), or visiting our website at [alz.org/wnyrespite](http://alz.org/wnyrespite).

# SPECIAL EVENTS

## **Alzheimer's Insights: Learning with Mindfulness**

**Saturday, April 19, 2-3:30pm**

Isaias Gonzalez-Soto Library  
280 Porter Ave., Buffalo

Join us as we explore the impact of Alzheimer's disease and dementia in our community. Learn about free, supportive resources to help families on their journey. To highlight the importance of self-care, special guests from the Prevention Council will lead us in a brief mindfulness exercise. Call **800.272.3900** to register.

## **Stronger Together: Education and Support for Caregivers**

**Thursday, May 8, 1-3pm**

Clarendon Historical Society Museum  
16426 4th Section Rd., Clarendon

Stepping into the role of caregiver can be a journey filled with both challenging and meaningful moments. This event will help empower caregivers with knowledge, resources and support to navigate this path with confidence and compassion. Refreshments will be served! Giveaways will be provided to the first 10 people who register. Respite is available, call **585.209.9151** or **585.703.0564** to inquire. Sign up now at [bit.ly/ClarendonCare25](https://bit.ly/ClarendonCare25).

## **Caregiver Brunch**

**Saturday, June 7, 10:30am-12:30pm**

WNY Chapter Office  
6400 Sheridan Drive, Suite 320, Amherst

Caregivers, join us for refreshments, good company, and a discussion of self-care. We'll share information about free resources that can help you along your caregiving journey. Register today at [bit.ly/AlzCareBrunchJune2025](https://bit.ly/AlzCareBrunchJune2025)

# AGING WITH DOWN SYNDROME AND IDD:

## The Intersection of Cognitive Decline and Alzheimer's Disease

**Friday, April 4**  
**3:30–5:30pm**

### GUEST SPEAKERS:



Brian Chicoine, MD  
*Adult Down Syndrome Center  
Advocate Lutheran General, IL*



Sarah Harlock, MBA  
*DENT Integrative Center  
for Memory*



Elizabeth Randall, PsyD  
*People Inc.*



Register online at  
[bit.ly/AlzDownApril2025](https://bit.ly/AlzDownApril2025)  
or call 800.272.3900



**Free event!** Families & professionals welcome!

Learn about dementia prevalence, diagnosis, treatment and free supportive resources.

Join us **via Zoom** or at  
People Inc.  
Rehabilitative Services  
800 Hertel Ave., Buffalo

ALZHEIMER'S  ASSOCIATION<sup>®</sup>



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

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## Addressing Alzheimer's Through Risk Reduction: The Impact of Sleep

**Tuesday, April 8, 12pm**

Recent research shows that key lifestyle factors can have a significant impact on our risk for Alzheimer's and dementia. Carleara Weiss PhD, MS, RN, a research scientist at University at Buffalo, will share her findings around sleep and its link to cognitive health. Attendees will also learn about free resources offered by the Alzheimer's Association. Register today at [bit.ly/AlzSleepApril2025](https://bit.ly/AlzSleepApril2025).

## Healthy Smiles, Healthy Lives: Practical Dental Care Tips for Dementia Caregivers

**Thursday, April 24, 1:30pm**

Join our New York City chapter for this informative webinar featuring NYC-based House Call Dentists. They will provide useful, actionable tips to help caregivers support their loved ones' dental hygiene. Call **800.272.3900** to register today!

## Dementia and Driving

**Wednesday, April 30, 6pm**

As dementia progresses, safe driving can be a challenging and sensitive topic. This program will provide guidance and support to families facing these difficult conversations and decisions. We welcome caregivers, family members, and friends of individuals diagnosed with dementia who are concerned about their loved one's driving safety. Register today at [bit.ly/AlzDrivingApril2025](https://bit.ly/AlzDrivingApril2025)

## SUPPORT GROUPS

The following groups meet using Zoom. To register and learn how to join the sessions, please call **1.800.272.3900** or [visit alz.org/CRF](https://www.alz.org/CRF). New to virtual meetings? Call us for a free one-on-one lesson at **716.626.0600 ext. 313**.

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## Specialty Groups

### **Black/African American Care Partners**

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

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

2nd Monday of the month, 7-8pm

### **Daughters**

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

4th Monday of the month, 6:30-7:30pm

### **Frontotemporal Dementia Care Partners**

2nd Wednesday of the month, 6-7pm

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

1st Tuesday of the month, 6-7pm

### **LGBTQ+ Care Partners**

3rd Saturday of the month, 11am-12:30pm LGBTQ Caregiver

### **Support Group**

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

### **LGBTQA+ Dementia Caregiver Meetup**

4th Thursday of the month, 1-2pm

### **Loved One in a Memory Care Facility**

4th Thursday of the month, 6-7pm

### **Mens**

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

### **Wives/Partners**

2nd Wednesday of the month

2-3pm Middle-Late Stage

3:30-4:30 Early Stage

### **Younger-Onset Care Partners**

1st and 3rd Monday of the month, 6:30-7:30pm

### **Grupo de Apoyo virtual en Español**

Cafe con Leche

**Primer sabado de cada mes, 10:30am-12pm**

Para registrarse por favor llamar al 800.272.3900.

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## General Caregiver Support Groups

via phone or Zoom

**1st Wednesday of the month, 6-7pm**

**(in partnership with Dent Neurologic)**

### After the Long Goodbye:

### A Group for Recently Bereaved Care Partners

This 5-session group is offered in collaboration with the Wilson Support Center (an affiliate of Hospice Buffalo). The group will meet every other Tuesday evening beginning Summer 2025. Pre-screening and registration are required at [bit.ly/AlzGrief](https://bit.ly/AlzGrief). Space is limited. For more information, please call **716.626.0600 ext. 313** or email [program.wny@alz.org](mailto:program.wny@alz.org).

## VIRTUAL BOOK CLUBS

### Joyful Moments Book Club

Join us by phone or Zoom on the first Wednesday of the month from 1:30-3pm. To register, call **716.626.0600 ext. 313**.

### 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 April 29 to discuss *Creating Moments of Joy* by Jolene Brackey. To register (or for more information), please visit [bit.ly/BookClubWNY](https://bit.ly/BookClubWNY). Space is limited, so don't delay!





# MCI AND EARLY STAGE DEMENTIA PROGRAMS

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

Our Early Stage Program is multi-faceted. Please contact Maggie Concannon Meyers, at [mgconcannon@alz.org](mailto:mgconcannon@alz.org), if you have any questions and/or would like to become more involved.

- **Disease Education: Living With MCI and Dementia in the Early Stages Education Series:** We provide classes for care partners and individuals diagnosed with Mild Cognitive Impairment or a form of dementia. Our next 3-part in-person series will begin in May 2025 and focuses on providing answers and planning tips, and strategies to help you live your best life with this disease and to meet others going through similar experiences.
- **Social Events:** We facilitate monthly programs to have fun, stay busy and get connected to others going through similar experiences with their diagnosis. Programs are free and include Art Today with the Buffalo AKG Art Museum, Interactive Music Program presented by Maple City Music Therapy, Lunch Bunch, BINGO Night, Massage Therapy and Chair Pilates. Some programs are held in-person and some are held via Zoom.
- **Support Group:** We hold a monthly support group for those who are experiencing mild cognitive impairment or the beginning stage of Alzheimer's and related dementias. Here, they can process and share in a safe space with their peers the range of emotions and challenges that can come with a diagnosis.
- **Online Chat Room:** [www.alzconnected.org](http://www.alzconnected.org) for those living with the disease and their care partners.

# ALLEGANY COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Understanding and Responding to Dementia-Related Behaviors

**Tuesday, April 8, 11am**

Cuba Library, 39 E Main St., Cuba

### Healthy Living for Your Brain and Body

**Tuesday, June 17, 1pm**

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

## SUPPORT GROUPS

### Belmont

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

Allegany Office for the Aging  
6085 NY Rte. 19

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

### Joyful Moments Book Club

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

Join via Zoom or phone. To register call 716.626.0600 ext. 313  
or email [Lynn.Oyer@alleganyco.gov](mailto:Lynn.Oyer@alleganyco.gov).

## OFFICE FOR THE AGING

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

See pages 8-10 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](http://alz.org/wnyrespite).

# CATTARAUGUS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **Building Foundations of Caregiving**

**Tuesday, April 1st, 1pm**

Interfaith Caregivers, 315 West State St., Olean

### **Coffee with a Care Consultant**

**Tuesday, April 15, 1pm-3pm**

Interfaith Caregivers, 315 West State St., Olean

Come have a cup of coffee with a local care consultant! We are here to provide information and support to those who have questions about dementia and caregiving.

### **Understanding Alzheimer's Disease and Dementia**

**Thursday, May 22, 1:30pm**

Eden Heights of Olean

161 S. 25th St., Olean

### **10 Ways to Love Your Brain**

**Thursday, June 12, 10am**

Seneca Nation Library, 830 Broad St., Salamanca

## SUPPORT GROUPS

### **Gowanda Caregiver Support Group**

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

Gowanda Free Library, 56 W 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**.

**8-10 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](http://alz.org/wnyrespite).**

## CARE CONSULTATION & FREE CAREGIVING TOOLS

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

# CHAUTAUQUA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Know the 10 Warning Signs

**Wednesday, April 23, 11am**

Jamestown Office for Aging Services, 2nd Floor  
The Chautauqua Center, 107 Institute St., Jamestown

**Wednesday, April 30, 11am**

Dawn R. Barker Library, 7 Day Street, Fredonia

### Understanding Alzheimer's and Dementia

**Wednesday, June 4, 11AM**

Jamestown Office for Aging Services, 2nd Floor  
The Chautauqua Center, 107 Institute St., Jamestown

**Wednesday, June 11, 11am**

Dunkirk Senior Center, 45 Cliffstar Court

## SUPPORT GROUPS

### North County Dine n' Dish

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

Domus Fare, 41 W Main St.

### Jamestown Caregiver Support Group

**2nd and 4th Tuesday of the month, 12:15-1:45pm**

Brookdale Lakewood, 220 Southwestern Dr.

*\*Free respite may be available. Call 716.626.0600 ext. 313 for details.*

### Westfield Caregiver Support Group

**1st Tuesday of the month, 6-7pm**

Patterson Library, 40 S. Portage St.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Chautauqua County Office for Aging Services at

**716.753.4471.**

See pages 8-10 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](http://alz.org/wnyrespite)



## **CHQAging Expo and Conference**

**Thursday, May 22, 9am - 2:30pm**

SUNY Fredonia Campus

Williams Center, 301 Old Main Dr., Fredonia

The Alzheimer's Association will take part in this year's Expo, leading discussions on the 10 Warning Signs of Dementia and Brain Health. Other informational breakout sessions will address topics such as Medicare 101, Medicare fraud, managing anxiety and depression, avoiding scams, estate planning and more. The event also will feature a resource fair and fun interactive sessions, including writing your life story and learning to play the ukulele. To attend, visit [bit.ly/CHQAging2025](https://bit.ly/CHQAging2025).

# CITY OF BUFFALO

For questions / registration call 800.272.3900

## EDUCATION

### Know the 10 Warning Signs

**Tuesday, April 15, 5:30pm**

Dudley Library, 2010 South Park Ave.

**Tuesday, April 22, 5:30pm**

North Park Library, 975 Hertel Ave.

**Tuesday, May 6, 10:30am**

Schiller Park Senior Center, 2057 Genesee St.

**Tuesday, May 13, 12pm**

Delavan Grider Community Center, 877 E. Delavan Ave.

**Tuesday, May 15, 1pm**

Autumnwood Senior Center, 1800 Clinton St.

**Tuesday, June 17, 1pm**

Friends of the Elderly Program, 118 E Utica St.

### Understanding Alzheimer's and Dementia

**Tuesday, May 20, 5:30pm**

Dudley Library, 2010 South Park Ave.

**Tuesday, May 27, 5:30pm**

North Park Library, 975 Hertel Ave.

### Healthy Living for Your Brain and Body

**Saturday, June 14, 2pm**

Isaias Gonzalez-Soto Library, 280 Porter Ave.

**Tuesday, June 24, 1pm**

Friends of the Elderly Program, 118 E Utica St.

## SUPPORT GROUPS

**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.

**See page 6 for Special Events.**



# ERIE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **Communicating Effectively**

**Wednesday, April 16, 12:45pm**

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

### **Exploring Care and Support Services**

**Wednesday, April 23, 1pm**

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

**Tuesday, May 6, 11am**

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

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

**Thursday, May 1, 1pm**

Akron Newstead Senior Center, 5691 Cummings Rd., Akron

**Wednesday, May 14, 1pm**

Hamburg Senior Community Center, 4540 Southwestern Blvd., Hamburg

**Thursday, May 15, 12:30pm**

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

### **Know the 10 Warning Signs**

**Thursday, April 3, 12:30pm**

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

**Tuesday, June 24, 1pm**

Akron Newstead Senior Center, 5691 Cummings Rd., Akron

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

**Thursday, June 12, 11:30am**

Independent Health YMCA, 150 Tech Dr., Amherst

### **Responding to Dementia Related Behaviors**

**Thursday, April 17, 12:30pm**

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

**Tuesday, May 13, 10am**

Kenmore Branch Library, 160 Delaware Rd., Kenmore

# ERIE COUNTY

For questions / registration call 800.272.3900

## Tips for Tough Conversations

**Wednesday, May 28, 1pm**

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

**Thursday, May 29, 11am**

Lancaster Public Library, 5466 Broadway, Lancaster

**Wednesday, June 18, 10am**

Kenmore Branch Library, 160 Delaware Rd., Kenmore

## Understanding Alzheimer's and Dementia

**Wednesday, May 21, 2pm**

Alden Ewell Library, 13280 Broadway, Alden

**Tuesday, June 10, 1pm**

Concord Senior Services, 40 Commerce Dr., Springville

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

**Wednesday, June 25, 1pm**

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

## SUPPORT GROUPS

### SPECIALTY GROUPS

These groups meet in-person and virtually simultaneously. In-person meetings are held at our Chapter Office at 6400 Sheridan Dr., Suite 320, Amherst. Join in whatever way is most convenient.

### Daughters

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

### Wives/Partners

**2nd Wednesday of the month**

2-3pm - Middle-Late Stage

3:30-4:30pm - Early Stage

### Frontotemporal Dementia Caregivers

**2nd Wednesday of the month, 6-7pm**

# ERIE COUNTY

For questions / registration call 800.272.3900

## GENERAL CAREGIVER GROUPS

### Amherst

**2nd Tuesday of the month, 6-7pm**

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

### Depew

**3rd Monday of the month, 10-11am**

Lord of Life Lutheran Church, 1025 Borden Rd.

### East Aurora

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

Baker Memorial United Methodist Church, 345 Main St.

*\*Free respite may be available. Call Michele Engasser at 716.652.0500 for details.*

### Hamburg

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

Hamburg United Methodist Church, 116 Union St.

*\*Free respite may be available. Call Lisa Rood at 716.941.5703 for details.*

### Kenmore

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

Kenmore United Methodist Church, 32 Landers Rd.

*\*Free respite may be available. Call Michelle Spencer at 716.875.5091 for details.*

### City of Tonawanda

**1st Thursday of the month, 10:30-11:30am**

City of Tonawanda Senior Center, 35 Main St.

### Orchard Park

**2nd Thursday of the month, 6-7pm**

Dent Neurologic Institute, 200 Sterling Dr.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact Erie County Department of Senior Services at **716.858.8526**.

# GENESEE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Communicating Effectively

Wednesday, April 2, 2pm

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

### Responding to Dementia-Related Behavior

Wednesday, June 10, 2pm

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

## SUPPORT GROUPS

### Batavia Caregiver Support Group

3rd Thursday of the month, 1-2 pm

Genesee County Office of the Aging, 2 Bank St.

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

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Genesee County Office for the Aging at **585.343.1611**.

See pages 8-10 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](http://alz.org/wnyrespite)



# NIAGARA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **The 10 Warning Signs of Alzheimer's**

**Wednesday, April 16, 2pm**

YWCA of the Niagara Frontier, 32 Cottage St., Lockport

### **Building Foundations of Caregiving**

**Tuesday, May 6, 1pm**

Lewiston Public Library, 305 S 8th St.

### **Understanding Alzheimer's and Dementia**

**Thursday, May 22, 5:30pm**

Lockport Memorial Hospital, 6001 Shimer Dr. (Community Room)

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

**Wednesday, June 11, 3pm**

North Tonawanda Public Library, 505 Meadow Dr.

### **Supporting Independence**

**Friday, June 13, 12pm**

Health Association of Niagara County (Hanci), 1302 Main St., Niagara Falls

## SUPPORT GROUPS

### **Lewiston**

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

First Presbyterian Church, 505 Cayuga St.

### **Lockport**

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

Trinity Lutheran Church, 67 Saxon St.

*Free respite may be available. Call Laurie Bauch at 716.434.5982 for details.*

### **North Tonawanda**

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

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

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

## OFFICE FOR THE AGING

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

**716.438.3030.**

# NIAGARA COUNTY

For questions / registration call 800.272.3900

## Volunteering

**Are you a good listener? We're currently looking for volunteers to facilitate monthly caregiver support groups and education classes across Niagara County. Please contact Courtney Sipes at [CLSipes@alz.org](mailto:CLSipes@alz.org) if you're interested in learning more!**

## CAREGIVER SOCIAL IN NIAGARA FALLS

**Wednesday, May 7, 11am-12:30pm**

Health Association of Niagara County, 1302 Main St., Niagara Falls

We are partnering with Complete Senior Care to offer a social to assist caregivers of those living with Alzheimer's disease or another form of dementia. This event is an opportunity for caregivers to come together, learn more about the disease, share concerns and learn what services are available to assist them.

## DEMENCIA COMMUNITY FORUM IN LOCKPORT

**Tuesday, June 24, 5-7pm**

Lockport Memorial Hospital, 6001 Shimer Dr. (Community Room)

No individual or family should navigate the challenges of dementia alone. This forum is an opportunity to bring together community members affected by the disease and dedicated staff and volunteers to talk about resources, programs and services to support those impacted by dementia. Join us to gain a better understanding of Alzheimer's, dementia and memory loss. Dinner will be provided to those who register.

**See pages 8-10 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](http://alz.org/wnyrespite)**



# ORLEANS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **Building Foundations of Caregiving**

**Friday, April 18, 1pm**

Lee-Whedon Library, 620 West Ave., Medina

**Tuesday, May 13, 2pm**

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

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

**Wednesday, May 21, 6pm**

Hoag Library, 134 S Main St., Albion

### **Supporting Independence**

**Monday, June 16, 2:30pm**

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

### **Understanding Alzheimer's and Dementia**

**Monday, May 5, 11:15am**

Orleans County YMCA, 306 Pearl St., Medina

## 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**.

## STRONGER TOGETHER: EDUCATION AND SUPPORT FOR CAREGIVERS

**Thursday, May 8, 1-3pm**

Clarendon Historical Society Museum, 16426 4th Section Rd., Clarendon

Stepping into the role of caregiver can be a journey filled with both challenging and meaningful moments. This event will help empower caregivers with knowledge, resources and support to navigate this path with confidence and compassion.

Refreshments will be served! Giveaways will be provided to the first 10 people who register. Respite is available, call 585.209.9151 or 585.703.0564 to inquire. Sign up now at [bit.ly/ClarendonCare25](https://bit.ly/ClarendonCare25).



# WYOMING COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Wyoming County Community Forum

**Wednesday, May 28, 6-8pm**

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

No individual or family should navigate the challenges of dementia alone. This forum is an opportunity to bring together community members and dedicated staff and volunteers to talk about resources, programs and services to support those impacted by dementia. Join us to gain a better understanding of Alzheimer's, dementia and memory loss.

*This event is free – all are welcome.*

*Refreshments will be provided to those who register.*

*Respite may be available – call Julie at 585.492.2530 to inquire.*

## SUPPORT GROUPS

### Warsaw Caregiver Support Group

**1st Monday of the month, 10-11am**

Wyoming County Office of the Aging, 8 Perry Ave.

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Jamie McGrath at the Wyoming County Office for the Aging at **585.786.8833**.

**See pages 8-10 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](http://alz.org/wnyrespite)**

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

Hodgson Russ LLP  
is proud to support  
Alzheimer's Association of  
WNY and its commitment to  
care, support, research,  
and advocacy.

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## Para tu información

*Ofrecemos una amplia  
gama de materiales  
educativos, presentaciones  
y recursos de apoyo en  
español, diseñados para  
facilitar el aprendizaje y la  
comprensión de diversos  
temas sobre el Alzheimer  
y la demencia.*

**Visita**  
**[alz.org/wnyespanol](http://alz.org/wnyespanol)**

## 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](http://alz.org/e-news).**

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.

## FOLLOW US ON SOCIAL MEDIA!

 4alzwny

 @wnyalz

 @WNYAlz

 Alzheimer's Association WNY



## Need a great fundraising idea to shine a light for The Longest Day?

- Host a tournament! Big or small - golf, pickleball, card games, video games, etc.
- Make and sell baked goods or crafts
- Workout challenge
- Meat raffle
- Block party
- 'Paint & Sip' night
- Yoga- or Zumba-thon



More ideas can be found at [alz.org/tld](http://alz.org/tld) or contact Kiernan at [kthayward@alz.org](mailto:kthayward@alz.org) to get started.



Maestro Tours is a longtime support of The Longest Day. They raise funds through basket raffles at their open houses.

"The Longest Day has been a cause near and dear to Maestro Tours since we began in 2017. In 2015 the Maestro's wife was diagnosed with early-onset Alzheimer's. Thanks to the generosity of our travelers and community, Maestro Tours has raised over \$15,000 through the years and we look forward to continuing to do so."

~ Lauren Eicher-Kubik



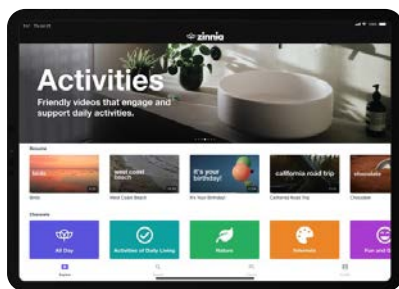


## Therapeutic video tools that support caregivers and people living with dementia

### INTRODUCING ZINNIA...

### Therapeutic TV for People with Alzheimer's and Dementia

In collaboration with the New York State Office for the Aging, Zinnia TV is offering a new pilot program designed specifically for individuals living with mid to late-stage Alzheimer's disease and related dementias.



Zinnia TV provides engaging, artistic video content tailored to enhance the well-being of those with dementia. The platform's therapeutic videos aim to reduce anxiety, support daily routines, and foster stronger connections between individuals with dementia and their care partners.

**Interested in participating?** The first 20 individuals to express interest will receive a **free, year-long subscription** to Zinnia TV as part of the pilot program. To learn more or to sign up, email [support@zinniatv.com](mailto:support@zinniatv.com) today!



**Office for  
the Aging**



Save  
the Date!

**WALK TO END  
ALZHEIMER'S**

ALZHEIMER'S  ASSOCIATION®

**REGISTER  
TODAY!**  
[alz.org/  
WNYwalk](http://alz.org/WNYwalk)



**SEPTEMBER 27**

- Orleans County
- Southern Tier

**OCTOBER 4**

- Genesee/Wyoming

**OCTOBER 11**

- Buffalo

**OCTOBER 18**

- Chautauqua County
- Niagara County

**Reach the Alzheimer's Association 24/7 at 800.272.3900.**

You can also contact our partners in your local Office for the Aging:

Allegany County - 585.268.9390

Cattaraugus County - 716.373.8032

Chautauqua County - 716.753.4582

Erie County - 716.858.8526

Genesee County - 585.343.1611

Niagara County - 716.438.3030

Orleans County - 585.589.3191

Wyoming County - 585.786.8833

**ALZHEIMER'S  ASSOCIATION®**

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