

COMMUNITY SERVICES GUIDE

Fall/Winter 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.

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

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.



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4alzwny



Alzheimer's Association
WNY



@wnyalz



@WNYAlz

FINDING PROGRAMS

OUR NEW SERVICES GUIDE

Welcome to our new Community Services Guide, which the Western New York Chapter of the Alzheimer's Association will offer twice a year. The Guide includes information on Care Services, Care Consultations, Virtual Programs, Special Events and much more.

Information about current education classes, awareness events and support groups throughout Western New York can be found on our updated website.

JUST FOLLOW THESE STEPS:

1. Visit alz.org/wny/events or use this QR code.
2. Click on the **Search Events** button.

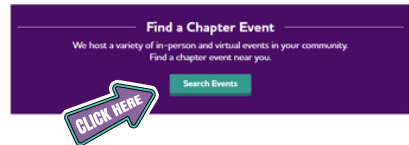


Western New York Chapter Events

Western New York Chapter	
About	+
Help and Support	+
Education and Resources	+
Volunteer	
Advocacy	
Resources for Professionals	
Events	
Blog	

Find programs, fundraising, conferences and events throughout the eight counties of Western New York.

Search for specific events by entering a keyword in the search bar below and selecting "Find Events." To get a full list of chapter events, select "View All."



Filter by

ZIP CODE

DATE RANGE

EVENT CATEGORY

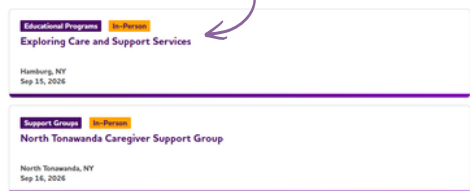
EVENT FORMAT

KEYWORD

Apply Filters

Optional:
You can narrow down the list by zip code, date or subject using the menu on the left-hand side of the page.

3. Click on the event you wish to attend to register.



See page 4 for the classes and support groups we offer.

You can also find events in your area by following us on Facebook or Instagram, or by calling our free, 24/7 Helpline at **800.272.3900**.

FINDING PROGRAMS

The Western New York Chapter offers many caregiver skill-building courses, both in-person and online. See [page 3](#) to learn how to register through our website. Or call **800.272.3900** to find classes near you.

THE EMPOWERED CAREGIVER:

- **Building Foundations of Caregiving** explores the role of caregiver, building a support team and managing caregiver stress.
- **Supporting Independence** focuses on helping the person living with dementia take part in daily activities, providing the right support and balancing safety and independence while managing expectations.
- **Communicating Effectively** teaches how dementia affects communication, including tips for communicating well with family, friends and healthcare professionals.
- **Responding to Dementia-Related Behaviors** details common behavior changes, how they are a form of communication, non-medical approaches to behaviors and recognizing when help is needed.
- **Exploring Care and Support Services** examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

ADDITIONAL SUBJECTS:

- **The 10 Warning Signs of Alzheimer's** helps participants recognize common signs of the disease and identify next steps to take.
- **Understanding Alzheimer's and Dementia** covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.
- **Managing Money: A Caregiver's Guide to Finances** is an evidence-based about the costs of caregiving, the benefits of early planning, how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.
- **Building Brain-Healthy Habits** provides research-backed guidance for incorporating brain-healthy habits into daily life, such as improving diet, increasing physical activity and improving sleep quality.

SUPPORT GROUPS:

Our groups meet by location, diagnosis or identity, such as Lewy Body, FTD, daughters, men, African-American, LGBTQ+ and others. [Visit our website or see pages 10-11 for virtual options.](#)

LIVING WELL *with dementia*

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 three formats:



Live Chat: Click the green “Live Chat” button at 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**.

LIVING WELL *with dementia*

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. *See page 8 for information on our next session.*

• **Online Chat Room:** alzconnected.org for those living with the disease and their care partners.

MY ALZ JOURNEY APP

Take control of what comes after an Alzheimer's or dementia diagnosis with **My ALZ Journey**. This free mobile app offers personalized support for newly diagnosed people and their care partners. My ALZ Journey gives you the tools to navigate the early stages of Alzheimer's, another dementia or mild cognitive impairment (MCI).



The advertisement features a smartphone on the left displaying the app's interface, which includes a grid of icons and download buttons for the App Store and Google Play. To the right of the phone is the Alzheimer's Association logo and the text "My ALZ Journey" and "ALZHEIMER'S ASSOCIATION". Below this, a large text block reads "Support, guidance and connection for newly diagnosed people and care partners – all in one app". On the far right, a list of five benefits is presented, each with a small icon: a person icon for "Free mobile app for newly diagnosed individuals and care partners", a speech bubble icon for "Provides personalized guidance, trusted resources and local connections", a document icon for "Helps users understand their diagnosis, stay independent and plan for the future", a handshake icon for "Connects users to their local Alzheimer's Association chapter for programs and support", and a group of people icon for "Built with input from people living with dementia and care partners".

My ALZ Journey
ALZHEIMER'S ASSOCIATION

Support, guidance and connection for newly diagnosed people and care partners – all in one app

- Free mobile app for newly diagnosed individuals and care partners
- Provides personalized guidance, trusted resources and local connections
- Helps users understand their diagnosis, stay independent and plan for the future
- Connects users to their local Alzheimer's Association chapter for programs and support
- Built with input from people living with dementia and care partners

LIVING WELL *with dementia*



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.

MORE ONLINE RESOURCES

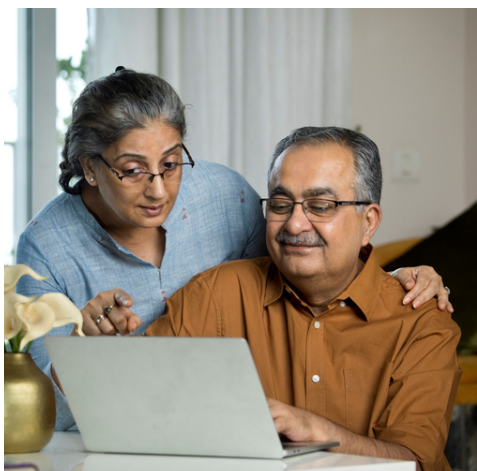
Visit alz.org/resources for more online education opportunities, tools and support, including:

Live Learning Webinars

Free live learning webinars from the Alzheimer's Association offer real-time conversation, information, education and resources on a variety of brain health, dementia and caregiving topics.

ALZ Talks Virtual Events

Our free ALZ Talks webinars provide education, information, news and resources on a variety of brain health, dementia and caregiving topics.



SPECIAL EVENTS

For questions/registration, call 800.272.3900.

LIVING WITH DEMENTIA

A free program for those with mild cognitive impairment and their loved ones presented by the Alzheimer's Association.



After receiving a diagnosis of mild cognitive impairment or early stage Alzheimer's or dementia, families face many questions.

Join us for a three-part educational series to find answers and support.

Now enrolling for a group beginning in October. Pre-screening is required.

For more information, call our 24/7 Helpline at 800.272.3900 or email program.wny@alz.org.

This program is funded through Dobrak & Fial Funds administered by the Community Foundation for Greater Buffalo.



THE IMPACT OF ALZHEIMER'S AND DEMENTIA IN THE IDD COMMUNITY

Where we stand with clinical trials and treatment.

October 13 at 6:30pm ^{EST}

6400 Sheridan Drive, 3rd Floor, Williamsville, NY

Or join us virtually!

As people with Down syndrome are living longer than ever before, research shows they face a 90% lifetime risk of developing Alzheimer's disease. Join us for a program to learn about the impact of Alzheimer's and other dementias, including a presentation on ongoing research advances and opportunities to participate in groundbreaking studies by Dr. Beau Ances, a nationally recognized leader in the field.



**To register call 800.272.3900
or visit bit.ly/Alz26Cct13**

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

SPECIAL EVENTS

For questions/registration, call 800.272.3900.



In honor of National Coming Out Day **Pride Stories: LGBTQ+ Aging & Alzheimers**

Tuesday, October 13 - 11am to 3pm
1300 Union Rd., West Seneca, or **via ZOOM**

Guest Speakers



Rev. Susan Frawley



Jeanne Phoenix Laurel



Scott Fearing

Discover how life experiences shape aging, explore the lasting impact of hermeneutical injustice on aging & dementia care, strengthen inclusive practices and support, and more.

Register at bit.ly/AlzHybridOct26 or call 800.272.3900.



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



Caregiving through the Holidays

We know the holiday season can be stressful, as well as joyous, when a loved one has dementia. Join us for an in-person or virtual class this fall where we'll share tips on how to navigate the busy holiday season while caregiving for someone with dementia. **Call 800.272.3900 to register.**

Mon., October 26, 10:45-11:45am, Batavia First Presbyterian Church

Wed., October 28, 1-2pm, via Zoom

Wed., November 4, 2-3pm, Kenmore Branch Library

Fri., November 6, 11am-12pm, Orchard Park Senior Center

Tues., November 10, 6-7pm, via Zoom

Tues, November 17, 6pm, Hamburg Library

Wed., November 18, 12:45-1:45pm, Grand Island Golden Age Center



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**.

General Caregiver Support Group

1st Wednesday of the month, 6-7pm

(in partnership with Dent Neurologic)

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**.

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 October to discuss *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, PhD. Register today at **bit.ly/BookClubWNY**. Space is limited, so don't delay!



HELPFUL RESOURCES

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**.

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**.

GET INVOLVED

VOLUNTEER WITH US!

When you volunteer with the Alzheimer's Association, you join a network of passionate people who are working to fight this devastating disease, honor loved ones and bring care and support to those who need it. We offer a variety of in-person and virtual volunteer opportunities, including training to help you grow your knowledge and skills. Opportunities include:

- Delivering awareness presentations
- Community education
- Building partnerships with community and faith organizations
- Facilitating support groups for dementia caregivers
- Office assistance
- Helping with the Walk to End Alzheimer's
- And more!

Learn more about volunteering opportunities at alz.org/wny/volunteers or call **800.272.3900**.

MAKE YOUR VOICE HEARD AS AN ADVOCATE



Thanks to our advocates, we've passed critical legislation and significantly increased federal research funding. But our work isn't done. Become an advocate and help us build on this success at the state and federal level.

Visit ALZIMPACT.ORG or call **888.438.0144** to learn how to share your story and make a difference.



WALK TO END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION™



JOIN US THIS FALL!

**There is still plenty of time to register and support the
2026 Walk to End Alzheimer's in your community.**



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

Thank You

to our local Walk to End Alzheimer's sponsors!



HOOPER LEGACY
FOUNDATION

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

Local sponsors of the Walk to End Alzheimer's have a unique opportunity to impact the success of the event while displaying commitment to their community. We take pride in offering mutually beneficial sponsorship packages offering a wide range of rewards for participating companies and organizations.

For more information on sponsorship, contact Kaitlyn Less at kcless@alz.org.



Bristol Village
Merchant's Insurance
Mighty Taco
Seneca Gaming and Casino
Shields Health Solutions

**YOUR PEACE
OF MIND IS
OUR GOAL**



ELIZABETH INGOLD, ESQ.

TRUSTS & ESTATES AND ELDER LAW ATTORNEY

Aging and illness bring legal, financial, and emotional complexities that can feel overwhelming. When you and your family are facing these challenges, the Elder Law and Trusts & Estates attorneys at Rupp Pfalzgraf offer compassionate legal guidance to help you and your loved ones prepare for what's ahead, protect what matters most, and navigate life's transitions with confidence and clarity. **Contact us today to learn how we can help your family.**

716.932.7447
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People at law

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

alz.org/WNY
800.272.3900

 **ALZHEIMER'S[®]
ASSOCIATION**
Western New York Chapter