INSIDE

- Education dates and support groups through August 2019
- Enroll in MedicAlert™+Safe Return™ for FREE!
- Social engagement programs for individuals living with dementia and their care partners
- Information about respite services
Central New York’s ONLY conference for Alzheimer’s and Dementia Caregivers

May 22, 2019
Holiday Inn Syracuse-Liverpool-Exit 37
441 Electronics Pkwy., Liverpool

Register at alz.org/cny or call 315.472.4201

FEATURED SPEAKER
Teepa Snow
Dementia care expert and innovator

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

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The challenges and emotions that come with caregiving for an individual living with Alzheimer’s disease or another dementia can be overwhelming. It can be a stressful endeavor surrounded by anxiety, worry and guilt, and many feel as if they are alone in their journey. Support groups are a community of peers that exist to support one another. Caregiver support groups promote an open forum of sharing and discussion among people facing many of the same issues. The group’s power rests within its members’ ability to show compassion, develop strategies and empower its members to provide the highest quality care possible.

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

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

Support Groups
Sustainable care from your peers

Almost two-thirds of Americans with Alzheimer’s are women.

The risk of Alzheimer’s to women is real: Women in their 60s are about twice as likely to develop the disease as they are to develop breast cancer. But Alzheimer’s doesn’t stop there. Women also make up more than 60% of Alzheimer’s and dementia caregivers in the United States — a role that often has a negative effect on their health and finances.

Learn more at: alz.org/women alzheimer’s association

Early-Stage Support Groups
Advanced screening is strongly recommended prior to attending by calling the number listed with the group.

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

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

Whitesboro
Dunham Public Library
76 Main St. #78
2nd Monday, 11 a.m.
315.617.4025
Caregiver Support Groups
Caregiver support groups are open to caregivers of individuals living with Alzheimer’s disease or another dementia. Find the most up-to-date list at the Alzheimer’s Association Community Resource Finder at www.communityresourcefinder.org or by calling our office (phone numbers on page 3).

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

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

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

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

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

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

Watertown
Northern Regional Ctr. for Ind. 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 Ind. Seniors
2662 Rte. 20 East
(Cherry Valley Professional Plaza)
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
NOPL North Syracuse
100 Trolley Barn Lane
3rd Tuesday, 3:15 p.m.

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

Syracuse
Alzheimer’s Association
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 another 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

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

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

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

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

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

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

Tompkins County
Ithaca
Lifelong
119 W. Court St.
1st Wednesday, 5:30 p.m.
ALZTOGETHER is a series of social engagement activities for individuals living with Alzheimer’s disease or another dementia and their caregivers. Caregivers often look for ways to make a meaningful connection with the person for whom they care. ALZTOGETHER offers a safe, fun way for both the person living with the disease and their caregiver to get out, get active, and connect with others.

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

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

Register by calling 315.472.4201.
Upcoming ALZTOGETHER Programs (continued)

Friday, August 2, 1 to 2:30 p.m.
Tour of Phelps Mansion Museum (Binghamton)
Journey back to the Gilded Era (1870-1890) and visit the beautiful Phelps Mansion. Built in 1870 for the Phelps family, this mansion has remained a focal point of Binghamton’s Historic Downtown for 145 years. A guided tour will walk the group through each room, sharing intriguing stories and reliving the history of the mansion.

Tuesday, August 6, 10 a.m. to Noon
Tour of Golden Artist Colors Inc. (New Berlin)
Golden Artist Colors produces high-quality products for artists around the world and they want to take you on a colorfully unique tour! Learn about paint manufacturing, tour the factory floor, and see how handmade color charts are made one-by-one, with tremendous care. Following the educational tour, spend time viewing the artwork in the Sam & Adele Golden Gallery.

Thursday, August 15, 10:30 a.m. to Noon
Tour of Old McDonald’s Farm (Sackets Harbor)
Hop on a hay ride to experience an educational and agricultural hands-on adventure at Old McDonald’s Farm! Meet the friendly farm animals along the way, tour a modern 1,000 cow dairy facility, visit the calf barn, and learn about the daily farm life in the North Country.

Tuesday, August 20, 11:30 a.m. to 1:30 p.m.
Bowling at Caz Sports Bowl (Cazenovia)
Lace up those bowling shoes and join us for an activity that is right up your alley! Meet us at Caz Sports Bowl for an afternoon full of bowling, laughter, and memories. After the games, enjoy a pizza lunch with new friends and family.

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

Caring for a person living with Alzheimer’s disease or another 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 3).

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.

alz.org | 800.272.3900
CREATE A SAFE RETURN
MedicAlert® + Alzheimer’s Association Safe Return® is free to residents in our area.

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

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

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

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

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

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

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

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

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

WHAT YOU GET
Your MedicAlert® + Safe Return® kit will be delivered by mail and includes identification jewelry (see above) for the individual living with Alzheimer’s disease and their caregiver, personalized with their information and MedicAlert® + Safe Return®’s 24-hour emergency toll-free number, plus:

- Personalized emergency wallet cards
- 24-hour emergency response service
- Personal health records (PHR)
- Six Steps to a Safe Return magnet

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.
MEMBER & CAREGIVER ENROLLMENT FORM
Complete both sides of this form and return it to Alzheimer’s Association, 441 W. Kirkpatrick St., Syracuse, NY 13204

Member enrollment

Last name__________________________________________
First name________________________________________
Nickname_________________________________________
Address (no P.O. 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
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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  ☐ Asthma  ☐ Arthritis  ☐ Epilepsy  ☐ Glaucoma
☐ Atrial Fibrillation  ☐ Hypertension  ☐ Hearing Impaired
☐ Chronic Obstructive Pulmonary Disease (COPD)  ☐ Myocardial Infarction
☐ Congestive Heart Failure  ☐ Seizure Disorder  ☐ Organ Transplant
☐ Coronary Artery Disease  ☐ Stroke  ☐ Von Willebrand’s Disease
☐ Diabetes  ☐ Emphysema
☐ Other________________________________________
☐ Implant*________________________________________

Primary contact information

Last name__________________________________________
First name________________________________________
Address (no PO Box)____________________________________
City_________________________________________________
State_______ ZIP________________________________________
Phone home (________)____________________________________
Cell(________)________________________________________
Work(________)________________________________________
Email_________________________________________________

Medications – list all, including inhalers, and dosages

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<th>Medication</th>
<th>Prescribed dosage</th>
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Secondary contact information

Last name__________________________________________
First name________________________________________
Address (no PO Box)____________________________________
City_________________________________________________
State_______ ZIP________________________________________
Phone home (________)____________________________________
Cell(________)________________________________________
Work(________)________________________________________
Email_________________________________________________

*Implant
MEMBER & CAREGIVER ENROLLMENT FORM

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

**Caregiver enrollment**

Last name_________________________________________
First name_________________________________________
Nickname_________________________________________
Address (no PO Box)________________________________
City_____________________________________________
State_________ ZIP___________________________
Phone home (______)______________________________
Cell (______)____________________________________
Work (______)____________________________________
Birthdate_________ □ Male □ Female
Last 4 digits of Social Security No._____________________

**Drug allergies – list all known**

________________________________________________________________________

**Medications – list all, including inhalers, and dosages**

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<tr>
<th>Medication</th>
<th>Prescribed Dosage</th>
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**Medical conditions – check all that apply**

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

- Angina
- Arthritis
- Asthma
- Atrial Fibrillation
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Coronary Artery Disease
- Diabetes
- Emphysema
- Other
- Implant*
- No known medical conditions

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

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

Signature_________________________________________
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

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.

TAKE THE CHALLENGE OUT OF FINDING DEMENTIA CARE RESOURCES

COMMUNITY RESOURCE FINDER
alz.org/CRF
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 2 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)

**EDUCATION PROGRAMS**
Free programs for individuals living with dementia, care partners and the public.

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

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. 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 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 listed on Pages 22 through 26
UNDERSTANDING ALZHEIMER’S & DEMENTIA

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

May 2, 6 p.m. Fairmount Community Library, 406 Chapel Dr., Syracuse
May 6, Noon Ward W. O’Hara Agricultural & Country Living Museum, 6880 East Lake Rd (Rt 38A), Auburn
May 13, 1 p.m. Gouverneur Public Library, 60 Church St., Gouverneur
May 16, 11 a.m. New Hartford Public Library, 2 Library Ln., New Hartford
May 20, 4 p.m. Le Moyne College, 1419 Salt Springs Rd., Syracuse
May 28, 2 p.m. The Mohawk Homestead, 62 E Main St., Mohawk
May 29, 3 p.m. The Grand Rehabilitation and Nursing Center, 331 Russell St., Chittenango
June 3, 1 p.m. Gouverneur Public Library, 60 Church St., Gouverneur
June 3, 5 p.m. Manlius Public Library, 1 Arkie Albanese Ave., Manlius
June 6, 3 p.m. Macsherry Library, 112 Walton St., Alexandria Bay
June 12, 2 p.m. Access To Independence of Cortland County, Inc., 26 N. Main St., Cortland
June 13, 10 a.m. Johnson City Senior Center, 30 Brocton St., Johnson City
June 13, 5:30 p.m. United Community Center, 55 Main St., Philadelphia
June 18, 5 p.m. Community Library of DeWitt & Jamesville, 5110 Jamesville Rd., Jamesville
June 18, 6 p.m. McHarrie Pointe, 7740 Meigs Rd., Baldwinsville
June 19, 5 p.m. Peregrine Senior Living at Onondaga Hill, 4701 Peregrine Way, Syracuse
June 20, 5 p.m. Brookdale Vestal West, 421 Plaza Dr., Vestal
June 21, 2 p.m. Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego
June 24, Noon Brookdale Fayetteville, 5125 Highbridge St., Fayetteville
June 25, 10 a.m. Port Byron Library, 12 Sponable Dr., Port Byron
June 26, 2 p.m. Lewis County Office for Aging, 5274 Outer Stowe St., Lowville
June 26, 3 p.m. Powers Library, 29 Church St., Moravia
June 27, 6:30 p.m. Massena Public Library, 41 Glenn St., Massena
July 16, 1 p.m. St. Francis Commons at St. Luke, 12 Burkle St., Oswego
July 23, 6 p.m. Northern Regional Center for Independent Living, 210 Court St. #107, Watertown
July 24, 4 p.m. Jervis Public Library, 613 N. Washington St., Rome
July 29, 1 p.m. Copper City Community Connection, 305 E. Locust St., Rome
July 30, 4 p.m. Tompkins County Public Library, 101 E. Green St., Ithaca
July 31, 5 p.m. First Presbyterian Union Church, 90 North Ave., Oswego

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.**

May 1, 3:30 p.m. Tompkins County Public Library, 101 E. Green St., Ithaca
May 5, 4 p.m. Depauville Free Library, 32333 County Rte. 179, Depauville
May 20, 2 p.m. St. Francis Commons at St. Luke, 12 Burkle St., Oswego
May 29, 1 p.m. McGraw House, 221 S. Geneva St., Ithaca
June 10, 5:30 p.m. Utica Public Library, 303 Genesee St., Utica
June 17, 2 p.m. Terrace Heights Community Center, 2 Terrace Hts., New Berlin
June 18, 2 p.m. The Mohawk Homestead, 62 E Main St., Mohawk
June 25, 6 p.m. Farmount Community Library, 406 Chapel Dr., Syracuse
July 16, 5 p.m. Community Library of DeWitt & Jamesville, 5110 Jamesville Rd., Jamesville
July 18, 2 p.m. Access To Independence of Cortland County, Inc., 26 N. Main St., Cortland
July 22, 4 p.m. Le Moyne College, 1419 Salt Springs Rd., Syracuse
July 23, 10 a.m. Port Byron Library, 12 Sponable Dr., Port Byron
July 24, 3 p.m. Powers Library, 29 Church St., Moravia
July 25, 6:30 p.m. Massena Public Library, 41 Glenn St., Massena
Aug 5, 5 p.m. Manlius Public Library, 1 Arkie Albanese Ave., Manlius
Aug 19, 5:30 p.m. Bishop’s Commons at St. Luke, 4 Burkle St., Oswego
Aug 21, 5 p.m. First Presbyterian Union Church, 90 North Ave., Oswego
Aug 22, 3 p.m. The Grand Center for Rehabilitation and Nursing, 331 Russell St., Chittenango
Aug 27, 6 p.m. Northern Regional Center for Independent Living, 210 Court St. #107, Watertown
Sept 26, 4 p.m. Tompkins County Public Library, 101 E. Green St., Ithaca
Oct 18, 10:30 a.m. Carthage Free Library, 412 Budd St., Carthage
Oct 21, 5:30 p.m. Alpine Rehabilitation & Nursing Center, 755 E. Monroe St., Little Falls
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.

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

May 17, 2 p.m. Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego
May 28, 1 p.m. Inspire S-VE Community and Fitness Center, 57 E. Tioga St., Spencer

UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR

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

May 6, 1:30 p.m. New Berlin Library, 15 S. Main St., New Berlin
May 9, 1 p.m. Big Apple Social Day Care, Inc., 201 Main St., Binghamton
May 15, 2 p.m. Our Lady of Good Counsel Church, 701 W. Main St., Endicott
May 30, 2 p.m. Hospice & Palliative Care of St. Lawrence Valley, 6805 US Hwy. 11, Potsdam
June 5, 6 p.m. Bishop’s Commons at St. Luke, 4 Burkle St., Oswego
June 12, 4 p.m. Jervis Public Library, 613 N. Washington St., Rome
June 25, 5:30 p.m. Elderwood at Liverpool, 4800 Bear Rd., Liverpool
July 10, 5 p.m. Manlius Public Library, 1 Arkie Albanese Ave., Manlius
July 11, 10 a.m. Johnson City Senior Center, 30 Brocton St., Johnson City
July 11, 3 p.m. Macsherry Library, 112 Walton St., Alexandria Bay
July 15, 2 p.m. The Mohawk Homestead, 62 E. Main St., Mohawk
July 18, 6 p.m. Moore Memorial Library, 59 Genesee St., Greene
July 25, 2:30 p.m. The Grand Center for Rehabilitation and Nursing, 331 Russell St., Chittenango
Aug. 6, 5:30 p.m. Utica Public Library, 303 Genesee St., Utica
Aug. 8, 10 a.m. Port Byron Library, 12 Sponable Dr., Port Byron
Aug. 14, 2 p.m. Access To Independence of Cortland County, Inc., 26 N Main St., Cortland
Aug. 19, 4 p.m. Le Moyne College, 1419 Salt Springs Rd., Syracuse
Aug. 19, 9 p.m. Peregrine Senior Living at Onondaga Hill, 4701 Peregrine Way, Syracuse
Aug. 20, 5 p.m. Brookdale Vestal West, 421 Plaza Dr., Vestal
Aug. 22, 1 p.m. Copper City Community Connection, 305 E. Locust St., Rome
Aug. 28, 2 p.m. Lewis County OFA, 5274 Outer Stowe St., Lowville
Aug. 28, 4 p.m. Tompkins County Public Library, 101 E. Green St., Ithaca
Sept. 16, 1 p.m. St. Francis Commons at St. Luke, 12 Burkle St., Oswego
Sept. 18, 5 p.m. First Presbyterian Union Church, 90 North Ave., Owego
Sept. 25, 3 p.m. Powers Library, 29 Church St., Moravia
Oct. 15, 2 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Oct. 23, 5 p.m. The Gathering Place at NSBC, 420 S. Main St., N. Syracuse
Oct. 24, 6:30 p.m. Liverpool Public Library, 310 Tulip St., Liverpool
Nov. 4, 5:30 p.m. Alpine Rehabilitation & Nursing Center, 755 E. Monroe St., Little Falls

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.

May 14, 2 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland
June 13, 5 p.m. Brookdale Bellevue, 4330 Onondaga Blvd., Syracuse
June 20, 3 p.m. The Grand Center for Rehabilitation and Nursing Center, 331 Russell St., Chittenango
June 24, 4 p.m. Le Moyne College, 1419 Salt Springs Rd., Syracuse
July 24, 6 p.m. McHarrie Pointe, 7740 Meigs Rd., Baldwinsville
Aug. 30, 10:30 a.m. Carthage Free Library, 412 Budd St., Carthage
Oct. 17, 6:30 p.m. Liverpool Public Library, 310 Tulip St., Liverpool

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

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

Intended for: Individuals living with or caregivers of someone living with Alzheimer’s or another dementia, at the stage listed below.

**EARLY-STAGE CAREGIVERS**
May 9, 1-4:30 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

**MIDDLE-STAGE CAREGIVERS**
July 11, 1-4:30 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

**LATE-STAGE CAREGIVERS**
May 6, Noon-2:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer
May 16, 9:30 a.m.-Noon Theodore’s Restaurant, 3231 Seneca Tpke., Canastota
Sept. 12, 1-3:30 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

**YOUNGER-ONSET ALZHEIMER’S**
July 23, 5-6:30 p.m. Brookdale Vestal West, 421 Plaza Dr., Vestal
Aug. 14, 3-4:30 p.m. Powers Library, 29 Church St., Moravia

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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.

**LEGAL & FINANCIAL PLANNING**

May 15, Noon Tompkins County Office for the Aging, 214 State St., Ithaca
May 29, 6 p.m. McHarrie Pointe, 7740 Meigs Rd., Baldwinsville
June 27, 1 p.m. Copper City Community Connection, 305 E. Locust St., Rome
Aug. 15, 4 p.m. Jervis Public Library, 613 N. Washington St., Rome
Aug. 22, 5:30 p.m. Moore Memorial Library, 59 Genesee St., Greene
Aug. 29, 5 p.m. Brookdale Bellevue, 4330 Onondaga Blvd., Syracuse

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Don’t just hope for a cure. Help us find one.

You can help advance Alzheimer’s research with TrialMatch®

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

To learn more:
 » Visit alz.org/TrialMatch
 » Email TrialMatch@alz.org, or
 » Call 800.272.3900
The Longest Day is the day with the most light — the summer solstice. And it’s the day the Alzheimer’s Association calls on everyone to fight Alzheimer’s disease by raising funds and awareness for care, support and research.

On June 21, stand up to the darkness of Alzheimer’s. Together, we can get closer to our ultimate goal: Alzheimer’s first survivor.

JOIN THE FIGHT FOR THE FIRST SURVIVOR OF ALZHEIMER’S

GATHER YOUR FRIENDS AND FAMILY AND WALK WITH US

WATERTOWN SEPT. 14
ITHACA/CORTLAND SEPT. 15
SYRACUSE SEPT. 29

VISIT ALZ.ORG/WALK

WALK TO END ALZHEIMER’S IS PRESENTED IN CENTRAL NEW YORK BY

roi United Methodist Homes
Caring. Consoling. Community

Loretto Exceptional People. Extraordinary Care.
MOST PEOPLE WHO WORK FULL- OR PART-TIME have the flexibility in their jobs to take time off. Many people receive paid time off when they are sick, take a vacation or need time to deal with personal needs, like doctor’s appointments.

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

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

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

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

The benefits of respite are many. It provides caregivers peace of mind while they are at work. Caregivers can schedule appointments, connect with friends or take time for themselves with the knowledge that the person they care for is safe.

**RESpite SERVICES**

Improve your quality of care and life by taking a break

**QUESTIONS & ANSWERS**

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

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

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

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

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

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

Where does the funding come from?
New York State created the Alzheimer’s Disease Caregiver Support Initiative in 2016. The Alzheimer’s Association, Central New York Chapter was one of the agencies that received a Regional Caregiver Support Initiative grant, which provides respite funding to local area agencies on aging to supplement current respite programs.