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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/alzcnym
www.twitter.com/alzcnym
www.instagram.com/alzcnym

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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.

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TEEPY 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 not longer available. This belief led to Teepa creating the GEMS® States model for brain change. The GEMS model compares people to gemstones and focuses on retained abilities in order for us to see what is beautiful, and still available, for the person with whom we share time and offer support and care.

REGISTRATION BEGINS IN MARCH 2019

Dementia Care
May 22, 2019
Holiday Inn Syracuse
441 Electronics Parkway, Liverpool, NY

FEATURING
Keynote Speaker Teepa Snow
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. 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).

Early-stage 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 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 (continued)

Onondaga County (continued)

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 (under 65 years old) Alzheimer’s disease or other dementia

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

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

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

Osceola 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 5B
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.

COMMUNITY DAYS
Dementia care experts are in your local community.

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 by calling one of the numbers on page 2 and dialing x601 or emailing cny-programs@alz.org. You can also drop in to meet with the staff member while they are in your area. If these dates do not fit your schedule, contact our office to schedule a meeting with our team on another date.

Broome County

United Way of Broome County
101 Jensen Rd., Board Room, Vestal
Sept. 7, Oct. 5, Nov. 2, Dec. 7
Education program begins at 3 p.m.

Jefferson County

Samaritan Keep Home
133 Pratt St., Chapel Room, Watertown
Sept. 5, Oct. 3, Nov. 7, Dec. 5
Education program begins at 3 p.m.

Oneida County

Rome Memorial Hospital
1500 N. James St., Room 101, Rome
Sept. 17, Oct. 22, Nov. 12, Dec. 10
Education program begins at 1 p.m.

St. Lawrence County

Maplewood Health Care & Rehabilitation Ctr.,
Mediation Room, 205 State Street Rd., Canton
Sept. 10, Oct. 1, Nov. 5, Dec. 3
Education program begins at 3 p.m.

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.

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
• Emailing cny-volunteer@alz.org
• Calling our office (see our phone numbers on page 2)

FUELED BY VOLUNTEER POWER!
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.

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.

Sept. 7, 10 a.m. to Noon
Trip to the Rosamond Gifford Zoo (Syracuse)
Enjoy a private and interactive experience with the Zoo Safari at Rosamond Gifford Zoo. This program features live animal encounters, zoo artifacts, and unique educational information. Afterwards, check out the indoor/outdoor exhibits that house more than 700+ animals.

Sept. 13, 11 a.m. to 1 p.m.
Visit to Techworks! (Binghamton)
Explore vintage technology at Techworks, all of which have roots right here in Central New York. Go on a guided tour to learn more about their IBM computing center, player pianos, flight simulator, and more.

Sept. 21, 1 to 3 p.m.
Cortland Country Music Park (Cortland)
Visit the NYS Country Music Hall of Fame at the Cortland Country Music Park and learn all about local and national stars. Get a firsthand look at famous outfits and costumes like Tammy Wynette’s $10,000 sequined dress and Kenny Rogers’ famous white suit as well as plaques of persons inducted into the Hall of Fame and the Hall of Honor. Afterwards, meet up in the Opry Barn for some music and dancing.

Sept. 27, 1 to 3 p.m.
Tour of the Munson Williams Proctor Art Institute (Utica)
Enjoy a multisensory, docent-led tour of the Munson Williams Proctor Art Institute, a museum known for its renowned permanent collection, fascinating exhibitions and education for all ages.

Oct. 3, 1 to 3 p.m.
Game Day at Huntington Memorial Library (Oneonta)
Join us at the Huntington Memorial Library for an afternoon of games and activities. Things like jigsaw puzzles, Sudoku, and card games are a great way to destress and have fun. Not sure which activities may be fun or engaging for your loved one with dementia? Get some ideas at Game Day!

Oct. 12, 10 a.m. to Noon
Play with Clay at the Everson Museum of Art (Syracuse)
Get ready to play with clay! All supplies provided and finished products have the option to be fired in the museum’s kiln. Please wear clothes you don’t mind getting a little messy. Afterwards, feel free to browse the Everson’s permanent collection, which includes paintings, drawings, prints, photography, ceramics, and special exhibitions.

Oct. 17, 2 to 4 p.m.
Pumpkin Decorating at Oswego Public Library (Oswego)
Join us at the Oswego Public Library and decorate a pumpkin for Halloween! Festive attire is encouraged, but not required. All supplies will be provided.

Oct. 24, 10 to 11:30 a.m.
Fitness Class at Double Play Fitness Center (Lowville)
What’s good for your body is good for your brain, so let’s get moving! Join us for a fitness class at Double Play Fitness Center. The class will be adaptable to the needs of participants and will discuss different techniques and strategies to help maintain an active lifestyle. Please wear comfortable clothes and sneakers!

Friday, Nov. 9, 1 to 3 p.m.
Ornament Decorating at Flower Memorial Library (Watertown)
Ready to get into the holiday spirit? We will be making holiday ornaments that can either be a nice addition for your home or gifted to a loved one - handmade gifts are the best! All materials will be provided.

Wednesday Nov. 28, 2 to 4 p.m.
Let’s Dance at Ulysses Philomathic Library (Trumansburg)
Dancing can be a great way to reduce stress, stay active, and connect with loved ones. Join us for an afternoon of dancing and good music at the Ulysses Philomathic Library.
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.

Start planning today at alzheimersnavigator.org.

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
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 with Alzheimer’s or other dementias.

MedicAlert® + Alzheimer’s Association Safe Return® is a 24-hour nationwide emergency response service for individuals with 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
MedicAlert® + Alzheimer’s Association Safe Return® is free to residents in our area.

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

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

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 with Alzheimer’s disease or other form of 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

HOW TO APPLY
Turn to the center of this booklet and you will find the two-page application. Carefully remove the application from the booklet, taking care not to catch your fingers on the staples. Fill out the application completely and return to the address listed at the top of the page. You must return this application to us in order to receive a free MedicAlert® + Alzheimer’s Association Safe Return® enrollment. If you have questions, call 315.472.4201 x601.
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

Medication __________________________ Prescribed dosage __________________________
________________________________________________
________________________________________________
________________________________________________

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

□ Angina □ Epilepsy
□ Arthritis □ Glaucoma
□ Asthma □ Hearing Impaired
□ Atrial Fibrillation □ Hypertension
□ Chronic Obstructive Pulmonary Disease (COPD) □ Organ Transplant
□ Congestive Heart Failure □ Seizure Disorder
□ Coronary Artery Disease □ Stroke
□ Diabetes □ Von Willebrand’s Disease
□ Emphysema

□ 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__________________________
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       ☐ Epilepsy
☐ Arthritis    ☐ Glaucoma
☐ Asthma       ☐ Hearing Impaired
☐ Atrial Fibrillation ☐ Hypertension
☐ Chronic Obstructive Pulmonary Disease (COPD) ☐ Myocardial Infarction
☐ Congestive Heart Failure ☐ Seizure Disorder
☐ Coronary Artery Disease ☐ Stroke
☐ Diabetes     ☐ Von Willebrands Disease
☐ 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.

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”)

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 emergences 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 ____________________________________________
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
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 to treat some symptoms, 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.

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: Caregivers and friends of anyone that interacts with an individual living with Alzheimer’s disease or other dementia.
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.

Sept. 7, 3 p.m. United Way of Broome County, 101 S. Jensen Rd., Vestal
Sept. 17, 1 p.m. Rome Memorial Hospital, 1500 N. James St., Rome
Oct. 1, 2 p.m. The Heritage, 750 E. Brighton Ave., Syracuse
Oct. 10, 11 a.m. Lewis County Office for Aging, 7550 S. State St., Lowville
Oct. 10, 1 p.m. Ava Dorfman Senior Center, 305 E. Locust St., Rome
Oct. 15, 5 p.m. Cayuga Community College–Fulton Campus, 11 River Glen Dr., Fulton
Oct. 16, 5 p.m. Brookdale East Side, 7164 E. Genesee St., Fayetteville
Oct. 16, 6 p.m. UHS Chenango Memorial Senior Living Facility, 179 N. Broad St., Norwich
Oct. 17, 5 p.m. Highland Nursing Home Inc., 182 Highland Rd., Massena
Nov. 7, 3 p.m. Samantan Keep Home, 133 Pratt St., Watertown
Nov. 13, 2:30 p.m. Peregrine Senior Living at Onondaga Hill, 4701 Peregrine Way, Syracuse
Nov. 13, 5:30 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
Nov. 13, 5:30 p.m. Hospice of Central New York, 990 7th North St., Liverpool
Nov. 28, 3 p.m. Faatz-Croftum For The Elderly, 46 Grant Ave., Auburn
Dec. 3, 3 p.m. United Helpers at Maplewood, 205 State Street Rd., Canton
Dec. 6, Noon Tompkins County Office for the Aging, 214 W. Martin Luther King Jr./State Street, Ithaca
Dec. 7, 3 p.m. United Way of Broome County, 101 S. Jensen Rd., Vestal

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.

Sept. 6, 10:30 a.m. St. Matthews Episcopal Church, 900 Vine St., Liverpool
Sept. 27, 6 p.m. Brookdale Ithaca Memory Care, 101 Bundy Rd., Ithaca
Oct. 16, 2:30 p.m. Cortland Cty. Area Agency on Aging, 60 Central Ave., Cortland
Nov. 5, 5:30 p.m. SUNY Cortland, 32 Graham Ave., Cortland
Nov. 8, 2 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal
Nov. 12, 5:30 p.m. Soule Branch Library, 101 Springfield Rd., Syracuse
Dec. 5, 5:30 p.m. Cayuga Community College, 197 Franklin St., Auburn
Dec. 6, 3 p.m. United Community Center, 55 Main St., Philadelphia
Dec. 7, 2 p.m. The Nottingham, 1301 Nottingham Rd., Jamesville
Jan. 23, 2019, 6 p.m. Upstate HealthLink, 6333 NYS Route 298, E. Syracuse

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

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.

Sept. 11, 5:30 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
Oct. 8, 4 p.m. Le Moyne College, 1419 Salt Springs Rd., Syracuse
Oct. 16, 10:30 a.m. St. Matthews Episcopal Church, 900 Vine St., Liverpool
Dec. 13, 6 p.m. Brookdale Ithaca Memory Care, 101 Bundy Rd., Ithaca
Jan. 17, 2019, 2 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

24-HOUR ALZHEIMER’S SUPPORT
800.272.3900
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
Sept. 6, 4-7:30 p.m. United Community Center, 55 Main St., Philadelphia
Sept. 10, 4:30-8 p.m. Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls

MIDDLE-STAGE CAREGIVERS
Oct. 1, 3-6:30 p.m. United Community Center, 55 Main St., Philadelphia
Oct. 8, 4:30-8 p.m. Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls

LATE-STAGE CAREGIVERS
Sept. 17, 1-3:30 p.m. Gouverneur Public Library, 60 Church St., Gouverneur
Nov. 5, 3-5:30 p.m. United Community Center, 55 Main St., Philadelphia
Nov. 12, 5-7:30 p.m. Alpine Rehabilitation & Nursing Ctr., 755 E. Monroe St., Little Falls

YOUNGER-ONSET ALZHEIMER’S
Nov. 5, 3-4:30 p.m. United Helpers at Maplewood, 205 State Street Rd., Canton
Dec. 10, 1-2:30 p.m. Rome Memorial Hospital, 1500 N. James St., Rome
Dec. 11, 2:30-4 p.m. Peregrine Senior Living at Onondaga Hill, 4701 Peregrine Way, Syracuse
Jan. 8, 2019, 5:30-7 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego

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 and veterans benefits. The program is two hours long. Intended for: Individuals and families impacted by Alzheimer’s disease or other dementia. This introductory program is not a substitute for professional legal or financial advice.

Sept. 20, 5 p.m. Upstate OASIS, 6333 NYS Route 298, E. Syracuse
Dec. 3, 2 p.m. The Heritage, 750 E. Brighton Ave, Syracuse, NY
Jan. 15, 2019, 4 p.m. Brookdale East Side, 7164 E. Genesee St., Fayetteville

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.

Sept. 12, 4 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland

CARE CONSULTATIONS

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

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 AN IN-PERSON OR PHONE MEETING by calling our office (see phone numbers on page 2) and dialing 601 at the menu.

alzconnected.org

An online support community for people living with dementia and their care partners
Life insurance proceeds can make a wonderful gift to our organization. The gift of life insurance can be made by simply naming us as the beneficiary of your policy. Your life insurance proceeds will help further our good work and your estate will benefit from an estate tax charitable deduction based on the value of the proceeds paid.

To learn more about making a bequest of life insurance, please call us today.

Danielle Mensing
Development Director
315.472.4201 x113 • dmensing@alz.org

A bequest of life insurance is easier than you may think

Introducing Alzheimer’s Association TrialMatch™ – Our Clinical Studies Matching Service.

Far too many Americans have Alzheimer’s disease, currently an estimated 5.4 million people. That number is expected to triple by 2050. Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come. Without volunteers, finding a cure is virtually impossible. With so many new treatments being developed, chances are there are Alzheimer’s clinical studies going on near you. Alzheimer’s Association TrialMatch will help you find the right one; there’s no cost and it’s easy to use. Be a hero and get started today. Talk to your doctor, call 800.272.3900 or visit alz.org/trialmatch.