INSIDE

• Education dates and support groups through August 2018
• Navigating family conflict? Learn about our consultation service
• Dates and locations of local community days
• Social engagement programs for individuals living with dementia and their care partners
TABLE OF CONTENTS

PAGE 3
Dementia Care 2018
Registration for our annual caregiving conference on sale through May 16

PAGES 4-5
Family Consultations
Confront caregiving challenges within your family with help from the Alzheimer’s Association

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

PAGE 9
Community Days
Extending our reach into Central New York communities

PAGE 10-13
ALZTOGETHER
Social programs and outings for individuals living with dementia and their care partner

PAGE 15-21
Education programs
Comprehensive education programs for people living with dementia, care partners and the general public

CHAPTER STAFF
Catherine James
Chief Executive Officer
Jared Paventi
Chief Communications Officer
Theresa Riley
Chief Financial Officer
Katrina Skeval, LMSW
Chief Program Officer
Toni Ann Walsh
Chief Strategy Officer
Grace Barney
Events Manager
Kristen Campbell, LMSW
Director of Programs and Services
John Davis
Maintenance Coordinator
Elizabeth Domachowske, MPH
Associate Care Manager
Lilian Gotlieb, LMSW
Associate Care Manager
Whitney Hadley, MA, LMSW
Associate Program Director
Alexandra Halstead, LMHC
Family Consultation Manager
Martha Hutchinson
Volunteer & Outreach Coordinator
Alexandra Jardin, MSW
Associate Program Director
Katrina Kapustay
Asst. Director, Caregiver Support
Dannielle Mensing
Development Director
Bridgette Nugent, MSW
Grants Program Manager
Stephanie Neuman
Events Director
Sarah Parton
Events Manager
Kristen Reed
Associate Care Manager
Clara Robinson
Constituent Services Coordinator
Carianne Wilson, MS
Associate Program Director
Jennifer Winsor
Constituent Services Coordinator

©2018 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.

CONTACT US

PHONE NUMBERS
Auburn ......................... 315.294.1691
Binghamton .................... 607.785.7852
Cortland .......................... 607.289.4098
Ithaca ............................. 607.330.1647
Oswego ............................ 315.596.4016
Potsdam ............................ 315.621.4025
Syracuse ......................... 315.472.4201
Utica/Rome ..................... 315.617.4025
Watertown ....................... 315.782.8755

24-HOUR HELPLINE
800.272.3900

MAILING ADDRESS
441 W. KIRKPATRICK ST.
SYRACUSE, NY 13204

ON THE WEB
ALZ.ORG/CNY

ON SOCIAL MEDIA
www.facebook.com/alzcny
www.twitter.com/alzcny
www.instagram.com/alzcny

PAGE 3
Dementia Care 2018
Registration for our annual caregiving conference on sale through May 16

PAGES 4-5
Family Consultations
Confront caregiving challenges within your family with help from the Alzheimer’s Association

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

PAGE 9
Community Days
Extending our reach into Central New York communities

PAGE 10-13
ALZTOGETHER
Social programs and outings for individuals living with dementia and their care partner

PAGE 15-21
Education programs
Comprehensive education programs for people living with dementia, care partners and the general public

CHAPTER STAFF
Catherine James
Chief Executive Officer
Jared Paventi
Chief Communications Officer
Theresa Riley
Chief Financial Officer
Katrina Skeval, LMSW
Chief Program Officer
Toni Ann Walsh
Chief Strategy Officer
Grace Barney
Events Manager
Kristen Campbell, LMSW
Director of Programs and Services
John Davis
Maintenance Coordinator
Elizabeth Domachowske, MPH
Associate Care Manager
Lilian Gotlieb, LMSW
Associate Care Manager
Whitney Hadley, MA, LMSW
Associate Program Director
Alexandra Halstead, LMHC
Family Consultation Manager
Martha Hutchinson
Volunteer & Outreach Coordinator
Alexandra Jardin, MSW
Associate Program Director
Katrina Kapustay
Asst. Director, Caregiver Support
Dannielle Mensing
Development Director
Bridgette Nugent, MSW
Grants Program Manager
Stephanie Neuman
Events Director
Sarah Parton
Events Manager
Kristen Reed
Associate Care Manager
Clara Robinson
Constituent Services Coordinator
Carianne Wilson, MS
Associate Program Director
Jennifer Winsor
Constituent Services Coordinator

©2018 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.

PAGE 3
Dementia Care 2018
Registration for our annual caregiving conference on sale through May 16

PAGES 4-5
Family Consultations
Confront caregiving challenges within your family with help from the Alzheimer’s Association

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

PAGE 9
Community Days
Extending our reach into Central New York communities

PAGE 10-13
ALZTOGETHER
Social programs and outings for individuals living with dementia and their care partner

PAGE 15-21
Education programs
Comprehensive education programs for people living with dementia, care partners and the general public

CHAPTER STAFF
Catherine James
Chief Executive Officer
Jared Paventi
Chief Communications Officer
Theresa Riley
Chief Financial Officer
Katrina Skeval, LMSW
Chief Program Officer
Toni Ann Walsh
Chief Strategy Officer
Grace Barney
Events Manager
Kristen Campbell, LMSW
Director of Programs and Services
John Davis
Maintenance Coordinator
Elizabeth Domachowske, MPH
Associate Care Manager
Lilian Gotlieb, LMSW
Associate Care Manager
Whitney Hadley, MA, LMSW
Associate Program Director
Alexandra Halstead, LMHC
Family Consultation Manager
Martha Hutchinson
Volunteer & Outreach Coordinator
Alexandra Jardin, MSW
Associate Program Director
Katrina Kapustay
Asst. Director, Caregiver Support
Dannielle Mensing
Development Director
Bridgette Nugent, MSW
Grants Program Manager
Stephanie Neuman
Events Director
Sarah Parton
Events Manager
Kristen Reed
Associate Care Manager
Clara Robinson
Constituent Services Coordinator
Carianne Wilson, MS
Associate Program Director
Jennifer Winsor
Constituent Services Coordinator

©2018 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.

PAGE 3
Dementia Care 2018
Registration for our annual caregiving conference on sale through May 16

PAGES 4-5
Family Consultations
Confront caregiving challenges within your family with help from the Alzheimer’s Association

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

PAGE 9
Community Days
Extending our reach into Central New York communities

PAGE 10-13
ALZTOGETHER
Social programs and outings for individuals living with dementia and their care partner

PAGE 15-21
Education programs
Comprehensive education programs for people living with dementia, care partners and the general public

CHAPTER STAFF
Catherine James
Chief Executive Officer
Jared Paventi
Chief Communications Officer
Theresa Riley
Chief Financial Officer
Katrina Skeval, LMSW
Chief Program Officer
Toni Ann Walsh
Chief Strategy Officer
Grace Barney
Events Manager
Kristen Campbell, LMSW
Director of Programs and Services
John Davis
Maintenance Coordinator
Elizabeth Domachowske, MPH
Associate Care Manager
Lilian Gotlieb, LMSW
Associate Care Manager
Whitney Hadley, MA, LMSW
Associate Program Director
Alexandra Halstead, LMHC
Family Consultation Manager
Martha Hutchinson
Volunteer & Outreach Coordinator
Alexandra Jardin, MSW
Associate Program Director
Katrina Kapustay
Asst. Director, Caregiver Support
Dannielle Mensing
Development Director
Bridgette Nugent, MSW
Grants Program Manager
Stephanie Neuman
Events Director
Sarah Parton
Events Manager
Kristen Reed
Associate Care Manager
Clara Robinson
Constituent Services Coordinator
Carianne Wilson, MS
Associate Program Director
Jennifer Winsor
Constituent Services Coordinator

©2018 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.
May 23, 2018
Holiday Inn Syracuse
Electronics Parkway, Liverpool, NY

Register by May 16 at alz.org/cny or 315.472.4201.

Featuring...
- David Troxel, author and international caregiving expert
- Dr. Christopher King, neurologist from Cayuga Medical Associates
- Joel Weintraub, humorist and health educator

Plus...
- Our interactive expo
- Book signing opportunity
- Caregiver relaxation area
- Networking with other caregivers
One of the biggest challenges to caring for a person living with Alzheimer’s disease or another dementia is also your biggest ally: your family.

“Not every person in a family deals with the diagnosis of Alzheimer’s disease or other dementias the same way,” said Katrina Skeval, chief program officer for the Alzheimer’s Association, Central New York Chapter. “Navigating family dynamics is at the center of many of the programs and services we conduct.”

The strain of Alzheimer’s disease on the family is not unique to Central New York. A survey conducted by the Alzheimer’s Association in 2017 revealed that 84 percent of caregivers would have liked more support in caring for a person with Alzheimer’s or other dementia, particularly from family members. Three in five caregivers wished their spouse was more helpful, while 55 percent of caregivers wanted more support from their siblings. In one of the survey’s most telling results, 91 percent of respondents felt that caring for someone living with Alzheimer’s or other dementia should be a group effort among family or close friends, yet 39 percent of them were not helping in their own family’s circumstance.

Family dynamics are a common concern the Alzheimer’s Association looked to address when applying for a grant from the New York State Department of Health. After receiving the grant, the team went to work on designing one of the first positions to hire: a family consultation manager. The chapter’s family consultation manager, Alexandra Halstead, LMHC, is available at 315.472.4201 x128 to help you confront challenges from within your immediate and extended family.

**Experiencing caregiving conflict with family members?**

Contact Alexandra Halstead, LMHC, our family consultation manager, at 315.472.4201 x128.
Family Consultations (continued)

consultation program was modeled after its care consultation program, which provides care partners a forum to discuss current caregiving needs while planning for the next stages of the disease, but with a more specific focus.

“It differs from our traditional care consultation in a number of ways,” Skeval said. “We develop strategies that address care concerns, but with a specific lens on navigating complex family issues.”

Family consultations are not restricted to times of crisis, notes Alexandra Halstead, the chapter’s family consultation manager and a licensed mental health counselor.

“We work with families at multiple points throughout their caregiving experience,” Halstead said. “So, we often see the different struggles and challenges that affect caregivers and their loved ones living with Alzheimer’s disease or other dementia.”

Family consultation services bring the family together in a safe, facilitated forum to identify and discuss issues of common concern and develop strategies to address them. The meetings, facilitated by Halstead, offer families and care teams the opportunity to confront challenges and frustrations related to caregiving, while identifying themes and appropriate next steps in a group setting.

“The stress of caregiving can often cause heightened emotions and breakdowns in communication between care team members, so we offer an objective look at the situation and discuss what may be helpful in moving forward,” Halstead said. “Ultimately, we focus on how to support and strengthen the care team and improve their overall quality of life.”

The meetings are intended to be one or two times and voluntary, providing solutions-focused assistance. Family Consultation Services are available to any caregiver experiencing familial conflict regarding the care of a person living with Alzheimer’s or other dementia. This could include:

- Different opinions on care methods and setting
- Different opinions on the severity of the disease
- Emotional and physical issues impeding quality of care

Families in need of consultation services can contact the Alzheimer’s Association at 315.472.4201 and dial extension 128 or email cny-programs@alz.org. The service is free of charge and made possible by a grant from the New York State Department of Health.
The challenges and emotions that come with caregiving for an individual living with Alzheimer’s disease or other 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 specifically diagnosed 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 for LGBT caregivers, care partners of those with younger-onset Alzheimer’s disease and Spanish-speaking caregivers.
Caregiver Support Groups
Caregiver support groups are open to caregivers of individuals living with Alzheimer’s disease or other dementia. Find the most up-to-date list at the Alzheimer’s Association Community Resource Finder at www.communityresourcefinder.org or calling our office (phone numbers on page 2).

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
United Way of Cayuga County
17 E. Genesee St., #302
1st Thursday, 2 p.m.
Use rear parking lot on Seminary Street

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, 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., Second Floor 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.

Caregiver Support Groups Continue on Page 8
Onondaga County (continued)

Syracuse
Alzheimer’s Association, Central New York Chapter, 441 W. Kirkpatrick St.
2nd Wednesday, 5:30 p.m.
For care partners of people living with younger-onset Alzheimer’s disease or other dementia (see page 23 for more information)

Mundy Branch Library, 1204 S. Geddes St.
1st Thursday, 10 a.m.
Spanish language support group

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

The Dunbar Center, 1453 S. State St.
3rd Sunday, 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 VA 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, 7 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.

Massena
Massena Memorial Hospital, 1 Hospital Dr.,
Lower Level Conference Room
3rd Monday, 5:30 p.m.

Ogdensburg
Riverledge Health Care & Rehabilitation Center
8101 State Hwy. 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.

FUELED BY VOLUNTEER POWER!

Our cause is fueled by volunteers that give their time and talent to our cause. Alzheimer’s Association volunteers extend the organization’s message by building relationships with healthcare providers, local corporations and those impacted by Alzheimer’s disease or other dementias.

Learn about our volunteer opportunities by:

• Visiting alz.org/cny and clicking the Volunteer link in the left column
• Emailing cny-volunteer@alz.org
• Calling our office (see our phone numbers on page 2)
ADJUSTING TO THE CHALLENGES THAT ACCOMPANY A DIAGNOSIS OF ALZHEIMER’S DISEASE OR OTHER DEMENTIA CAN BE OVERWHELMING. Luckily, you’re not alone. The Alzheimer’s Association, Central New York Chapter provides individuals living with the disease and their caregivers opportunities meet with trained staff to answer your questions, address your concerns and develop care strategies.

We embed staff members in the community at convenient locations on a monthly basis to enhance our services in the region. Our professionals offer care consultations, referrals, and, most importantly, reassurance that you are not alone on your journey. Our team also delivers education programs at the location while in town.

Make an appointment or drop by our location below to meet with the staff member while they are in your area. And, if these days or sites do not fit your schedule, contact our office (phone numbers on page 2) and dial x601 to schedule a meeting with our team.

**Broome County**
United Way of Broome County
101 Jensen Rd., Board Room, Vestal
May 18, June 18, July 16 and Aug. 20
Schedule a care consultation in advance with Kristen Reed at 607.785.7852 x123 or kireed@alz.org.
Education program begins at 3 p.m.

**Jefferson County**
Samaritan Keep Home
133 Pratt St., Chapel Room, Watertown
May 2, June 6, July 25 and Aug. 1
Schedule a care consultation in advance with Elizabeth Domachowske at 315.782.8755 x118 or edomachowske@alz.org.
Education program begins at 11 a.m.

**Oneida County**
Rome Memorial Hospital
1500 N. James St., Rm, 101, Rome
May 10, June 14, July 12 and Aug. 9
Schedule a care consultation in advance with Elizabeth Domachowske at 315.617.4025 x118 or edomachowske@alz.org.
Education program begins at 5 p.m.

**St. Lawrence County**
Maplewood Health Care & Rehabilitation Ctr., Mediation Room, 205 State Street Rd., Canton
May 7, June 4, July 2 and Aug. 6
Schedule a care consultation in advance with Lilian Gotlieb at 315.472.4201 x126 or lgotlieb@alz.org.
Education program begins at 11 a.m.
ALZTOGETHER is a series of social engagement activities for individuals living with Alzheimer's disease or other form of 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.

Our caregivers have told us that the opportunity presented by ALZTOGETHER for networking with other caregivers going through the same challenges has been beneficial to them. 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.
June 4, 1:30 p.m.
**H. Lee White Maritime Museum (Oswego)**
Explore the artifacts that encompass the maritime history, heritage and culture of Oswego and connecting waterways. The museum maintains a fleet of historic vessels located on the grounds open for tours and viewing (weather permitting).

June 14, 1 p.m.
**Herkimer Diamond Mines (Herkimer)**
Join us for a guided tour of the Herkimer Diamond Mines and put your skills to work at finding your own Herkimer Diamonds and other gems. The group will be “sluicing,” which is an activity to separate the gemstones from rocks and gravel. Make sure to wear sturdy closed-toe shoes.

June 22, 10 a.m.
**Bird Watching at Cornell Lab of Ornithology (Ithaca)**
Learn about the history and work of the Cornell Lab of Ornithology with a guided, behind-the-scenes tour of the 100-year-old institution. Explore a variety of interactive exhibits, a large wildlife observation area and the trails of the Sapsucker Woods Sanctuary.

June 26, 10 a.m.
**Fishing at Carpenter’s Brook Fish Hatchery (Elbridge)**
Enjoy a morning of fishing for rainbow trout at Carpenter’s Brook. Beginners are welcome, as volunteers will be onsite to assist. Equipment provided. Just bring along a lawn chair and enjoy a quiet morning with a guaranteed catch.

July 13, 10 a.m.
**Tour of Critz Farms (Cazenovia)**
Take a brief walking tour of Critz Farms and its cider mill, then get outside and enjoy the sunshine. Pick your own blueberries and visit the farm animals. Feel free to bring along a picnic lunch to enjoy following the tour.

July 20, 1:30 p.m.
**Paint Your Own Birdhouse at Tioga Opportunities (Owego)**
Spruce up your backyard and enhance your birdwatching activities by learning decorating techniques to create your very own birdhouse. Materials will be provided, but feel free to bring along buttons, ribbons or other items to personalize your birdhouse. Come prepared with your painting clothes.

July 22, 1 p.m.
**Syracuse Chiefs Game at NBT Bank Stadium (Syracuse)**
Enjoy America’s pastime in person at NBT Bank Stadium. Join us on the first base terrace for a picnic lunch and private seating area as the Syracuse Chiefs take on the Louisville Bats.

*ALZTOGETHER continues on Page 12*
ALZTOGETHER (continued)

August 17, 1:30 p.m.
Creating art at Creative Works, Inc. (Norwich)
Unleash your inner artist by joining us in the Creative Works, Inc. studio. Learn how to use a variety of art mediums like collage to communicate your feelings and personality to the world around you. This process encourages participants to trust in themselves and express themselves in their own unique way.

August 24, 11 a.m.
Stanley Theater (Utica)
Get a behind-the-scenes look at one of Central New York’s premiere locations for live events. Built in 1928 by architect Thomas Lamb, who is considered one of the foremost designers of theaters and cinemas in the 20th century. Join us for a tour and reminiscing about your favorite trips to The Stanley.

August 29, 10:30 a.m.
Explore the Great Swamp Conservancy (Canastota)
Learn about the importance of wetlands, wildlife, and natural resource conservation. If you enjoy photography, this location has plenty of beautiful scenes and wildlife to capture. Participants can also participate in a hands-on craft activity to bring home.

CARE CONSULTATIONS
High quality dementia care requires planning. Let our experts be your guide.

CARE PLANNING CUSTOMIZED TO THE INDIVIDUAL NEEDS OF YOUR TEAM.

Caring for a person living with 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 on the care team. It requires thought, strategy and, most importantly, a plan.

CARE CONSULTATIONS from the Alzheimer’s Association are not just a meeting with a care professional. We work 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 and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer’s. And, the service is FREE.

SCHEDULE A MEETING by calling our office (see phone numbers on page two) and dialing 601 at the menu.
Caring for someone living with Alzheimer’s isn’t easy. Reaching us is.

If you care for someone living with Alzheimer’s disease, memory loss or other 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 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
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)

HOW TO REGISTER

Education programs listed on Page 16 through 21

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 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.

EDUCATION PROGRAMS
Free programs for individuals living with dementia, care partners and the public.
THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE

If you or someone you know is affected by Alzheimer’s disease or other dementia, it’s time to learn the facts. This program discusses the difference between normal aging and dementia, explores how the brain works, defines dementia and its stages, explains the importance of clinical trials, and gives an overview of the programs and services offered by the Alzheimer’s Association. The program is one hour long. Intended for: Anyone interested in learning more about Alzheimer’s disease.

May 1, 2:30 p.m. The Nottingham, 1301 Nottingham Rd., Jamesville
May 2, 5 p.m. Lowville Elks Lodge, 5600 Shady Ave., Lowville
May 3, 2 p.m. Mundy Branch Library, 1204 S. Geddes St., Syracuse
May 3, 4 p.m. Bainbridge Free Library, 13 N. Main St., Bainbridge
May 7, 3 p.m. United Helpers at Maplewood, 205 State Street Rd., Canton
May 8, 5:30 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
May 9, 11 a.m. McChesney Senior Center, 2308 Grant Blvd., Syracuse
May 9, Noon The Grand Rehabilitation & Nursing, 331 Russell St., Chittenango
May 10, 3 p.m. Macsherry Library, 112 Walton St., Alexandria Bay
May 14, 3 p.m. Lewis County Office for Aging, 7550 South State St., Lowville
May 15, 11 a.m. ACR Health, 120 Washington St., Suite 301, Watertown
May 17, 6:30 p.m. Liverpool Public Library, 310 Tulip St., Liverpool
May 22, 10 a.m. United Church of Christ, 11 W. Main St., Norwich
May 25, 10 a.m. Lifelong, 119 West Court St., Ithaca
May 29, 3 p.m. Gtr. Utica Chamber of Commerce, 520 Seneca St., Ste. 102, Utica
June 4, 10 a.m. Ava Dorfman Senior Center, 305 E. Locust St., Rome
June 12, 2:30 p.m. Cortland Cty. Area Agency on Aging, 60 Central Ave., Cortland
June 12, 5 p.m. Community Library of Dewitt & Jamesville, 5110 Jamesville Rd., Dewitt
June 15, 1 p.m. Walden Place, 839 Bennie Rd., Cortland
June 18, 11 a.m. View Arts Center, 3273 NYS Route 28, Old Forge
June 20, Noon Tompkins County Office for the Aging, 214 W. State St., Ithaca
June 20, 1 p.m. Gouverneur Public Library, 60 Church St., Gouverneur
June 22, 3 p.m. Seymour Public Library, 176 Genesee St., Auburn
June 22, 5:30 p.m. The Cornerstone Club, 808 W. Broadway, Suite A, Fulton
June 27, 3 p.m. Oneida Family YMCA, 701 Seneca St., Oneida
July 26, 5 p.m. Utica Rehabilitation & Nursing Center, 2535 Genesee St., Utica
July 27, 5 p.m. Groton Community Health Care Center, 120 Skyes St., Groton
Aug. 1, 10 a.m. Samaritan Keep Home, 133 Pratt St., Watertown
Aug. 2, 2 p.m. Mundy Branch Library, 1204 S. Geddes St., Syracuse
Aug. 9, 5 p.m. Rome Memorial Hospital, 1500 N. James St., Rome
Aug. 14, 5 p.m. Manlius Public Library, 1 Arkie Albanese Ave., Manlius
Aug. 15, 1 p.m. New Berlin Public Library, 15 S. Main St., New Berlin
Aug. 20, 3 p.m. United Way of Broome County, 101 S. Jensen Rd., Vestal
Aug. 21, 10 a.m. Lewis County Office for Aging, 7550 South State St., Lowville
Aug. 22, 6:30 p.m. Berkshire Free Library, 12519 NYS Route 38, Berkshire
Sept. 4, 2 p.m. The Heritage, 750 E. Brighton Ave., Syracuse
This program explores how communication takes place when someone has 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:** Caregivers and friends of anyone that interacts with an individual living with Alzheimer’s disease or other dementia.

May 2, 3 p.m. Samaritan Keep Home, 133 Pratt St., Watertown
May 16, 4 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
May 29, 1 p.m. Gouverneur Public Library, 60 Church St., Gouverneur
May 30, 4 p.m. United Community Center, 55 Main St., Philadelphia
May 30, 6:30 p.m. Berkshire Free Library, 12519 NYS Route 38, Berkshire
June 4, 3 p.m. United Helpers at Maplewood, 205 State Street Rd., Canton
June 5, 2 p.m. UHS Stay Healthy Center, 601-635 Harry L. Drive, Johnson City
June 18, 11 a.m. ACR Health, 120 Washington St., Suite 301, Watertown
June 20, 3 p.m. Lewis County Office for Aging, 7550 S. State St., Lowville
June 22, 4 p.m. Sherburne Public Library, 2 E. State St., Sherburne
July 2, 2 p.m. The Nottingham, 1301 Nottingham Rd., Jamesville
July 9, 5 p.m. Seymour Public Library, 176 Genesee St., Auburn
July 9, 5 p.m. Lowville Elks Lodge, 5600 Shady Ave., Lowville
July 10, 5:30 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
July 11, Noon. The Grand Rehabilitation & Nursing, 331 Russell St., Chittenango
July 12, 5 p.m. Rome Memorial Hospital, 1500 N. James St., Rome
July 16, 1:30 p.m. Countryside Community Center, 9 Sheldon Guile Blvd, Owego
July 16, 3 p.m. United Way of Broome County, 101 S. Jensen Rd., Vestal
July 16, 3 p.m. Macsherry Library, 112 Walton St., Alexandria Bay
July 19, 1 p.m. Walden Place, 839 Bennie Rd., Cortland
July 24, 10:30 a.m. Community Care Network of Nichols, 139 Roki Blvd., Nichols
July 30, 10 a.m. United Church of Christ, 11 W. Main St., Norwich
Aug. 6, 11 a.m. View Arts Center, 3273 NYS Route 28, Old Forge
Aug. 8, 4 p.m. Oneida Family YMCA, 701 Seneca St., Oneida
Aug. 10, 2:30 p.m. LifeLong, 119 West Court St., Ithaca
Aug. 15, 10 a.m. Upstate OASIS, 6333 NYS Route 298, E. Syracuse
Aug. 17, 1 p.m. Big Apple Social Day Care, 203 Main St., Binghamton
Aug. 28, 3 p.m. Gtr. Utica Chamber of Commerce, 520 Seneca St., Ste. 102, Utica
Aug. 30, 5:30 p.m. The Cornerstone Club, 808 W. Broadway, Suite A, Fulton
Sept. 14, 5 p.m. Groton Community Health Care Center, 120 Sykes St., Groton

**24-HOUR ALZHEIMER’S SUPPORT**

800.272.3900
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: Caregivers or friends that interact with individuals living with Alzheimer’s disease or other dementia and are in the early to middle stages of the disease.

May 7, 5 p.m. Herkimer County Community College, 100 Reservoir Rd., Herkimer
May 14, 5:30 p.m. Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls
May 17, 2:30 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal
May 22, 5 p.m. Cayuga Community College, 197 Franklin St., Auburn
June 6, 5 p.m. Upstate Oasis, 6333 NYS Route 298, E. Syracuse
June 7, 10 a.m. Newark Valley Municipal Building, 9 Park St., Newark Valley
June 8, 2 p.m. The Nottingham, 1301 Nottingham Rd., Jamesville
June 11, 5 p.m. Lowville Elks Lodge, 5600 Shady Ave., Lowville
June 14, 5 p.m. Rome Memorial Hospital, 1500 N. James St., Rome
June 18, 3 p.m. United Way of Broome County, 101 S. Jensen Rd., Vestal
June 18, 6 p.m. Liverpool Public Library, 310 Tulip St., Liverpool
June 19, Noon The Grand Rehabilitation & Nursing, 331 Russell St., Chittenango
June 21, 1:30 p.m. Countryside Community Center, 9 Sheldon Guile Blvd., Owego
June 28, 4 p.m. United Community Center, 55 Main St., Philadelphia
June 28, 5:30 p.m. Brookdale Ithaca Memory Care, 101 Bundy Rd., Ithaca
July 10, 5 p.m. Community Library of Dewitt & Jamesville, 5110 Jamesville Rd., Dewitt
July 13, 1 p.m. Big Apple Social Day Care, 203 Main St., Binghamton
July 18, 3 p.m. Oneida Family YMCA, 701 Seneca St., Oneida
July 20, 2 p.m. LifeLong, 119 W. Court St., Ithaca
July 23, 10 a.m. Lewis County Office for Aging, 7550 S. State St., Lowville
July 31, 2:30 p.m. Gtr. Utica Chamber of Commerce, 520 Seneca St., Ste. 102, Utica
Aug. 6, 3 p.m. United Helpers at Maplewood, 205 State Street Rd., Canton
Aug. 6, 4 p.m. Jervis Public Library, 613 N. Washington St., Rome
Aug. 13, 5 p.m. Seymour Public Library, 176 Genesee St., Auburn
Aug. 14, 2 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Aug. 16, 1 p.m. Walden Place, 839 Bennie Rd., Cortland
Aug. 17, 5 p.m. Groton Community Health Care Center, 120 Sykes St., Groton
Aug. 20, 3 p.m. ACR Health, 120 Washington St., Suite 301, Watertown
Aug. 22, 5 p.m. Utica Rehabilitation & Nursing Center, 2535 Genesee St., Utica
Aug. 29, 2 p.m. Lewis Cty Dept. of Social Services, 5274 Outer Stowe St., Lowville

OUR MISSION: To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
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: People of any age looking to age as well as possible.

May 10, 10 a.m. East Area Family YMCA, 200 Towne Dr., Fayetteville
June 15, 2 p.m. The Heritage, 750 E. Brighton Ave., Syracuse
June 29, 2 p.m. Fahey Rehabilitation Center, 700 E. Brighton Ave., Syracuse
July 18, 2 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Aug. 13, 5:30 p.m. Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls
Sept. 11, 5:30 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
Dec. 13, 6 p.m. Brookdale Ithaca Memory Care, 101 Bundy Rd., Ithaca

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: Caregivers, family members and/or friends of an individual living with Alzheimer’s disease or other dementia.

May 7, 4 p.m. Jervis Public Library, 613 N. Washington St., Rome
May 15, 5 p.m. Manlius Public Library, 1 Arkie Albanese Ave., Manlius
June 4, 6 p.m. Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls
June 22, 2 p.m. Lewis County Dept. of Social Services, 5274 Outer Stowe St., Lowville
July 11, 6:30 p.m. Berkshire Free Library, 12519 NYS Route 38, Berkshire
July 17, 5 p.m. Upstate OASIS, 6333 NYS Route 298, E. Syracuse
Aug. 13, 5 p.m. Cayuga Community College, 197 Franklin St., Auburn
Sept. 27, 6 p.m. Brookdale Ithaca Memory Care, 101 Bundy Rd., Ithaca
**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 other dementia. This program is not a substitute for professional legal or financial advice.*

**KNOW THE 10 SIGNS: EARLY DETECTION MATTERS**

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. This program will discuss the warning signs of Alzheimer’s, what to do if you see the signs in yourself or someone you love, getting a diagnosis, and medication options. The program is one hour long. *Intended for: Individuals and caregivers impacted by Alzheimer’s disease or other dementia, people who have noticed changes in their memory and the general community.*

**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
LIVING WITH ALZHEIMER’S

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 other dementia, at the stage listed below.**

**EARLY-STAGE CAREGIVERS**

June 8, 3:30-7 p.m.  Bishop’s Commons at St. Luke, 4 Burkle St., Oswego  
July 26, 1-4:30 p.m.  Gouverneur Public Library, 60 Church St., Gouverneur  
Sept. 10, 4:30-8 p.m.  Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls

**MIDDLE-STAGE CAREGIVERS**

July 16, 3:30-7 p.m.  Bishop’s Commons at St. Luke, 4 Burkle St., Oswego  
Aug. 28, 1-4:30 p.m.  Gouverneur Public Library, 60 Church St., Gouverneur  
Oct. 8, 4:30-8 p.m.  Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls

**LATE-STAGE CAREGIVERS**

May 7, 2-4:30 p.m.  Park United Methodist Church, 2 Hubble St., Pulaski  
June 4, 2:30-5 p.m.  Catholic Charities of Oswego, 808 W. Broadway St., Fulton  
Aug. 6, 4:30-7 p.m.  Bishop’s Commons at St. Luke, 4 Burkle St., Oswego  
Sept. 17, 1-3:30 p.m.  Gouverneur Public Library, 60 Church St., Gouverneur  
Nov. 12, 5-7:30 p.m.  Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls

**YOUNGER-ONSET ALZHEIMER’S**

May 10, 5-6:30 p.m.  Rome Memorial Hospital, 1500 N. James St., Rome  
May 18, 3-4:30 p.m.  United Way of Broome County, 101 S. Jensen Rd., Vestal  
July 2, 3-4:30 p.m.  United Helpers at Maplewood, 205 State Street Rd., Canton  
July 23, 3-4:30 p.m.  ACR Health, 120 Washington St., Suite 301, Watertown  
July 23, 5-6:30 p.m.  Manlius Public Library, 1 Arkie Albanese Ave., Manlius  
July 25, 3-4:30 p.m.  Samaritan Keep Home, 133 Pratt St., Watertown  
July 25, 5-6:30 p.m.  Herkimer County Community College, 100 Reservoir Rd., Herkimer

**alzconnected**

An online support community for people living with dementia and their care partners  
**alzconnected.org**
At the Alzheimer’s Association Walk to End Alzheimer’s®, people carry flowers representing their connection to Alzheimer’s — a disease that currently has no cure. But what if one day there was a flower for Alzheimer’s first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world’s largest fundraiser to fight the disease.

Register today at alz.org/walk.

NORTH COUNTRY
St. Lawrence University
September 9

ITHACA/CORTLAND
Tompkins Cortland Community College
September 16

SYRACUSE
SRC Arena at Onondaga Community College
September 29

SPECIAL THANKS TO OUR 2018 SPRING & FALL LOCAL PRESENTING SPONSORS

Cayuga Medical Center
Community Bank N.A.
Loretto
ro.i
United Methodist Homes

A Member of Cayuga Health System
Exceptional People. Extraordinary Care
Office Interiors
Are you caring for someone under the age of 65 living with Alzheimer’s or other dementia?

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 welcome to our monthly group:

2nd Wednesday of each month
5:30 p.m.
Alzheimer’s Association office
441 W. Kirkpatrick St., Syracuse