INSIDE

• Education programs through August 2021
• Upcoming conferences and seminars
• Social engagement programs for people living with dementia and their care partners
Welcome!

You may notice some changes to this quarter’s catalog, namely that it is shorter. Our team recently discussed how to make this resource a more effective tool for our constituents.

Some of our sections have been trimmed, lengthy features have been eliminated and the focus of this catalog has returned to its original intent: connect you with the times and dates of our upcoming programs.

I hope you find these changes useful in your caregiving journey.

Sincerely yours,

Cathy James
Chief Executive Officer

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Caregiver and topical support groups, now meeting by phone and online.

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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.

To schedule a phone or video conference meeting, call 315.472.4201 and dial 227 or email cny-programs@alz.org.
Support groups for caregivers at all stages of their journey

For dementia caregivers who may feel confined at home with a spouse or family member living with dementia, support groups can be a vital relief valve for stress and emotions.

Open to all dementia caregivers
Advance screening is required before attending. Interested participants should contact 315.472.4201 x227 to be screened and gain the proper dial-in or computer login instructions.

### Group

- **Chapterwide Support Group #1**
- **Chapterwide Support Group #2**
- **Auburn Caregiver Support Group**
- **Baldwinsville Caregiver Support Group**
- **Canastota Caregiver Support Group**
- **Canton Caregiver Support Group**
- **Cazenovia Caregiver Support Group**
- **Clinton Caregiver Support Group**
- **Cortland Caregiver Support Group**
- **Ithaca Caregiver Support Group**
- **Johnson City Caregiver Support Group**
- **Little Falls Caregiver Support Group**
- **Liverpool Caregiver Support Group**
- **Lowville Caregiver Support Group**
- **North Syracuse Caregiver Support Group**

### Day of Month and Time

- **2nd Wednesday at 1:30 p.m.**
- **4th Monday at 5 p.m.**
- **1st Thursday at 2 p.m.**
- **2nd Tuesday at 6:30 p.m.**
- **3rd Friday at 10 a.m.**
- **1st Tuesday at 6:30 p.m.**
- **2nd Wednesday at 6 p.m.**
- **Last Wednesday at 1 p.m.**
- **3rd Wednesday at 12:30 p.m.**
- **1st Wednesday at 5:30 p.m.**
- **3rd Wednesday at 4 p.m.**
- **2nd Thursday at 6 p.m.**
- **2nd Saturday at 11 a.m.**
- **3rd Thursday at 10 a.m.**
- **3rd Tuesday at 3 p.m.**
Open to all dementia caregivers (continued)

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<tr>
<th>Group</th>
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<tbody>
<tr>
<td>Norwich Caregiver Support Group</td>
<td>3rd Thursday at 6 p.m.</td>
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<td>Ogdensburg Caregiver Support Group</td>
<td>3rd Friday at 1 p.m.</td>
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<tr>
<td>Oswego Caregiver Support Group</td>
<td>4th Wednesday at 6 p.m.</td>
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<tr>
<td>Owego Caregiver Support Group</td>
<td>3rd Tuesday at 1:30 p.m.</td>
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<tr>
<td>Rome Caregiver Support Group</td>
<td>2nd Tuesday at 5 p.m.</td>
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<tr>
<td>Skaneateles Caregiver Support Group</td>
<td>Last Thursday at 2 p.m.</td>
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<tr>
<td>Solvay-Geddes Caregiver Support Group</td>
<td>3rd Tuesday at 6 p.m.</td>
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<tr>
<td>Syracuse Caregiver Support Group</td>
<td>1st Thursday at 1 p.m.</td>
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<tr>
<td>Utica Caregiver Support Group</td>
<td>1st Thursday at 4 p.m.</td>
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<tr>
<td>Vestal Caregiver Support Group</td>
<td>1st Tuesday at 6 p.m.</td>
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<tr>
<td>Watertown Caregiver Support Group</td>
<td>4th Tuesday at 4:30 p.m.</td>
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Specialty Caregiver Groups
Advance screening is required before attending. Interested participants should contact 315.472.4201 x227 to be screened and gain the proper dial-in or computer login instructions.

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<th>Group</th>
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<tr>
<td>LGBT Caregiver Support Group</td>
<td>2nd Tuesday at 3 p.m.</td>
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<tr>
<td>Long Term Care Caregiver Support Group</td>
<td>2nd Wednesday at 10 a.m.</td>
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<tr>
<td>Partner/Spousal Caregiver Support Group</td>
<td>4th Thursday at 3 p.m.</td>
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<tr>
<td>Younger-Onset Caregiver Support Group</td>
<td>2nd Wednesday at 5:30 p.m.</td>
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Groups for Individuals Living with Early-Stage Dementia and Their Care Partners
Advance screening is required before attending. Interested participants should contact 315.472.4201 x227 to be screened and gain the proper dial-in or computer login instructions.

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<tr>
<th>Group</th>
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<tbody>
<tr>
<td>DeWitt Early-Stage Support Group</td>
<td>3rd Wednesday at 4:30 p.m.</td>
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<tr>
<td>Vestal Early-Stage Support Group</td>
<td>2nd Friday at 1 p.m.</td>
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Taking a Closer Look

Specially developed webinars exploring the impact of Alzheimer’s

Supplementing our education programs with conferences and seminars on specialized topics.

Research Forum

May 11, 10 a.m.-2 p.m.
Presented by the Hudson Valley Chapter

The field of dementia science is producing new discoveries every day, making it difficult to keep up with the news. A panel of experts, led by Dr. Rebecca Edelmayer, Alzheimer’s Association Director, Scientific Engagement, will go behind the headlines to discuss recent findings in dementia research and what we can expect in the near future.

Register at 800.272.3900 or alz.org/newyork.

AROUND THE CLOCK SUPPORT
24/7 HELPLINE
CALL 800.272.3900
Healthy Living Conference

June 8, 10 a.m.-12:30 p.m.

*Presented by the Western New York Chapter*

Science has shown that a healthy lifestyle can reduce your risk of developing Alzheimer’s disease or other dementias. Learn how healthy diets, regular physical exercise and engaging your brain can contribute to reducing your risk. We’ll also discuss the current state of research in this space and how you can get involved.

Register at 800.272.3900 or alz.org/newyork.

Caregiver Education Series

*Presented by the Alzheimer’s Association chapters in New York*

Our Spring 2021 Caregiver Education Series began in April and wraps up in late June. This series pairs one of our education programs, followed by a presentation on a special topic and a Q&A session. Each program is 90 minutes long and presented virtually. You do not need to participate in each program. Register at 800.272.3900 or alz.org/newyork.

**May 4, 4 p.m.:** Behavior Management in Action: Creative Solutions for Common Challenges and Understanding and Responding to Dementia-Related Behaviors

**May 18, 11:30 a.m.:** Medicaid Changes: What You Need to Know and Legal and Financial Planning

**June 15, 4 p.m.:** Managing Caregiver Expectations and Relationships Across the Alzheimer’s Journey and Effective Communication Strategies

**June 23, 4 p.m.:** In It Together: Dementia, Caregiving and Faith Communities and Understanding Alzheimer’s & Dementia

Follow us on social media

If you are on Facebook, Twitter, Instagram or LinkedIn, follow us! Simply type **alzcn** into the search box to find us!
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
Social Programs

Programs that explore art, history and culture from the comfort of your home

The need for activities and social engagement is more important than ever and our virtual social programs makes touring natural and cultural attractions possible.

ALZTOGETHER
Our online ALZTOGETHER programs offer safe, fun ways for both the person living with the disease and their care partner to have fun and engage. Register at 800.272.3900 or alz.org/crf.

May 20, 2-3 p.m.
More than a Tweet: Birds, Art, and Culture with the Munson Williams Proctor Arts Institute
This exhibition of bird-related art will focus on our fascination with our winged friends. We’ll look at paintings and prints, and how birds became objects of scientific inquiry, popular interest, artistic expression and household decoration.

June 14, 10-11 a.m.
Spring’s First Rose Blooms
Members of the Syracuse Rose Society will show us the first rose blooms of the season. Our guides will discuss rose bushes and caring for them throughout the spring and summer seasons.

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June 22, 10-11 a.m.  
**Stream Ecology at Baltimore Woods Nature Center**  
Center educators will lead a virtual in-depth investigation into the life of a stream. We'll discover the plants and animals that call this ecosystem their home and how they survive and thrive in this environment.

July 27, 2-3 p.m.  
**Emma Amos: Color Odyssey with the Munson Williams Proctor Arts Institute**  
We’ll learn more about Emma Amos, a trailblazing artist who challenged societal norms regarding race, gender and privilege. Over the course of six decades, she combined her interests in painting, printmaking, weaving, and collage into colorful narratives that present a layered understanding of what it meant to be a woman and artist of color during the era of Civil Rights and the feminist movement.

**ALZ Across New York**  
This joint program of New York’s seven Alzheimer’s Association chapters uses online meeting technology to provide a safe space for people impacted by dementia to socialize with one another while exploring cultural attractions across New York. **Register at 800.272.3900 or alz.org/crf.**

**May 18, 11 a.m.-Noon: Virtual Visit to the Remington Museum**  
Take a guided tour of Ogdensburg’s Frederic Remington Art Museum and look closely at some of the artist’s most interesting and famous paintings and sculptures, including his famous Broncho Buster sculpture.

**June 15, 1-2 p.m.: An Aerial Tour of the Hudson Valley**  
Dutchess Tourism Inc. will lead a tour of landmarks in the Hudson Valley captured by flying drones, giving you a bird’s eye view of the spots and the spectacular landscapes which surround them.
July 28, 2-3 p.m.: A Historical Tour of the Buffalo
Explore Buffalo will lead a guided tour focusing on the history of New York’s Queen City.

August 18: 2-3 p.m.: Summer Highlights at Brooklyn Botanic Garden
Come join the summer fun with a virtual tour of the Brooklyn Botanical Garden, a stunning 52-acre garden in the heart of New York City featuring a Japanese Hill-and-Pond, lily pool and the famed Shakespeare Garden.

Alzheimer’s Community Forums
Virtual Editions

Alzheimer’s hasn’t stopped for the pandemic. Neither have we.

Our virtual Alzheimer’s Community Forums are an opportunity for us to hear your perspectives and insights about supporting a person living with dementia so that we may identify gaps and needs in the community. You will learn about opportunities to improve care and support of these individuals and we will determine ways to work together to better serve the caregivers in our community.

May 11: 7-8:30 p.m. Partnership Health
Hispanic Community Forum (en español)

May 26: 3-4:30 p.m. St. Lawrence County Community Forum

June 3: 10-11:30 a.m. Broome County Community Forum

June 10: 1-2:30 p.m. Oneida County Community Forum

Register at 800.272.3900 or alz.org/cny.
Education Programs

Free programs for individuals living with dementia, care partners and the public

Our education programs are developed by experts, presented by trained staff and volunteers, and cover everything you need to know as someone impacted by Alzheimer’s or dementia.

Dementia Conversations

This program offers helpful tips to have honest and caring conversations with family members about dementia, and reinforces the need to plan ahead and build a care team. Topics include driving, doctor visits, and legal and financial concerns. Intended for anyone that interacts with individuals living with Alzheimer’s disease or another dementia (60 mins.).

May 18 2 p.m.
June 3 2 p.m.
June 21 10 a.m.
June 23 2 p.m.
July 8 11 a.m.
July 20 9 a.m.
Aug. 5 9 a.m.
Aug. 18 9 a.m.
Aug. 25 3 p.m.
Sept. 2 3 p.m.

How to join

Advance registration is required in order to receive a link and instructions to join a program. Reserve your seat and receive login information by calling 800.272.3900 or visit alz.org/cny and click the link for Virtual Education Programs on the front page.
**Healthy Living for Your Brain and Body: Tips from the Latest Research**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help incorporate these recommendations into a plan for healthy aging. Intended for the general public (60 mins.).

**Understanding Alzheimer’s & Dementia**

This program covers the basics of Alzheimer’s and dementia, their relationship and what happens to the brain. Risk factors, treatments, research and Alzheimer’s Association resources are also discussed. Intended for the general public (60 mins.).

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**Legal & Financial Planning**

An overview of wills, powers of attorney, health care proxies and other legal documents you may need, as well as financial issues and options including Medicare, Medicaid and veterans benefits. Not a substitute for professional legal or financial advice. Intended for individuals and families impacted by dementia (120 mins.).

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Effective Communication Strategies

This program explores strategies to decode the verbal and behavioral messages delivered by someone living with dementia, and ways to connect and communicate at each stage of the disease. Intended for anyone that interacts with individuals living with Alzheimer’s disease or another dementia (60 mins.).

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Living with Alzheimer’s

This series of programs provides answers to questions that arise in the early, middle and late stages of the disease. 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, unless otherwise noted (program length varies).

**EARLY STAGE CAREGIVERS**

June 16 2–5:30 p.m.

**YOUNGER-ONSET CAREGIVERS**

May 17 10–11:30 a.m.

**MIDDLE STAGE CAREGIVERS**

May 10 2–5:30 p.m.
Alzheimer’s Association Events

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

The Longest Day is the day with the most light — the summer solstice. On June 20, people from across the world will fight the darkness of Alzheimer’s through a fundraising activity of their choice.

Whether you’re participating at home, online or in-person, we have plenty of fun ideas to engage family and friends in The Longest Day.

Start today at alz.org/tld.

Alzheimer’s isn’t stopping and neither are we.

Will you be joining us for the 2021 Walk to End Alzheimer’s in Central New York? Register now to be the first to receive updates as we move forward with plans to host this year’s Walk in person: alz.org/walk.

Not sure you’ll be ready to gather with us? We will still offer options to participate online and in your neighborhood.