INSIDE

- Education dates, support groups and social engagement events through May 2020
- Dementia safety tips, including home safety and medication safety
- Information about volunteer opportunities with the Central NY Chapter
Central New York’s Only Event for Alzheimer’s and Dementia Caregivers

May 20, 2020
Holiday Inn Syracuse–Liverpool–Exit 37
441 Electronics Pkwy., Liverpool

Registration begins March 1 at alz.org/cny!
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24-Hour Helpline
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On the Web
alz.org/cny

On Social Media
facebook.com/alzcny
twitter.com/alzcny
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Support groups bring together people who are going through or have gone through similar experiences. Alzheimer’s Association support groups provide an opportunity for people to share personal experiences and feelings, and coping strategies.

The power of the group lies within the connections made between participants, who develop a bond that bridges the emotional void faced by caregivers. The relationships formed within the group often extend beyond the monthly meetings.
In addition to caregiver support groups, the Chapter offers early-stage support groups. These provide peer-to-peer conversation and support for individuals living in the disease’s early stages. Groups are open to the individual living with dementia and their caregiver, and advanced screening is recommended prior to attending by calling our office.

The Chapter also offers specialized support groups that address the specific caregiving concerns felt by LGBT caregivers, spousal caregivers, and care partners of those living with younger-onset Alzheimer’s disease.

**Early-Stage Support Groups**
Advanced screening is strongly recommended prior to attending by calling 315.472.4201.

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

**Whitesboro**  
Dunham Public Library  
76 Main St. #78  
2nd Monday, 11 a.m.

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

**Caregiver Support Groups**
Find the most up-to-date list at the Alzheimer’s Association Community Resource Finder at www.communityresourcefinder.org or by calling 800.272.3900.

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

**Cayuga County**  
**Auburn**  
Sts. Peter and John Episcopal Church,  
69 Genesee St.  
1st Thursday, 2 p.m.

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

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

**Vestal**  
Vestal Public Library,  
320 Vestal Pkwy. East  
1st Tuesday, 6 p.m.

List continues on page 6
**Cortland County**
**Cincinnati**
Cortland–Chenango Rural Services, 2704 Lower Cincinnatus Rd.
4th Tuesday, 2 p.m.

**Cortland**
Walden Place, 839 Bennie Rd.
3rd Wednesday, 12:30 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, 5274 Outer Stowe 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, 12 Mill St.
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.

**Clay**
Immanuel Lutheran Church, 4947 NYS Route 31
4th Thursday, 3 p.m.
Support group for spousal caregivers

**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**
The Gathering Place at NSBC, 420 S. Main St.
3rd Tuesday at 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 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 Hearth on James, 830 James St. 1st & 3rd Thursday, 1 p.m.

SAGE Upstate, 431 E. Fayette St. 2nd Tuesday, 3 p.m. LGBT caregivers support group

St. Lawrence County
Canton
United Helpers Rehabilitation & Senior Care, 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
Ogdensburg Public Library, 312 Washington St. 3rd Friday at 1 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.

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.

Don’t think support groups are for you? Give our online support community a try.

AlzConnected is our online forum for people living with dementia and their caregivers. It’s a safe and secure environment to find support and share with others.

Visit alzconnected.org
Care Consultations

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

Care Consultations 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 at our office or in your community by calling 315.472.4201 and dialing 227 or emailing cny-programs@alz.org.
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.
ALZTOGETHER

Social programs for individuals living with Alzheimer’s and their care partners

ALZTOGETHER is a series of social engagement activities for individuals living with Alzheimer’s disease or another dementia and their care partners. Care teams 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 care partners to get out, get active, and connect with others.
Care partners have shared with us how ALZTOGETHER presents them with an opportunity to connect with other care partners 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 care partner, friend or family member. Events are free of charge.

Register by calling 315.472.4201.

**Upcoming ALZTOGETHER Programs**

**Feb. 7, 11 a.m.-1 p.m.**
**Glass fusing class at EYE Studio Arts,**
**712 W. Manlius St., East Syracuse**
Love is in the air at EYE Studio Arts. Join us for an exciting glass fusing class! Participants will use colorful glass pieces to create Valentine’s Day themed, glass suncatchers. After the participants have completed their pieces, the glass art will be fired at the studio and will be distributed back to them the following week in time for Valentine’s Day. Supplies, safety gloves and goggles are provided by the studio. Studio is handicapped accessible.

**Mar. 4, 11:30 a.m.-1:30 p.m.**
**Tour of La Casita Cultural Center,**
**109 Otisco St. Suite 100, Syracuse**
Come celebrate and learn about the diverse cultures of Hispanic heritage during a guided tour at La Casita Cultural Center. Explore the permanent historical exhibitions as well as the newly displayed exhibit(s) entitled PA’ LA CALLE/To the streets, created by local artist Bennie Guzman. Lunch will be provided as participants enjoy the interactive portion of the tour where they can listen to interviews exploring the lives of the figures portrayed in the portraits.
Upcoming ALZTOGETHER Programs (continued)

Mar. 23, 5-6:30 p.m.
Art project at the Alzheimer’s Association office, 441 W. Kirkpatrick St., Syracuse

Keepsake boxes can hold precious items such as family photographs, special notes, and lasting memories. Decorate your very own at this ALZTOGETHER arts activity. A staff-led demonstration, stencils, and painting supplies will encourage you and your family to create beautiful, one-of-a-kind boxes. Wear clothes that you don’t mind getting a little messy.

Apr. 9, 1-2:30 p.m.
Tour of the Roberson Museum & Science Center, 30 Front St., Binghamton

Join us as we explore the historic, three story, Roberson Mansion built in 1905. Given as a gift to the community from local Binghamton residents, Alonzo and Margaret Roberson, it is the largest piece in Roberson’s Collections. The exterior is an Italian Renaissance Revival style house designed by C. Edward Vosbury, a prominent Binghamton architect. Following the guided mansion tour, guests are welcome to experience the inspirational content that the rest of the Roberson Museum & Science Center has to offer through diverse exhibitions of art, history and science.

Apr. 29, 1-2:30 p.m.
Tour of Golden Artist Colors Inc., 237 Bell Rd., New Berlin

Golden Artist Colors produces high-quality art materials for artists around the world. Join us on a colorfully unique tour to learn about the history of the company and see how much handmade detail goes into all they do for professional artists. Following the educational tour, spend time viewing the Made In Paint exhibition, which is a group show of the artists in residence who attended the Sam and Adele Golden Foundation Residency Program in 2019. Participants must wear closed toe shoes.

Scenes from recent ALZTOGETHER events
May 1, 11 a.m.-12:30 p.m.
Tour of the Fenimore Art Museum, 
5798 NYS Rte. 80, Cooperstown
Take part in a one-hour guided tour at the Fenimore Art Museum, which is dedicated to welcoming and connecting people through exhibitions that engage, delight and inspire. Explore exhibits depicting diverse genres of fine art. Works include the Eugene and Clare Thaw collection, which is one of the nation’s premier collections of American Indian Art. The museum is wheelchair accessible and has an elevator for guest use.

May 8, 4-5 p.m.
Chair Yoga at Cafe Sankofa Cooperative, 
2323 S. Salina St., Syracuse
What’s good for your body is good for your brain, so let’s get moving! Join us for a chair yoga class at Cafe Sankofa Cooperative space. The class will be led by certified yoga and wellness instructor, Dr. Marcelle Haddix of ZenG Yoga. The movements will be adaptable to the needs of participants as we share different techniques and strategies to help maintain an active lifestyle. Please wear comfortable clothes and sneakers.

May 18, 1:30-3:30 p.m.
Tour of the H. Lee White Maritime Museum, 
1 W. 1st St., Oswego
Learn about the First Nations Peoples use of local waterways, regional naval warfare, local U.S. Coast Guard history, regional shipwrecks, Oswego’s lighthouse history and fishing. Explore the National Landmark World War II Tugboat.

Scenes from recent ALZTOGETHER events
Program Volunteer Opportunities

Expanding our reach with volunteer power

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 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. Join our volunteer team by contacting the Chapter at cny-volunteer@alz.org or by phone.
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 underserved, rural, or minority communities to raise awareness and expand the reach of Alzheimer’s Association programs.

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.

List continues on page 16
Program Volunteer Opportunities (continued)

Social Engagement Leaders
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.

Support Group Facilitators
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.

Other Volunteer Roles
In addition to our programmatic roles, the Chapter is seeking volunteers for its advisory board and committees, advocacy programs, event committee members, and to assist in our Syracuse chapter office. Learn more by visiting alz.org/cny, emailing cny-volunteer@alz.org or calling us at 315.472.4201.

Alzheimer’s disease creates questions. We can guide you to answers.

alzheimersnavigator.org
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 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
Dementia Safety

Dementia safety is more than just wandering prevention

Six in 10 people living with Alzheimer’s disease will wander, but keeping a person living with dementia safe means more than just keeping the doors alarmed. Dementia safety is a multi-faceted concern for families and it begins right at home.

In this edition, we’re focusing on steps you can take to ensure that individuals living with dementia are safe at home. As always, our team is prepared to discuss safety concerns in greater detail. Simply call us at 800.272.3900.
Dementia Safety: Staying Safe at Home

We’ve all heard the phrase that most accidents occur at home, and facts show it’s true. According to the National Safety Council, more than 25 million injuries were sustained as a result of in-home accidents in 2017. Cognitive impairments, like Alzheimer’s disease, impact memory, judgment and reaction times, increasing the likelihood of sustaining an injury. The Alzheimer’s Association, in collaboration with Proctor & Gamble, has created this home safety checklist:

Around the house

- Remove tripping hazards, such as throw rugs, extension cords and excessive clutter.
- Keep walkways and rooms well lit during the day and use night lights.
- Store potentially hazardous items, such as medication, alcohol, matches, sharp objects or small appliances and tools, in a securely locked cabinet.
- Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.
- Keep the number for the local poison control center posted by the telephone in case of emergency.
- Make sure carbon monoxide, smoke detectors and fire extinguishers are available and inspected regularly. Replace batteries twice a year during daylight saving time.
- Secure large furniture, such as book shelves, cabinets or large TVs, to prevent tipping.
- Apply stickers to glass doors at eye-level to ensure doors are visible.
- Install a latch or deadbolt on all doors that is either above or below eye-level.
- Remove locks on interior doors to prevent the person living with dementia from locking themselves in.
- Consider removing firearms from the home or storing them in a locked cabinet.

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In the kitchen
- Use appliances that have an auto shut-off feature.
- Keep sharp knives and other dangerous utensils safely stored out of reach.
- Prevent unsafe stove usage by applying stove knob covers, removing knobs or turning off the gas when the stove is not in use.
- Disconnect the garbage disposal.
- Discard toxic plants and decorative fruits that may be mistaken for real food.

On the stairs
- Remove slippery carpet runners from staircases.
- Apply non-skid surface treatments to bare or hardwood stairs.
- Eliminate hazards like clothes on stairs or a throw rug at the top or bottom of the stairs.
- Ensure handrails are sturdy and functional.

In the laundry room
- Consider installing safety locks on washing machines and dryers to prevent inappropriate items being put in or taken out too early.
- Install locks on laundry chutes to avoid temptation to climb into or drop inappropriate items down the chute.
- Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.

In the bathroom
- Install grab bars for the shower, tub and toilet to provide additional support.
- Set the water temperature at 120 degrees Fahrenheit or less to prevent scalding.
- Apply textured stickers to slippery surfaces to prevent falls.
In the bedroom
- Closely monitor the use of an electric blanket, heater or heating pad to prevent burns or other injuries.
- Provide seating near the bed to help with dressing.
- Ensure closet shelves are at an accessible height so that items are easy to reach, which may prevent the person from climbing shelves or objects falling from overhead.

In the garage and basement
- Limit access to large equipment, such as lawn mowers, weed trimmers or snow blowers.
- Keep poisonous chemicals, such as gasoline or paint thinner, out of reach.
- Lock and properly store ladders when not in use to prevent a tripping or climbing hazard.
- Remove access to car keys if the individual living with dementia is no longer driving.
- Install a motion sensor on the garage door.
- Mark stairs with bright tape and ensure railings are sturdy and secure to prevent tripping or falls.

It’s one of the toughest decisions to make.

When it’s time to take the keys away, start with a visit to our Dementia & Driving resource center at alz.org/driving.
Dementia Safety: Medication Safety

Individuals living with Alzheimer’s may take medications to help ease the symptoms of the disease and to address depression, sleeplessness, anxiety or behavioral symptoms. They may also take vitamins, supplements or other pills. Medication safety is more than just using a pill divider or setting an alarm to remember your pills.

Work with your provider and pharmacist

A person living with Alzheimer's may be under the care of more than one doctor. Make sure all health care team members know about any prescription and over-the-counter medications, including vitamins and herbal or dietary supplements. Ask your doctor or pharmacist to check for possible drug interactions. When a new medication is prescribed, ask whether it is okay to take it with other current medications. Also, remind the health care team of any allergies to medications or side effects that have occurred in the past.

- **Get details.** Find out as much as possible about every medication, including name, purpose, dosage, frequency and possible side effects. If troubling side effects occur, report them to the doctor.
- **Take as directed.** Do not ever change dosages without first consulting the doctor who prescribed the medication. If cost or side effects are an issue, tell the doctor. There may be other solutions.
- **Maintain medication records.** Keep a written record of all current medications, including the name, dosage and starting date. Carry a medication list with you in your wallet or purse. This record will be invaluable in the event of a serious drug interaction or overdose.

Giving medication to someone living with Alzheimer’s

In the early stages of Alzheimer’s, the person living with dementia may need help managing medications. As a care partner, you may find it helpful to:

- **Use a pill box or keep a daily list** to help ensure medication is taken as prescribed.
- **Ask the pharmacist how medications should be taken** (at a certain time of the day, with/without food, etc.). Then create a daily routine, such as taking medications with meals or before bed.
Dementia Safety: Medication Safety

As the disease progresses, you’ll need to provide a greater level of care. In addition to using a pill box organizer and keeping a daily routine, try these tips:

- **Use simple language and clear instructions.** For example, say “Here’s the pill for your high blood pressure. Put it in your mouth and drink some water.”

- **If the person refuses to take the medication,** stop and try again later.

- **If swallowing is a problem,** ask if the medication is available in another form. Talk to the doctor who prescribed the medication or the pharmacist to find out if a liquid version is available or if it is safe to crush the medication and mix it with food. Be aware that no pill or tablet should be crushed without first consulting your physician or pharmacist, since it can cause some medications to be ineffective or unsafe.

- **Safeguard the medication.** Be sure to place medications in a locked drawer or cabinet to avoid accidental overdose. Contact your pharmacy or law enforcement agency to dispose of your medication safely.

- **Keep the number** of your local poison control center nearby. If you suspect a medication overdose or accidental misuse, call poison control or 911 first before taking any action.

**FACT:** 94 percent of people who wander are found within 1.5 miles of where they disappeared

The stress experienced by families and caregivers when a person living with dementia wanders and becomes lost is significant. Have a plan in place beforehand, so you know what to do in case of an emergency.

Our team can help you take steps to prevent dementia-related wandering. Call 800.272.3900 to receive free wandering resources and create a strategy to keep everyone safe.
Education Programs

Free programs for individuals living with dementia, care partners and the 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 the person living with the disease.

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. Register by calling 315.472.4201 and dialing 227.
Understanding Alzheimer’s & Dementia

This program covers the basics of Alzheimer’s and dementia, explores their relationship, 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 dementia.

Jan. 9, Noon Cortland Cty. Area Agency on Aging, 60 Central Ave., Cortland
Jan. 21, 11 a.m. Happy Hearts Memory Cafe at Stone Presbyterian Church, 140 Chestnut St., Watertown
Jan. 22, 2 p.m. Tully Free Library, 12 State St., Tully
Jan. 24, 10:30 a.m. Broome County Public Library, 185 Court St., Binghamton
Jan. 27, 11 a.m. Ives Hill Retirement Community, 1200 Jewell Dr., Watertown
Jan. 27, 5 p.m. LBSH Housing Corp., 32 S. Church St., Brasher Falls
Jan. 29, 10 a.m. Bodman Memorial Library, 8 Aldrich St., Philadelphia
Feb. 3, 9 a.m. Madison County Office for the Aging, 138 Dominic Bruno Blvd., Canasota
Feb. 3, 5:30 p.m. Little Falls Community Ctr., 524 Main St., Little Falls
Feb. 5, Noon Sterling Valley Community Church, 15099 Sterling Valley Rd., Sterling
Feb. 6, 3 p.m. Fayetteville Free Library, 300 Orchard St., Fayetteville
Feb. 10, 4 p.m. Maxwell Memorial Library, 14 Genesee St., Camillus
Feb. 13, 2 p.m. Dunham Public Library, 76 Main St. #1027, Whitesboro
Feb. 18, 4 p.m. Upstate OASIS, 6333 NYS Rte. 298, E. Syracuse
Feb. 18, 5:30 p.m. Gorman Foundation Community Ctr., 1081 Northside Shopping Center, Oneida

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Understanding Alzheimer’s & Dementia
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Feb. 25, 3 p.m. Tompkins Cty. Public Library, 101 E. Green St., Ithaca
Feb. 26, 1 p.m. Big Apple Social Day Program, 201 Main St., Binghamton
Mar. 2, 5 p.m. Hepburn Library of Waddington, 30 Main St., Waddington
Mar. 5, 6:30 p.m. Massena Public Library 41 Glenn St., Massena
Mar. 6, 2:30 p.m. Cady Library, 42 E. River Rd., Nichols
Mar. 11, 4:30 p.m. Croghan Free Library, 9794 State Rt. 812, Croghan
Mar. 24, Noon Cortland/Chenango Rural Services, 2704 Lower Cincinnatus Rd., Cincinnatus
Mar. 30, 2 p.m. Constableville Library, 3038 Main St., Constableville
Mar. 31, 2 p.m. Elderwood at Waverly, 37 N. Chemung St., Waverly
Mar. 31, 5:30 p.m. Manlius Public Library, One Arkie Albanese Ave., Manlius
Apr. 1, 4 p.m. Lifelong, 119 Court St., Ithaca
Apr. 3, 5 p.m. Old Forge Library, 220 Crosby Blvd., Old Forge
Apr. 6, 2 p.m. Meadowbrook Terrace Assisted Living, 21957 Cole Rd., Carthage
Apr. 7, 5 p.m. Depauville Free Library, 32333 County Rt. 179, Depauville
Apr. 8, 5 p.m. B. Elizabeth Strong Memorial Library, 6312 E. Main St., Turin
Apr. 13, 7:30 p.m. Macsherry Library, 112 Walton St., Alexandria Bay
Apr. 14, 4:30 p.m. Harrisville Free Library 8209 Main St., Harrisville
Apr. 14, 5 p.m. Bishop’s Commons at St. Luke’s, 4 Burkle St., Oswego
Apr. 27, 2 p.m. Lewis County Office for the Aging, 5274 Outer Stowe St., Lowville
May 4, 4 p.m. Samaritan Keep Home, 133 Pratt St., Watertown
May 11, 5 p.m. Flower Memorial Library, 229 Washington St., Watertown
May 19, 2 p.m. Cape Vincent Community Library, 157 N. Real St., Cape Vincent
Understanding and 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. 13, 5 p.m.  Keepsake Village at Greenpoint, 138 Old Liverpool Rd., Liverpool
Jan. 27, 5:30 p.m.  Cedarbrook Village, 101 Sitrin Ln., New Hartford
Feb. 5, 5:30 p.m.  Frank J. Basloe Library, 245 N. Main St., Herkimer
Feb. 7, 1 p.m.  The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal
Mar. 3, 5 p.m.  Cayuga Community College, 197 Franklin St., Auburn
Mar. 9, 5 p.m.  Maxwell Memorial Library, 14 Genesee St., Camillus
Mar. 12, 2 p.m.  Cortland Cty. Area Agency on Aging, 60 Central Ave., Cortland
Mar. 16, 11 a.m.  Ives Hill Retirement Community, 1200 Jewell Dr., Watertown
Mar. 16, 5 p.m.  LBSH Housing Corp, 32 S. Church St., Brasher Falls
Mar. 30, 1 p.m.  United Way of Broome Cty., 101 Jensen Rd., Vestal
Mar. 31, 10:30 a.m.  Broome Cty. Public Library, 185 Court St., Binghamton
Apr. 7, 2:30 p.m.  Bodman Memorial Library, 8 Aldrich St., Philadelphia
Apr. 8, 10 a.m.  Big Apple Social Day Program, 201 Main St., Binghamton
Apr. 20, 4:30 p.m.  Dunham Public Library, 76 Main St. #1027, Whitesboro
Apr. 21, 5 p.m.  Manlius Public Library, One Arkie Albanese Ave., Manlius
Apr. 23, 9 a.m.  Madison Cty Office for the Aging, 138 Dominic Bruno Blvd., Canastota

Understanding and Responding to Dementia Related Behavior listing continued on page 30

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Can’t make it to one of our education programs?

Join us online!

Alzheimer’s Association education programs are best viewed in person, where you can ask questions and interact with others. But, if caregiving, work or other commitments keep you away, use your computer or mobile device to access our eLearning library.

Every Alzheimer’s Association community education program can be viewed online, on demand, for free.

Visit training.alz.org.
We provide training and support to professionals and providers too.

Our goal is the same as yours: improve the care and quality of life for those impacted by Alzheimer's disease or other dementias.

We provide outreach, resources and training to:

- Primary care practices
- Specialty practices and departments
- Long-term care communities
- In-home care agencies

Find out more about how we can support your care team by calling our office or emailing cny-programs@alz.org.
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. 14, 3 p.m.  Fayetteville Free Library, 300 Orchard St., Fayetteville
Jan. 15, 3 p.m.  Seymour Public Library, 176 Genesee St., Auburn
Mar. 26, 2 p.m.  Dryden United Methodist Church, 9 East Main St., Dryden

24-HOUR ALZHEIMER’S SUPPORT
800.272.3900
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. 28, 6 p.m. | Skaneateles Library, 49 E. Genesee St., Skaneateles
Feb. 10, 11 a.m. | Ives Hill Retirement Community, 1200 Jewell Dr., Watertown
Feb. 11, 2:30 p.m. | Bodman Memorial Library, 8 Aldrich St., Philadelphia
Feb. 20, 2 p.m. | Tully Free Library, 12 State St., Tully
Feb. 24, 10:30 a.m. | Broome Cty. Public Library, 185 Court St., Binghamton
Feb. 24, 5 p.m. | LBSH Housing Corp., 32 S. Church St., Brasher Falls
Mar. 3, 5:30 p.m. | Utica Public Library, 303 Genesee St., Utica
Mar. 4, 5 p.m. | Dunham Public Library, 76 Main St. #1027, Utica
Mar. 5, 1 p.m. | Copper City Community Connections, 305 E. Locust St., Rome
Mar. 12, 9 a.m. | Madison Cty. Office for the Aging, 138 Dominic Bruno Blvd., Canasota
Mar. 19, 11 a.m. | Waverly Free Library, 18 Elizabeth St., Waverly
Mar. 20, 5 p.m. | Cedarbrook Village, 101 Sitrin Ln., New Hartford
Mar. 23, Noon | St. Andrew’s Episcopal Church, 40 S. Main St., New Berlin
Mar. 23, 5:30 p.m. | Little Falls Community Ctr., 524 Main St., Herkimer
Mar. 26, 10 a.m. | Big Apple Social Day Program, 201 Main St., Binghamton
Apr. 2, Noon | Cortland Cty. Area Agency on Aging, 60 Central Ave., Cortland
Apr. 2, 6:30 p.m. | Massena Public Library 41 Glenn St., Massena
Apr. 3, 2:30 p.m. | Cady Library, 42 E. River Rd., Nichols
Apr. 13, 10 a.m. | The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

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Effective Communication Strategies

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Apr. 14, 5 p.m. Cayuga Community College, 197 Franklin St., Auburn
Apr. 17, 2:30 p.m. Didymus Thomas Public Library, 9639 Main St., Remsen
Apr. 20, 5 p.m. Hepburn Library of Waddington, 30 Main St., Waddington
Apr. 22, 4:30 p.m. Croghan Free Library, 9794 NYS Rte. 812, Croghan
Apr. 24, 5 p.m. Old Forge Library, 220 Crosby Blvd., Old Forge
May 6, 5 p.m. B. Elizabeth Strong Memorial Library, 6312 E. Main St., Turin
May 12, 4:30 p.m. Harrisville Free Library, 8209 Main St., Harrisville
May 13, 1 p.m. St. Francis Commons Assisted Living Facility, 12 Burkle St., Oswego
May 19, 5 p.m. Depauville Free Library, 32333 County Rte. 179, Depauville
May 26, Noon Cortland/Chenango Rural Services, 2704 Lower Cincinnatus Rd., Cincinnatus
May 27, 5 p.m. Manlius Public Library, One Arkie Albanese Ave., Manlius

Living with Alzheimer’s

When someone is diagnosed with Alzheimer’s, friends and family have many questions. 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: Caregivers of someone living with Alzheimer’s or another dementia, at the stage listed below.

LATE-STAGE CAREGIVERS

Apr. 21, 2-4:30 p.m. Elderwood at Waverly, 37 N. Chemung St., Waverly
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. 13, 10 a.m.  Frank J. Basloe Library, 245 N. Main St., Herkimer
Feb. 18, 3 p.m.   New Berlin Library, 15 S. Main St., New Berlin
Mar. 2, 1 p.m.    St. Francis Commons Assisted Living Residence, 12 Burkle St., Oswego
Mar. 3, 7:30 p.m. Macsherry Library, 112 Walton St., Alexandria Bay
Mar. 18, 4:30 p.m. Didymus Thomas Library, 9639 Main St., Remsen
Mar. 19, 3 p.m.    Upstate OASIS, 6333 NYS Rte. 298, E. Syracuse
Mar. 23, 5 p.m.    Seymour Public Library, 176 Genesee St., Auburn
Apr. 1, Noon      Access to Independence of Cortland, Inc. 26 N. Main St., Cortland
Apr. 15, 3:30 p.m. Utica Public Library, 303 Genesee St., Utica
Apr. 16, 1 p.m.   Copper City Community Connections, 305 E. Locust St., Rome
Apr. 27, 5 p.m.   Keepsake Village at Greenpoint, 138 Old Liverpool Rd., Liverpool
May 4, 5 p.m.     Cayuga Community College, 197 Franklin St., Auburn
May 7, 6:30 p.m.  Massena Public Library, 41 Glenn St., Massena

Be social with us

If you are on Facebook, Twitter, Instagram or LinkedIn, follow us! We post photos, news and information about chapter events. It’s the best way to stay up to date with what we are doing. Simply type alzcny into the search box to find us!
Legal & Financial Planning

If you or someone you know is affected by Alzheimer’s disease or another 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.

Jan. 14, 5:30 p.m. Hospice of CNY, 990 7th North St., Liverpool
Feb. 5, 11 a.m. Access to Independence of Cortland, Inc., 26 N. Main St., Cortland
Mar. 17, 4 p.m. Bodman Memorial Library, 8 Aldrich St., Philadelphia
Mar. 25, 5 p.m. Frank J. Basloe Library, 245 N. Main St., Herkimer
Apr. 13, 3 p.m. New Berlin Library, 15 S. Main St., New Berlin
Apr. 22, 1 p.m. United Way of Broome Cty., 101 Jensen Rd., Vestal
May 11, 1:30 p.m. Lewis Cty. Office for the Aging, 5274 Outer Stowe St., Lowville
May 14, 1:30 p.m. Cortland Cty. Area Agency on Aging, 60 Central Ave., Cortland
May 18, 9 a.m. Madison Cty. Office for the Aging, 138 Dominic Bruno Blvd., Canastota
May 19, 4:30 p.m. Seymour Public Library, 176 Genesee St., Auburn
May 28, 10:30 a.m. New Hartford Public Library, 2 Library Ln., New Hartford

Do you need help with your legal or financial plans?

Start by visiting the Legal and Financial Planning center at alz.org/care to take advantage of our free tools.

If you need a referral to legal or financial professional, call our 24-Hour Helpline at 800.272.3900.
JOIN THE FIGHT FOR THE FIRST SURVIVOR OF ALZHEIMER’S

Walk To End Alzheimer’s®—Utica/Rome, NY
April 26, 2020 • SUNY Polytechnic Institute

Live in the Binghamton, Ithaca/Cortland, North Country or Syracuse areas? Walk with us in September!

Register Today at alz.org/walk