INSIDE:

WINTER EDUCATION & ALZTOGETHER PROGRAM DATES

UPDATED SUPPORT GROUP LIST

FINDING RESPITE IN YOUR AREA

TIPS FOR WINTER CAREGIVING
Dementia Care 2019

alzheimer’s association

May 22, 2019

Holiday Inn Syracuse
441 Electronics Parkway, Liverpool, NY

FEATURING
Keynote Speaker Teepa Snow

TEEPA SNOW is one of North America’s leading educators on dementia and the care that accompanies it. As an occupational therapist with forty years of clinical practice, she has founded a company and an approach to support and engage people experiencing changes in brain function. This Positive Approach® to Care emphasizes making use of the skills retained while providing support, and substituting our skill, for what is no longer available.
TABLE OF CONTENTS

INSIDE FRONT COVER
Dementia Care 2019
More information about our 2019 caregiving conference in Syracuse

PAGES 2–3
Chapter Programs and Services
A summary of the Alzheimer’s Association programs, services and online support platforms

PAGES 4–5
Caregiver Respite Programs
What is respite? Our guide to this essential services and where to find assistance

PAGES 6–8
Support Groups
Peer- and professionally-led groups providing mutual support and education

PAGES 10–11
ALZTOGETHER
Social programs and outings for individuals living with dementia and their care partner

PAGE 14–17
MediAlert™+Safe Return™
Information and an application for our first-of-its-kind safety service, free of charge to Central New York residents

PAGE 19
Alzheimer’s Community Forum
Our next listening and education session is coming to the Mohawk Valley

PAGES 21–24
Education Programs
Comprehensive education programs for people living with dementia, care partners and the general public

PAGES 26–27
Caregiving in Cold Weather
Our guide for cold-weather challenges faced by dementia caregivers

CHAPTER STAFF

Catherine James
Chief Executive Officer

Jared Paventi
Chief Communications Officer

Theresa Riley
Chief Financial Officer

Katrina VanFleet, LMSW
Chief Program Officer

Toni Ann Walsh
Chief Strategy Officer

Grace Barney
Events Manager

Ariana Blade
Senior Constituent Services Coordinator

Kristen Campbell, LMSW
Director of Programs and Services

Jennifer Corradino
Associate Care Manager

Richard Couch, MPH
Associate Program Director

John Davis
Maintenance Coordinator

Elizabeth Domachowske, MPH
Associate Care Manager

Martha Hutchinson
Volunteer & Outreach Coordinator

Anna Iuppa
Associate Care Manager

Alexandra Jardin, MSW
Associate Program Director

Katrina Kapustay
Assistant Director, Caregiver Support

Taylor Kuzel, MPH
Associate Program Director

Jeffrey Loope
Constituent Services Coordinator

Karen Mastronardi, MPH
Grants Program Manager

Stephanie Neuman
Events Director

Janay Paccone, MPH
Associate Care Manager

Laura Prattico
Events Manager

Clara Robinson
Constituent Services Coordinator

Carianne Wilson, MS
Associate Program Director

Jennifer Winsor
Constituent Services Coordinator

Karen Mastronardi, MPH
Grants Program Manager

Stephanie Neuman
Events Director

Janay Paccone, MPH
Associate Care Manager

Laura Prattico
Events Manager

Clara Robinson
Constituent Services Coordinator

Carianne Wilson, MS
Associate Program Director

Jennifer Winsor
Constituent Services Coordinator

©2019 Alzheimer’s Association, Central New York Chapter. All rights reserved.

The publication is offered as a community resource and does not replace any service offered by the Alzheimer’s Association. The Alzheimer’s Association does not endorse any third-party product, service or agency mentioned in this publication.

This publication and the programs described are made possible, in part, by a grant from the New York State Department of Health.
Information Services
Experts are available to answer questions about dementia, Alzheimer’s disease, Chapter services, support groups and community resources, and provide tips and assistance during times of crisis. Our professionally staffed 24/7 Helpline at 800.272.3900 assists hundreds of thousands of callers each year and provides translation services in more than 200 languages and dialects.

Care Consultations
Care Consultations assist individuals and families to assess current needs and plan for the future. Our team coaches care teams to find mutually acceptable solutions that improve the quality of care for the individual living with Alzheimer’s. The free meetings can take place with individual caregivers, care teams or families, and our staff will conduct them in your community.

Support Groups
Peer- and professionally-led gatherings meet bi-weekly or monthly. Support groups provide educational information and social support to individuals and families living with Alzheimer’s disease or another dementia.

Education and Training Programs
Caring for an individual with dementia requires an understanding of the disease. Family caregivers can take part in essential education programs with topics including disease progression, communication and behaviors, and legal and financial planning. Residential care facilities can contract the Chapter to provide professional training to their staff.

Safety Services
MedicAlert® + Safe Return® is a 24-hour nationwide emergency response service for individuals living with Alzheimer’s or another dementia that wander or have a medical emergency. We provide assistance, no matter when or where the person is reported missing. Tactics and tips about preventing wandering, traveling with a person living with dementia, driving and more are available at alz.org/safety.

ALZTOGETHER
Our social engagement series offers a fun and comfortable way for people living with Alzheimer’s disease or another dementia, and their care partner to get out, get active, and get connected with one another through a variety of social events and community-based activities, such as outings to museums and zoos. Events are guided, supervised by trained staff, and free of charge.
The Alzheimer’s Association is the world leader in Alzheimer’s care, support and research. It also hosts the largest online resource for people with Alzheimer’s and their caregivers — alz.org®.

Our website is more than just a repository of information. It’s a resource to find clinical trials, a method to connect with others going through the same issues as you, and a place to chart your or your loved one’s course with the disease.

These services are available 24 hours a day, seven days a week, and free of charge.

ALZ.ORG/CNY
Our Chapter website is your online gateway to Alzheimer’s support and information, as well as Walk To End Alzheimer’s®, The Longest Day®, and more.

ALZCONNECTED®
Our online social community, where individuals living with Alzheimer’s disease or another dementia and their caregivers can connect and interact in a safe space. alzconnected.org

ALZHEIMER’S NAVIGATOR®
Our online assessment tool where you can chart your course with the disease. alzheimersnavigator.org

COMMUNITY RESOURCE FINDER
Our online database of care and support options available in your community. Find a support group, education program, long-term care facility, physician and more. communityresourcefinder.org

TRIALMATCH®
The cutting edge clinical trial matching service for Alzheimer’s and dementia-related research projects. Open to people living with the disease, their caregivers, and healthy volunteers. alz.org/trialmatch
MOST PEOPLE WHO WORK FULL- OR PART-TIME have the flexibility in their jobs to take time off. Many people receive paid time off when they are sick, take a vacation or need time to deal with personal needs, like doctor’s appointments.

There’s one job where time off is not given but needed most. Caregiving is a physically, mentally and emotionally grueling occupation, where you never clock out or receive a break. It’s also one of the most common roles a person can find themselves in. More than 65 million Americans, or about 1 in 3 people, provide some level of care to a chronically ill, disabled, or aged family member or friend. One-quarter of all caregivers, about 16.1 million people, care for a person living with dementia.

While time off seems impossible for caregivers, it does not have to be. Respite services are available statewide to help relieve the burden felt by caregivers. Though some individuals and families pay for services out of pocket, many people receive respite through Medicaid or their Medicaid Managed Care program, Veterans Administration, or receive funds through their area agency on aging (see the list of offices on the facing page).

Respite is planned, temporary relief for caregivers through the use of substitute care. These options include:

- Companion services to provide companionship and supervised activities
- Personal care or home health aide services to provide assistance with bathing, dressing, toileting and exercising
- Homemaker or maid services to help with laundry, shopping and preparing meals
- Skilled care services to help with medication and other medical services

The benefits of respite are many. It provides caregivers peace of mind while they are at work. Caregivers can schedule appointments, connect with friends or take time for themselves with the knowledge that the person they care for is safe. CONTINUED ON NEXT PAGE
Respite is an important resource for dementia caregivers. According to the Alzheimer’s Association 2018 Alzheimer’s Disease Facts & Figures, 59 percent of dementia caregivers report high to very high levels of emotional stress due to caregiving. Dementia caregivers also have disproportionately higher rates of depression, anxiety, high blood pressure and coronary heart disease. Alzheimer’s caregivers in New York have total health care costs that are $881 million higher than non-caregivers.

**Frequently asked questions about the Central New York Chapter respite program**

**How does the program work?**
Each area agency on aging has different procedures, but caregivers in each county should start by contacting their local area agency on aging. The office’s respite coordinator will present the options available and discuss eligibility standards that may exist.

**Should I ask for the Alzheimer’s Association respite program?**
Each area agency on aging has its own respite program, in which funds are distributed to caregivers who reside in its respective county.

**Are there basic rules for the program?**
The Chapter requires that the recipient be diagnosed with Alzheimer’s disease or other dementia. Respite services provided must be appropriate to the level of patient function and caregiver need, and be culturally competent. Caregivers can receive up to 120 hours of respite per calendar year, based on the availability of funds.

**Can I use the funds to pay for emergency respite care, such as an overnight stay at a participating long-term care facility?**
Yes, though the costs may exceed your individual respite award. Discuss these options with the area agency on aging to determine what options may be available to resolve your situation.

**Could I use the funds to pay for respite in another city, such as hiring a home health aide while traveling to a family function?**
Yes, though the area agency on aging may have specific policies with regards to whom can provide the care and how to submit bills.

**Who provides the actual care?**
Each area agency on aging has different rules, but generally care is provided by trained volunteers or paid care practitioners. Care is available in-home or in the community, such as a social adult day program, where available. The Alzheimer’s Association and area agencies on aging maintain lists of respite providers.

**Where does the funding come from?**
New York State created the Alzheimer’s Disease Caregiver Support Initiative in 2016. The Alzheimer’s Association, Central New York Chapter was one of the agencies that received a Regional Caregiver Support Initiative grant, which provides respite funding to local area agencies on aging to supplement current respite programs.
The challenges and emotions that come with caregiving for an individual living with Alzheimer’s disease or another dementia can be overwhelming. It can be a stressful endeavor surrounded by anxiety, worry and guilt, and many feel as if they are alone in their journey. Support groups are a community of peers that exist to support one another.

**Caregiver support groups** promote an open forum of sharing and discussion among people facing many of the same issues. The group’s power rests within its members’ ability to show compassion, develop strategies and empower its members to provide the highest quality care possible.

**Early-stage support groups** provide peer-to-peer conversation and support for individuals living in the disease’s early stages. Groups are open to the individual living with the disease and the caregiver, and advanced screening is recommended prior to attending by calling the number listed with the support group.

Additionally, the Chapter offers support groups that address the needs of **LGBT caregivers** and care partners of those with **younger-onset Alzheimer’s disease**.

---

**Early-Stage Support Groups**

Advanced screening is strongly recommended prior to attending by calling the number listed with the group.

- **DeWitt**
  Pebble Hill Presbyterian Church
  5299 Jamesville Rd.
  3rd Wednesday, 4:30 p.m.
  Call 315.472.4201 x601

- **Vestal**
  Vestal United Methodist Church
  328 Main St.
  2nd Friday, 1 p.m.
  Call 607.785.7852 x601

- **Whitesboro**
  Dunham Public Library
  76 Main St. #78
  2nd Monday, 11 a.m.
  Call 315.617.4025 x601
Caregiver Support Groups
Caregiver support groups are open to caregivers of individuals living with Alzheimer’s disease or another dementia. Find the most up-to-date list at the Alzheimer’s Association Community Resource Finder at www.communityresourcefinder.org or call our office (phone numbers on page 1).

Broome County
Endicott
Our Lady of Good Counsel Parish House
719 W. Main St.
2nd Wednesday, 10 a.m.

Johnson City
United Methodist Homes Hilltop Campus
286 Deyo Hill Rd.
3rd Wednesday, 4 p.m.

Vestal
Vestal Public Library, 320 Vestal Pkwy. East
1st Tuesday, 5:30 p.m.

Cayuga County
Auburn
New location to be announced; call the Chapter at 315.294.1691 for details
1st Thursday, 2 p.m.

Chenango County
Norwich
United Church of Christ, First Congregational
11 W. Main St.
3rd Thursday, 6 p.m.

Cortland County
Cortland
Walden Place, 839 Bennie Rd.
3rd Wednesday, 12:30 p.m.

Marathon
Peck Memorial Library, 24 W. Main St.
4th Thursday, 2 p.m.

Herkimer County
Little Falls
Little Falls Community and Senior Center
524 E. Main St.
2nd Thursday, 6 p.m.

Jefferson County
Clayton
St. Mary’s Catholic Church, 521 James St.
4th Tuesday, 5:30 p.m.

Watertown
Northern Regional Ctr. for Independent Living
210 Court St., #104
4th Tuesday, 4:30 p.m.

Lewis County
Lowville
Lewis County Office for the Aging
7550 S. State St.
3rd Thursday, 10 a.m.

Madison County
Canastota
Madison County Office for the Aging
138 Dominic Bruno Blvd.
3rd Friday, 10 a.m.

Cazenovia
Community Resources for Independent Seniors
Cherry Valley Professional Plaza, 2662 Rte. 20 East
2nd Wednesday, 6 p.m.

Oneida County
Clinton
Brookdale Clinton, 115 Brookside Rd.
Last Wednesday, 1 p.m.

Rome
Rome Memorial Hospital, 1500 James St., Classroom
2nd Tuesday, 5 p.m.

Onondaga County
Baldwinsville
Baldwinsville Methodist Church, 17 W. Genesee St.
2nd Tuesday, 6:30 p.m.

Liverpool
Liverpool First Presbyterian Church, 603 Tulip St.
2nd Saturday, 11 a.m.

Manlius
Manlius Public Library, 1 Arkie Albanese Way
4th Tuesday, 6:30 p.m.

North Syracuse
NOPL North Syracuse, 100 Trolley Barn Lane
3rd Tuesday, 3:15 p.m.

Skaneateles
Grace Chapel, 1674 U.S. Route 20
Last Thursday, 2 p.m.

Syracuse
Alzheimer’s Association, Central New York Chapter
441 W. Kirkpatrick St.
2nd Wednesday, 5:30 p.m.
Support group for caregivers of people living with younger-onset Alzheimer’s disease or another dementia
Caregiver Support Groups (continued)

Syracuse (continued)
The Centers at St. Camillus, 813 Fay Rd.
3rd Tuesday, 5:30 p.m.

The Dunbar Center, 1453 S. State St.
3rd Monday, 6:30 p.m.

The Hearth on James, 830 James St.
1st & 3rd Thursday, 1 p.m.

SAGE Upstate, 431 E. Fayette St.
1st Tuesday, 6 p.m.
LGBT caregivers support group

Syracuse V.A. Hospital, 800 Irving Ave., Room B905
1st Wednesday, 1 p.m.
Non-Veterans Welcome

Oswego County
Central Square
First Universalist Church of Central Square
3243 Fulton Ave.
4th Monday, 7 p.m.

Oswego
The Manor at Seneca Hill, 20 Manor Dr.
4th Wednesday, 6 p.m.

St. Lawrence County
Canton
Maplewood, 205 State Street Rd.
1st Tuesday, 6:30 p.m.

Gouverneur
Gouverneur Community Center, 4673 NYS Route 58
2nd Wednesday, 1:30 p.m.

Ogdensburg
Riverledge Health Care & Rehabilitation Center
8101 NYS Route 68
2nd Tuesday, 4 p.m.

Tioga County
Owego
Tioga Opportunities, Inc., 9 Sheldon Guile Blvd.
3rd Tuesday, 1:30 p.m.

Tompkins County
Ithaca
Lifelong, 119 W. Court St.
1st Wednesday, 5:30 p.m.

Find support from your peers in the comfort of your home at alzconnected, a secure online support community for people living with dementia and their care partners.

alzconnected.org

THE DEMENTIA AND DRIVING RESOURCE CENTER at alz.org/driving is a product of a cooperative agreement between the Alzheimer’s Association and the National Highway Traffic Safety Administration (NHTSA). Our Dementia and Driving Resource Center features:

- Video scenarios showing four different families discussing driving and dementia
- Tips and strategies for planning ahead and handling resistance
- Common signs of unsafe driving
- Resources for alternative methods of transportation
- Additional information on driving and safety
Don’t just hope for a cure. Help us find one.

You can help advance Alzheimer’s research with TrialMatch®

**TrialMatch is:**
- A free, easy-to-use clinical studies matching service.
- Designed for:
  - Individuals living with Alzheimer’s.
  - Caregivers and healthy volunteers without dementia.
- A database with 250+ studies — including pharmacological (drug) and non-pharmacological (non-drug) studies — that take place at sites across the country and online.

**To learn more:**
- Visit alz.org/TrialMatch
- Email TrialMatch@alz.org, or
- Call 800.272.3900

*alzheimer’s association*®
*trialmatch*®
ALZTOGETHER is a series of social engagement activities for individuals living with Alzheimer’s disease or another dementia and their caregivers. Caregivers often look for ways to make a meaningful connection with the person for whom they care. ALZTOGETHER offers a safe, fun way for both the person living with the disease and their caregiver to get out, get active, and connect with others.

Caregivers have shared with us how ALZTOGETHER presents them with an opportunity to network with other caregivers going through similar challenges. The guided tours and activities are set at the pace of the individual living with the disease, with sensory and historical experiences led by docents or artists and assisted by Alzheimer's Association staff.

In order to participate, the person living with dementia must be accompanied by a caregiver, friend or family member. Events are free of charge.

Register by calling 315.472.4201 x601.
**Upcoming ALZTOGETHER Programs**

Call 315.472.4201 x601 to register

**Tuesday, Feb. 26, 10 a.m. to Noon**  
**Art Workshop at Eye Studio Arts**  
714 W. Manlius St., East Syracuse  
Join us at Eye Studio Arts for an art workshop led by Ilene Layow. She uses the creative process to help people of all ages improve their health and emotional well-being.

**Wednesday, Mar. 13, 3 to 5 p.m.**  
**Tour of Northeast Classic Car Museum**  
24 Rexford St., Norwich  
Over 160 classic and vintage vehicles are on display in five connected, accessible buildings at the Northeast Classic Car Museum. Some of the exhibits include the Fabulous Franklins, Cars made in New York State, and the Post-War Collection. Visitors are also treated to original videos, WWI & WWII aircraft engines, period fashions, and much more.

**Friday, Apr. 19, 1 to 3 p.m.**  
**Tour of Fort Stanwix**  
100 N. James St., Rome  
Enjoy a historical overview of Fort Stanwix National Monument, a reconstructed Revolutionary War-era fort in Rome, NY. We will start in the Marinus Willett Collections and Education Center, which houses military arms and accoutrements; clothing, hardware, utensils, Indian artifacts, furniture and furnishings from the French and Indian War and the American Revolutionary War periods; 18th century manuscript collection; archeological objects and associated field records relating to the 18th century fort occupation.

**Friday, Mar. 22, 2:30 to 4 p.m.**  
**Tour of 1890 House Museum**  
37 Tompkins St., Cortland  
We invite you to explore the 1890 House Museum, built for the late 19th-century inventor & industrialist Chester F. Wickwire. Creating countless patents, distributing mass quantities of woven wire goods throughout the United States and the world, Chester Wickwire also served as a philanthropist to his community and created this remarkable home.

**Friday, Mar. 29, 10:30 a.m. to 12:30 p.m.**  
**Arts and Crafts at Lewis County Office for the Aging**  
7550 S. State St., Lowville  
Meet us at the Lewis County Office for the Aging for an arts and crafts workshop. Supplies will be provided, so just make sure to bring your creativity and wear appropriate clothes for crafting.

**Thursday, Apr. 25, 1:30 to 3 p.m.**  
**Tour of Bundy Museum of History & Art**  
129 Main St., Binghamton  
We will be exploring the Bundy Annex, home to a vintage barbershop exhibit, the 1893 World’s Fair Booth Exhibit, and the Rod Serling archive, which contains rare and one-of-a-kind TV and film props, memorabilia and personal items owned by the famous American screenwriter and playwright. We will also be offering attendees a virtual tour of the Harlow E. Bundy House.

**Saturday, Apr. 13, 1 to 3 p.m.**  
**Arts and Crafts at Flower Memorial Library**  
229 Washington St., Watertown  
Meet us at the Flower Memorial Library for an Easter-themed arts and crafts workshop. Supplies will be provided, so just make sure to bring your creativity and wear appropriate clothes for crafting.

**Friday, May 17, 1 to 3 p.m.**  
**Garden Tour and Workshop at Bakers’ Acres**  
1104 Auburn Rd., Groton  
We will tour the display gardens and discuss the many plant varieties, maintenance, and garden design. Join us after the tour to create your own container garden. Feel free to bring along an empty pot or container from home to fill up with plants and flowers.
Alzheimer’s disease isn’t straightforward. But your action plan can be.

Planning for the future can empower you to positively impact your overall quality of life. The Alzheimer’s Association Alzheimer’s Navigator™ online assessment program helps you, whether you’re living with dementia or caring for someone who is, create a customized action plan to proactively face this disease.

Map out your plan to approach Alzheimer’s:

• Complete the Welcome Survey to identify your specific disease-related needs and interests. The results will determine additional topic-specific surveys to help guide the creation of your customized action plan.

• Receive a customized, easy-to-use action plan that will give you step-by-step guidance in improving either your disease management or caregiving.

• Implement your action plan with help from local resources located one click away via our Community Resource Finder at communityresourcefinder.org.

• Create a care team that can include family members, friends, physicians or whomever you wish to keep up-to-date on your action plan.

alz.org | 800.272.3900

Start planning today at alzheimersnavigator.org.
If you care for someone living with Alzheimer’s disease, memory loss or another dementia, you are not alone. We’re here day or night — whenever you need us — offering:

- Referrals to local resources
- Assistance during crisis
- Information about Alzheimer’s Association services
- Answers to your questions about Alzheimer’s
- Access to clinical trials
- Translation services to more than 200 languages and dialects

CALL 800.272.3900

alzheimer’s association®
IT’S COMMON FOR A PERSON LIVING WITH DEMENTIA TO WANDER and become lost; many do repeatedly. In fact, six out of 10 people living with dementia will wander at some point during the course of the disease. Wandering can be dangerous — even life threatening. The stress can weigh heavily on caregivers and family.

The Alzheimer’s Association® and MedicAlert Foundation International have formed an alliance to help ensure the safety of individuals living with Alzheimer’s or another dementia.

MedicAlert® + Alzheimer’s Association Safe Return® is a 24-hour nationwide emergency response service for individuals living with dementia who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing.

CREATE A SAFE RETURN
Learn how to get MedicAlert® + Alzheimer’s Association Safe Return® for free
HOW IT WORKS
When a person enrolled in MedicAlert® + Safe Return® goes missing, the caregiver should call 911, followed by the program’s 24-hour hotline at 800.625.3780 to file a report. This activates a national network that jumps into action. MedicAlert® + Safe Return® will fax information and a photo of the missing person to local police who conduct the search.

While the search takes place, MedicAlert® + Safe Return® and Alzheimer’s Association staff support the family through the crisis and offer assistance to law enforcement.

The MedicAlert® + Safe Return® jewelry helps law enforcement, emergency personnel or ordinary citizens identify the person as having Alzheimer’s disease. This person can contact the toll-free number listed on the jewelry. MedicAlert® + Safe Return® facilitates contact with law enforcement to ensure they return home safely.

Caregivers can also receive jewelry so emergency personnel or medical staff know that a person living with Alzheimer’s disease or another dementia relies on them for assistance. If a caregiver wearing the jewelry is incapacitated, the network springs to action and contacts friends or family listed on the MedicAlert® + Safe Return® file, letting them know of the situation.

WHAT YOU GET
Your MedicAlert® + Safe Return® kit will be delivered by mail and includes identification jewelry (see above) for the individual living with Alzheimer’s disease and their caregiver, personalized with their information and MedicAlert® + Safe Return®’s 24-hour emergency toll-free number, plus:
- Personalized emergency wallet cards
- 24-hour emergency response service
- Personal health records (PHR)
- Six Steps to a Safe Return magnet

FREE OF CHARGE
Enrollment in MedicAlert® + Safe Return® for a person living with Alzheimer’s disease or another form of dementia and their caregiver is free of charge for individuals residing in Central New York, thanks to the New York State Department of Health Regional Caregiver Support Initiative grant. Regularly, the cost is $55 per person and an additional $35 per caregiver.

The grant provides funds specifically for enrollment in the program and program renewals, but only when the application is mailed to the Chapter’s office in Syracuse (address is at the top of the application).

APPLY FOR YOUR FREE ENROLLMENT
Complete the application on the following pages, tear it out of this publication and send it to our office in Syracuse. Only applications mailed to our Syracuse address qualify for free enrollment.
Member enrollment

Last name__________________________
First name__________________________
Nickname___________________________
Address ____________________________(no PO Box)
City_________________________________ 
State _______ ZIP ______________________
Phone (_____ )_______________________
Birthdate_____________  □ Male  □ Female
Last 4 digits of Social Security No.______________
Height ________ Weight__________________
Eye color_________ Hair color_____________
Race/ethnicity__________________________
Skin tone  □ Dark □ Medium □ Fair
□ Mole □ Tattoo □ Scar □ Birthmark

Drug allergies – list all known

____________________________________
____________________________________
____________________________________

Medications - list all, including inhalers, and dosages

<table>
<thead>
<tr>
<th>Medication</th>
<th>Prescribed dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Medical conditions
Only individuals with Alzheimer’s or another dementia are eligible for the MedicAlert + Safe Return program.

□ Alzheimer’s disease
□ Other dementia

Other conditions

<table>
<thead>
<tr>
<th>Alzheimer’s disease</th>
<th>Epilepsy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>Glaucoma</td>
</tr>
<tr>
<td>Asthma</td>
<td>Hearing Impaired</td>
</tr>
<tr>
<td>Atrial Fibrillation</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease (COPD)</td>
<td>Myocardial Infarction</td>
</tr>
<tr>
<td>Congestive Heart Failure</td>
<td>Organ Transplant</td>
</tr>
<tr>
<td>Coronary Artery Disease</td>
<td>Seizure Disorder</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Stroke</td>
</tr>
<tr>
<td>Emphysema</td>
<td>Von Willebrand’s Disease</td>
</tr>
</tbody>
</table>

□ Other__________________________
□ Implant*______________________

Primary contact information

Last name__________________________
First name__________________________
Address ____________________________(no PO Box)
City_________________________________ 
State _______ ZIP ______________________
Phone home (_____ )_______________________
Cell(_______ )
Work (_______) 
Email__________________________

Secondary contact information

Last name__________________________
First name__________________________
Address ____________________________(no PO Box)
City_________________________________ 
State _______ ZIP ______________________
Phone home (_____ )_______________________
Cell (_______ )
Work (_______) 
Email__________________________
MEMBER & CAREGIVER ENROLLMENT FORM

Complete both sides of this form and return it to Alzheimer's Association, 441 W. Kirkpatrick St., Syracuse, NY 13204

Caregiver enrollment

Last name________________________________________
First name________________________________________
Nickname ________________________________________
Address (no PO Box) __________________________________
City________________________________________________
State _______ ZIP _________________________________
Phone home (________) _____________________________
Cell (________) ______________________________________
Work (________) ______________________________________

Birthdate_____________ □ Male □ Female

Last 4 digits of Social Security No. ________________________

Drug allergies – list all known

+ ________________________________________________

Medications – list all, including inhalers, and dosages

Medication _________ Prescribed Dosage _____________

+ ________________________________________________

Medical conditions – check all that apply

Be sure to note any condition that requires continued physician care or special attention in an emergency.

□ Angina □ Arthritis □ Asthma □ Atrial Fibrillation
□ Chronic Obstructive Pulmonary Disease (COPD) □ Congestive Heart Failure
□ Coronary Artery Disease □ Diabetes □ Emphysema

□ Other ___________________________________________

□ Implant* □ No known medical conditions

* Please list the manufacturer model and serial number, or include a copy of your implant card with this form.

Consent

Important: By accepting membership in MedicAlert Foundation, for yourself as member or caregiver and/or as caregiver on behalf of the member named above (collectively “you”), you authorize MedicAlert to release all medical and other confidential information about you in emergencies and to other health care personnel you designate. If you choose to terminate membership, you must notify us in writing and return your jewelry. MedicAlert relies upon the accuracy of the information that you provide. You, therefore, agree to defend, indemnify, and hold MedicAlert (including its employees, officers, directors, agents, and organizations with which it maintains a marketing alliance for the provision of services hereunder) harmless from any claim or lawsuit brought by member or others for injury, death, loss or damages arising in whole or in part out of your provision of incomplete or inaccurate information to MedicAlert. Furthermore, as caregiver for the member named above, you hereby represent and warrant to MedicAlert that you have full power and authority, as the duly authorized representative of such member, to enroll and act on his or her behalf.

Signature _______________________________________

Emergency contact

Last name________________________________________
First name________________________________________
Nickname ________________________________________

Phone home (________) _____________________________
Cell (________) ______________________________________
Work (________) ______________________________________

Member jewelry selection

Type □ Small stainless steel bracelet (1 3/8")
□ Large stainless steel bracelet (1 5/8")
□ Stainless steel pendant (1 1/4") with necklace (26" chain)

Exact wrist measurement_________ inches (Required for bracelet. Please measure wrist snugly and add 1/2").

Caregiver jewelry selection (if purchasing caregiver membership)

Type □ Small stainless steel bracelet (1 3/8")
□ Large stainless steel bracelet (1 5/8")
□ Stainless steel pendant (1 1/4") with necklace (26" chain)

Exact wrist measurement_________ inches (Required for bracelet. Please measure wrist snugly and add 1/2").

alz.org/cny | Page 17
More than 200,000 Americans under the age of 65 are living with Alzheimer’s disease. A diagnosis of younger-onset Alzheimer’s is life-changing. However, you can empower yourself by preparing for what’s ahead and focus on what brings you joy. While each family experiences the impact of the disease differently, common experiences include:

- Stigma
- Loss of income
- Change in the parental role
- Change in the spousal relationship

Younger-onset care partners are invited to our monthly support group:

**2nd Wednesday of each month at 5:30 p.m.**
Alzheimer’s Association office
441 W. Kirkpatrick St., Syracuse
Alzheimer's Community Forum
Alzheimer’s disease, dementia and memory loss

Monday, May 6 | 4:30-6:30 p.m.
New Hartford Public Library
2 Library Lane, New Hartford, NY

Learn about Alzheimer’s, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Light refreshments will be provided.

Registration is requested.
Call 315.617.4025 and press zero to register.
TAKE THE CHALLENGE OUT OF FINDING DEMENTIA CARE RESOURCES

COMMUNITY RESOURCE FINDER
alz.org/CRF

ALZHEIMER’S ASSOCIATION & AARP
COMMUNITY RESOURCE FINDER

Community Resource Finder, powered by Carelike®, is a database of dementia and aging-related resources. Whether you’re beginning your search or exploring other choices, this free online tool makes it easy to find resources in your area, including:

» Housing options.
» Care at home.
» Medical services.
» Legal services, including elder law attorneys.
» Community services, such as adult day centers and transportation.
» Alzheimer’s Association® information, programs and services.
» AARP information, programs and services.

START YOUR CUSTOMIZED SEARCH TODAY

» Visit alz.org/CRF
» Use our advanced search filters to identify the best matches.
» Search by ZIP code to find service providers nearby and those that make home visits.
» Easily save a list of selected resources and share with others.

The Alzheimer’s Association and AARP do not endorse any of the agencies listed on Community Resource Finder and assume no responsibility for the services and advice provided by these companies or their associates.
EDUCATION PROGRAMS
Free programs for those impacted by dementia and the general public

Education is our best weapon in the fight against Alzheimer’s disease. Informed caregivers are the best caregivers because they know the right questions to ask, the available care options and how to make the best decisions for their loved one living with the disease. All of these factors directly impact the quality of life for the individual living with dementia. They also know that in order to provide the best possible care to their loved one living with dementia that they must pay attention to their own health needs.

Alzheimer’s Association programs are developed by experts in the field and reviewed by their peers for quality. Our presenters have undergone extensive training in the field of dementia care and the resources available to families.

HOW TO REGISTER

Advance registration is required at least five business days before the program date. Unfortunately, programs with minimal registrations will have to be cancelled. If you do not register, you are still welcome to attend, but please contact us to confirm that the program is still scheduled.

Reserve your seat by dialing 100 when calling our office:
315.294.1691 (Auburn)
607.785.7852 (Binghamton)
607.289.4098 (Cortland)
607.330.1647 (Ithaca)
315.596.4016 (Oswego)
315.621.4025 (Potsdam)
315.472.4201 (Syracuse)
315.617.4025 (Utica/Rome)
315.782.8755 (Watertown)
UNDERSTANDING ALZHEIMER’S & DEMENTIA

This program covers the basics of Alzheimer’s and dementia, explores the relationship between Alzheimer’s disease and dementia, examines what happens in a brain affected by Alzheimer’s, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what’s on the horizon for Alzheimer’s research, and offers helpful Alzheimer’s Association resources. The program is one hour long. Intended for: Anyone interested in learning more about Alzheimer’s disease.

LEGAL & FINANCIAL PLANNING

If you or someone you know is affected by Alzheimer’s disease or other dementia, planning for the future is important. Our experts will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits. The program is two hours long. Intended for: Individuals and families impacted by Alzheimer’s disease or another dementia. This introductory program is not a substitute for professional legal or financial advice.
EFFECTIVE COMMUNICATION STRATEGIES

This program explores how communication takes place when someone is living with Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The program is one hour long. Intended for: Anyone that interacts with individuals living with Alzheimer’s disease or another dementia.

Jan. 7, 10 a.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Jan. 9, 5:30 p.m. Brookdale Bellevue, 4330 Onondaga Blvd., Syracuse
Jan. 14, 2:30 p.m. Peregrine Senior Living at Onondaga Hill, 4701 Peregrine Way, Syracuse
Jan. 16, 1 p.m. Country Inn & Suites, 1100 Danby Rd., Ithaca
Jan. 23, 1 p.m. New Berlin Library, 15 S. Main St., New Berlin
Feb. 19, 2 p.m. Community Resources for Independent Seniors, 2662 U.S. 20, Cazenovia
Feb. 20, 4 p.m. Herkimer College, 100 Reservoir Rd., Herkimer
Feb. 21, Noon Lewis County Office for Aging, 7550 S. State St., Lowville
Feb. 26, 3 p.m. Colonial Park Rehabilitation & Nursing Center, 950 Floyd Ave., Rome
Mar. 4, 4 p.m. Elderwood at Waverly, 37 N. Chemung St., Waverly
Mar. 4, 5 p.m. Seymour Public Library, 176 Genesee St., Auburn
Mar. 20, 4 p.m. Jervis Public Library, 613 N. Washington St., Rome
Mar. 25, 1 p.m. Hospice & Palliative Care of St. Lawrence Valley, 6805 U.S. 11, Potsdam
Apr. 12, 1 p.m. Big Apple Social Day Care, 201 Main St., Binghamton
Apr. 24, 3 p.m. Our Lady of Good Counsel Church, 701 W Main St., Endicott
May 1, 3:30 p.m. Tompkins County Public Library, 101 E. Green St., Ithaca
May 8, 5 p.m. Mundy Branch Library, 1204 S. Geddes St., Syracuse
May 9, 4 p.m. Depauville Free Library, 32333 County Route 179, Depauville
May 20, 2 p.m. St. Francis Commons at St. Luke, 12 Burkle St., Oswego
May 29, 1 p.m. McGraw House, 221 S. Geneva St., Ithaca

UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR

The Understanding and Responding to Dementia Related Behavior program of the Alzheimer’s Association is designed to provide practical information and resources to help dementia caregivers learn to decipher how best to respond. The program is one and one-half hours long. Intended for: Anyone that interacts with individuals living with Alzheimer’s disease or another dementia.

Jan. 17, Noon Lewis County Office for the Aging, 7550 S. State St., Lowville
Feb. 7, Noon New Hartford Public Library, 2 Library Lane, New Hartford
Feb. 7, 5:30 p.m. Brookdale Bellevue, 4330 Onondaga Blvd, Syracuse
Feb. 11, 3 p.m. Seymour Public Library, 176 Genesee St., Auburn
Feb. 11, 5 p.m. Brookdale Vestal West, 421 Plaza Dr., Vestal
Feb. 12, 5 p.m. Cayuga Community College, 197 Franklin St., Auburn
Feb. 19, 1 p.m. Broome West Senior Center, 2801 Wayne St., Endwell
Mar. 13, 2 p.m. Community Resources for Independent Seniors, 2662 U.S. 20, Cazenovia
Mar. 22, 11 a.m. Carthage Free Library Memory Cafe, 412 Budd St., Carthage
Mar. 26, 3 p.m. Colonial Park Rehabilitation & Nursing Center, 950 Floyd Ave., Rome
Mar. 27, 1 p.m. McGraw House, 221 S. Geneva St., Ithaca
Mar. 27, 4 p.m. Mundy Branch Library, 1204 S. Geddes St., Syracuse
Apr. 10, 4 p.m. Tompkins County Public Library, 101 E. Green St., Ithaca
Apr. 11, 4 p.m. Depauville Free Library, 32333 County Route 179, Depauville
Apr. 16, 1:30 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Apr. 17, 1 p.m. Elderwood at Waverly, 37 N. Chemung St., Waverly
Apr. 18, 2 p.m. Terrace Heights Community Center, 2 Terrace Heights, New Berlin
May 6, 1:30 p.m. New Berlin Library, 15 S. Main St., New Berlin
May 9, 1 p.m. Big Apple Social Day Care Inc., 201 Main St., Binghamton
May 15, 2 p.m. Our Lady of Good Counsel Church, 701 W Main St., Endicott
May 30, 2 p.m. Hospice & Palliative Care of St. Lawrence Valley, 6805 U.S. 11, Postdam
DEMENTIA CONVERSATIONS

The Dementia Conversations program is an education workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce stress that can accompany a disease like Alzheimer’s and connects you with helpful resources to enhance quality of life for everyone involved. The program is one hour long. Intended for: Anyone that interacts with individuals living with Alzheimer’s disease or another dementia.

Jan. 23, 6 p.m. Upstate HealthLink, 6333 NYS Route 298, E. Syracuse
Mar. 20, 10 a.m. Parkway Center, 220 Memorial Pkwy., Utica
Apr. 17, Noon Tompkins County Office for the Aging, 214 W. State St., Ithaca
May 14, 2 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland

HEALTHY LIVING FOR YOUR BRAIN AND BODY:
TIPS FROM THE LATEST RESEARCH

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. The program is one hour long. Intended for: Anyone looking to age as well as possible.

Jan. 17, 2 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

LIVING WITH ALZHEIMER’S SERIES

When someone is diagnosed with Alzheimer’s, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. Intended for: Individuals living with or caregivers of someone living with Alzheimer’s or another dementia, at the stage listed below.

EARLY-STAGE CAREGIVERS
Mar. 4, Noon-3:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer, NY 13350

MIDDLE-STAGE CAREGIVERS
Apr. 1, Noon-3:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer, NY 13350

LATE-STAGE CAREGIVERS
May 6, Noon-3:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer, NY 13350

YOUNGER-ONSET ALZHEIMER’S
Jan. 8, 5:30-7 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
Jan. 9, 3:30-5 p.m. Alzheimer’s Association, Central New York Chapter, 441 W. Kirkpatrick St., Syracuse
Mar. 7, Noon-1:30 p.m. New Hartford Public Library, 2 Library Lane, New Hartford
Mar. 13, 3:30-5 p.m. Alzheimer’s Association, Central New York Chapter, 441 W. Kirkpatrick St., Syracuse
JOIN THE FIGHT FOR ALZHEIMER’S FIRST SURVIVOR.

Walk with us in Binghamton, Ithaca/Cortland, Syracuse, Utica/Rome and Watertown.

REGISTER TODAY.
800.272.3900
alz.org/walk

THE LONGEST DAY®

THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT.

June 21, 2019

The Longest Day® is the day with the most light — the summer solstice. Raise funds and awareness for Alzheimer’s care, support and research through an activity of your choice. Together, we can stand up to the darkness of Alzheimer’s.

Register now. Select your activity at alz.org/thelongestday.

800.272.3900
Central New York is Winter Weather Ready from October to May, but the challenge of dealing with it intensifies when you are caring for someone living with Alzheimer’s disease or another dementia. The Alzheimer’s Association, Central New York Chapter offers these tips for care in cold weather.

Staying warm indoors
People living with Alzheimer’s disease may not be able to recognize or communicate if they are cold. Take the following steps to make sure they are safe and warm while inside:

- Take simple steps like dressing in layers of clothing, using a blanket, or wearing socks and slippers.
- Consider storing clothes that are inappropriate to season, such as shorts or t-shirts, to keep them out of sight and simplify outfit selection.
- Set the thermostat to 68 degrees or higher. People on fixed incomes often want to lower their thermostat settings to save on heating costs.
- Close off rooms not being used to save on heating costs. Close the vents and shut the doors in these rooms.
- Never use kitchen ovens or gas stovetops to heat a room. These present fire, carbon monoxide and burn risks to everyone in the home.

See the list on the facing page, if paying your heating bills are a financial concern.

Take caution when going outside
Cold air, snow and ice can impact mobility and health. A heavy wind can quickly lower body temperature. On cold and windy days, try to stay inside or in a warm place. If going outside is necessary, wear warm, dry clothing, and don’t stay outside for extended periods.

- Keep heads and necks covered by wearing a hat and scarf. Body heat is lost when these areas are uncovered.
- Wear loose layers of clothing. The air between the layers helps to keep the body warm.
- If precipitation is falling (snow, freezing rain, sleet), wear a waterproof coat or jacket.
- Packed snow is just as slippery as ice. Walk alongside the person living with dementia and take slow, short steps. Wear low-heeled shoes or boots and don’t rely solely on canes and walkers, which may not gain traction on slippery surfaces.

Keep frostbite at bay
Frostbite occurs when skin is exposed to very cold temperatures. Noses, cheeks, fingers and toes are most commonly affected.

Frostnip or superficial frostbite are mild forms where skin becomes red and numb. As feeling returns to these areas, a person might feel sharp pain, but no long-term damage is done. Severe frostbite can have lasting detrimental effects, including amputation.
According to the National Weather Service, skin can develop frostbite in less than 30 minutes when exposed to zero-degree temperatures with a 15 MPH wind. Skin becomes thinner with aging, reducing the time for onset of frostbite. Also, dementia can impact one’s ability to perceive or communicate pain or discomfort.

Frostnip and superficial frostbite is treated with basic first aid, warming the area with blankets or warm (but not hot) compresses. If you suspect a more serious case, call 911 or visit a hospital emergency department, as time is of the essence.

Windchills mean protecting against hypothermia
Low air temperatures combined with frigid winds can increase one’s risk of hypothermia, the condition when a person’s body temperature drops below 95 degrees. Prolonged exposure to windchills in the -10 to -27 degree range puts healthy adults at risk. Individuals living with Alzheimer’s disease may not have the ability to detect excessive cold.

Older adults can lose body heat much more quickly than when they were young. Being chilled can turn into a dangerous problem without the person’s knowledge, and he or she may develop hypothermia. Sometimes it is hard to tell if a person has hypothermia.

If you suspect that a person has hypothermia, call 911. Do not place them in a warm bath or shower. Instead, wrap them in warm blankets, extra layers of clothing and offer warm, non-caffeinated liquids.

Early warning signs of hypothermia
- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later signs of hypothermia
- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

Other diseases exacerbate the cold
People living with Alzheimer’s disease or another dementia may have other chronic illnesses, which may make it harder for the body to stay warm.
- Thyroid problems can make it hard to maintain a normal body temperature.
- Cardiopulmonary issues like COPD and asthma are worsened by cold air; people with these conditions may find it harder to breath.
- Diabetes can keep blood from flowing normally to provide warmth.
- Parkinson’s disease and arthritis can make it hard to put on more clothes, use a blanket, or get out of the cold.

Do you need help paying your heating bills?
New York State’s Home Energy Assistance Program (HEAP) helps seniors and low-income households pay for heat. Programs are administered by each county’s department of social services. Trained staff can help applicants navigate eligibility requirements. For more information, call the office in your county:

Broome County Dept. of Social Services
607.778.1100

Cayuga County Dept. of Social Services
315.255.4904

Chenango County Dept. of Social Services
607.335.1500

Cortland County Dept. of Social Services
607.428.5400

Herkimer County Dept. of Social Services
315.867.1220

Jefferson County Dept. of Social Services
315.785.3229

Lewis County Dept. of Social Services
315.376.5400

Madison County Dept. of Social Services
315.366.2211

Oneida Office Dept. of Social Services
315.798.5559

Onondaga County Dept. of Social Services
315.435.2700

Oswego County Dept. of Social Services
315.963.5021

St. Lawrence County Dept. of Social Services
315.379.2303

Tioga County Dept. of Social Services
607.687.8300

Tompkins County Dept. of Social Services
607.274.5264
DEFINING QUALITY DEMENTIA CARE: 
Alzheimer’s Association Dementia Care Practice Recommendations

Join us to learn about the Alzheimer’s Association Dementia Care Practice Recommendations, which outline quality care practices based on a comprehensive review of current evidence, best practices and expert opinions.

Find out how professional care providers can use these recommendations to impact person-centered care in their communities.

Learn more about the Dementia Care Practice Recommendations at alz.org/qualitycare.

Professional care providers in long-term care and home care settings can request a free one-hour presentation of the Dementia Care Practice Recommendations for their staff by contacting the Chapter.

Use the phone numbers on page one and dial extension 615, or email cny-programs@alz.org.
Right now, millions of Americans face the devastation of Alzheimer’s. This disease is robbing us of our families, our futures and our finances. At the Alzheimer’s Association, our network of more than 75 chapters is working relentlessly to advance world-class research, ensure access to gold-standard care and support, and engage mission-driven volunteers who make it all happen. These volunteer positions are needed nationwide.

**Community Educators**
Community Educators are volunteer public speakers who help the Alzheimer’s Association raise awareness, provide education and expand the reach of educational offerings in the community. These volunteers deliver presentations using prepared training materials on topics related to Alzheimer’s disease and other dementias.

**Community Representatives**
Community Representatives raise awareness of Alzheimer’s Association programs, provide basic disease information, and link constituents to Alzheimer’s Association services by acting as liaisons between the Alzheimer’s Association and local groups such as neighborhoods, rural counties, business and civic organizations or faith communities.

**Community Volunteer Leaders**
Community Volunteer Leaders help recruit program volunteers, network, build relationships, plan and promote local events, and evaluate community needs. Community Volunteer Leaders traditionally serve an underserved, rural, or minority communities to raise awareness and expand the reach of Alzheimer’s Association programs.

**Early Stage Social Engagement Leaders**
Early Stage Social Engagement Leaders plan, implement and assure a positive experience during social engagement events and activities for people living with memory loss and their care partners.

**Faith Outreach Representatives**
Faith Outreach Representatives serve as liaisons between the Alzheimer’s Association and local faith groups and congregations by sharing information about Alzheimer’s disease, free resources offered through the Alzheimer’s Association, and the many ways to join our cause at local community and education events.

**Promotores**
Promotores are volunteer community engagers that raise awareness of Alzheimer’s Association programs, provide basic disease information, and link constituents to Alzheimer’s Association services. Promotores are traditionally known as connectors, educators, mentors, counselors, peer leaders, patient navigators or health advocates and serve as liaisons between the Alzheimer’s Association and the Hispanic/Latino community.

**Support Group Facilitators (Caregiver or Early Stage)**
Support Group Facilitators create a safe, open environment where people share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared problems of dementia.

---

**“Volunteers do not necessarily have the time; they just have the heart.”**
— Elizabeth Andrew

To learn more about these and other volunteer positions:
Call our office (see numbers on page 1) and dial extension 107 OR email cny-volunteer@alz.org.