Calendar of Events

Including Community Education, Caregiver Training and Support Groups

**Millennials Care…**
a caregiver support group for those who are balancing education, employment and relationships…all while caring for a loved one with Alzheimer’s disease or another dementia.

Meets on the third Tuesday at 6:30 p.m. at a Long Island hotspot! Call 800.272.3900 for details.

---

**New Caregiver Support Group starting in June…**

Caregivers of individuals living with Alzheimer’s disease or another dementia are welcome to join us for a new support group starting June 25 at 10 a.m. at Saints Peter & Paul R.C. Church in Manorville. Offsite respite care is available through Day Haven Adult Day Services in Riverhead. The group will continue on the fourth Tuesday of each month. Call 800.272.3900 to register or visit alz.org/CRF.

---

**Untreated Hearing Loss and Cognitive Decline…**

Join us on May 16 at 10 a.m. for Untreated Hearing Loss and Cognitive Decline presented by Samantha Harnett, Au.D. from Hearing Help Associates followed by Effective Communication Strategies, presented by the Alzheimer’s Association. Call 800.272.3900 to register or visit alz.org/CRF. Alzheimer’s Association, 534 Broadhollow Road, Melville, NY 11747

---

**GET SUPPORT ON OUR 24/7 HELPLINE**

800.272.3900

The programs are supported in part by a grant from the New York State Department of Health.
HEALTHY LIVING FOR YOUR BRAIN & BODY
At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

July 31, 1:30-2:30 p.m.
Atria Park of Great Neck, 51 Great Neck Road, Great Neck, NY 11021

August 7, 1-2 p.m.
Peninsula Public Library, 280 Central Avenue, Lawrence, NY 11559

10 WARNING SIGNS OF ALZHEIMER’S
Learn the 10 Warning Signs of Alzheimer’s disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

May 2, 6-7:30 p.m.
Janney Montgomery Scott, 1001 Franklin Avenue, Room 202, Garden City, NY 11530

July 17, 11 a.m.-noon
Mineola Library, 195 Marcellus Road, Mineola, NY 11501

July 31, 10-11 a.m.
Smithtown Senior Center, 420 Middle Country Road, Smithtown, NY 11787

July 31, 1-2 p.m.
Elmont Memorial Library, 700 Hempstead Tpke., Elmont, NY 11003

UNDERSTANDING ALZHEIMER’S AND DEMENTIA
Learn about detection, causes, risk factors, stages and treatment of Alzheimer’s disease.

June 6, 6:15-7:15 p.m.
TrueCare, 187 Veterans Blvd., Massapequa, NY 11758

June 8, in Spanish, 10 a.m.-noon
Brentwood Public Library, 34 Second Avenue, Brentwood, NY 11717

July 23, 1-2 p.m.
The Bryant Library, 2 Papermill Road, Roslyn, NY 11576

July 25, 10:30-11:30 a.m.
Longwood Public Library, 800 Middle Country Road, Middle Island, NY 11953

August 5, 10-11 a.m.
Smithtown Senior Center, 420 Middle Country Road, Smithtown, NY 11787

August 28, 1-2 p.m.
Elmont Memorial Library, 700 Hempstead Tpke., Elmont, NY, 11003

DEMENTIA CONVERSATIONS
When someone is showing signs of dementia, it’s time to talk. The Alzheimer’s Association Conversations about Dementia program is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer’s and dementia.

July 13, 3:30-4:30 p.m.
Sunrise of Glen Cove, 39 Forest Avenue, Glen Cove, NY 11542
EFFECTIVE COMMUNICATIONS STRATEGIES
This program provides practical information and resources to help dementia care partners learn to decode verbal and behavioral messages from people living with dementia.

May 16, 1:30–2:30 p.m.
Atria Park of Great Neck, 51 Great Neck Road, Great Neck, NY 11021

July 10, 6–7 p.m.
The Bristal of East Meadow, 40 Merrick Avenue, East Meadow, NY 11554

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
This program provides practical information and resources to help dementia care partners decipher behaviors and learn how to best respond.

May 1, 1–2:30 p.m.
Day Haven Adult Day Services, 400 Sheep Pasture Road, Port Jefferson Station, NY 11777

May 13, 11:30 a.m.–12:30 p.m.
Merrick Library, 2279 Merrick Avenue, Merrick, NY 11566

June 26, 1:30–2:30 p.m.
Atria Park of Great Neck, 51 Great Neck Road, Great Neck, NY 11021

July 9, 10–11 a.m.
Farmingdale United Methodist Church, 407 Main Street, Farmingdale, NY 11735

LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER’S DISEASE
Through this interactive program, you will learn about important legal and financial issues, how to put plans in place, and how to access resources near you.

May 9, 2–4 p.m.
Oceanside Library, 30 Davison Avenue, Oceanside, NY 11572

June 11, 5:30–7:30 p.m.
Day Haven Adult Day Services, 165 Columbus Avenue, Riverhead, NY 11901

June 14, 10:15 a.m.–12:15 p.m.
Syosset Public Library, 225 South Oyster Bay Road, Syosset, NY

TAKE THE CHALLENGE OUT OF FINDING DEMENTIA CARE RESOURCES
Alzheimer’s Association & AARP 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 at alz.org/CRF. Providers are welcome to submit a free profile. Visit alz.org/CRFprovider to create or access your account.
LIVING WITH ALZHEIMER’S SERIES

LIVING WITH ALZHEIMER’S: FOR CAREGIVERS - EARLY STAGE
In the early stage of Alzheimer’s disease, families face new questions as they adjust. This series provides practical answers to the questions that arise in the early stage.

May 14, in Spanish, 6:30-8 p.m.
June 4, in Spanish 6:30-8 p.m.
   Glen Cove Public Library, 4 Glen Cove Avenue, Glen Cove, NY 11542

May 15, 2-3 p.m.
May 22, 2-3 p.m.
May 29, 2-3 p.m.
   Freeport Memorial Library, 144 West Merrick Road, Freeport, NY 11520

LIVING WITH ALZHEIMER’S: FOR CAREGIVERS - MIDDLE STAGE
In the middle stage of Alzheimer’s disease, care partners become hands-on caregivers. During this series, you will hear care partners and professionals discuss helpful strategies to provide safe, effective and comfortable care.

May 8, 5:30-7 p.m.
May 15, 5:30-7 p.m.
May 22, 5:30-7 p.m.
   Village Walk at Patchogue, 131 East Main Street, Patchogue, NY 11772

May 30, 6:30-8 p.m.
June 27, 6:30-8 p.m.
   Arbors Islandia East, 1515 Veterans Memorial Highway, Islandia, NY 11749

LIVING WITH ALZHEIMER’S: FOR CAREGIVERS - LATE STAGE
In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this series, you’ll hear from care partners and professionals about resources, monitoring care and ways to engage in meaningful connections.

July 25, 6:30-8 p.m.
August 29, 6:30-8 p.m.
   Arbors Islandia East, 1515 Veterans Memorial Highway, Islandia, NY 11749

For more information, to register or to schedule a session, please call (800) 272-3900.

GO PURPLE for ALZHEIMER’S & BRAIN AWARENESS MONTH

June is Alzheimer’s & Brain Awareness Month, and you can help raise awareness by going purple and sharing why you support the fight to end Alzheimer’s. Find out more at alz.org/abam.
Join the Fight to End Alzheimer’s

Our volunteers are passionate, inspired, and making a difference in the fight to end Alzheimer’s disease. We are grateful to our volunteers who:

- Assist with special events
- Facilitate caregiver support groups
- Represent the Long Island Chapter at health fairs and community events
- Deliver education programs
- Provide office assistance
- Share their Alzheimer’s journey with media and elected officials to raise awareness

Please consider joining this dedicated group of volunteers in the fight to end Alzheimer’s disease. For more information contact our 24/7 Helpline at 800.272.3900 or email mamadigan@alz.org.
Help advance research by participating in Alzheimer’s Association TrialMatch®, a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer’s disease, caregivers, healthy volunteers and physicians with current studies. Volunteering for clinical trials is one of the most immediate ways you can make a difference. Get started today. Talk to your doctor, call 800.272.3900 or visit alz.org/trialmatch.

Six out of 10 people with Alzheimer’s disease will wander. You can’t know when it will happen, but you’ll know what to do when it does. Sign up today by visiting our online safety center at alz.org/safety. Scholarships are available. Call 800.272.3900.

Learn the FACTS!

• **5.8 million** Americans are living with Alzheimer’s disease.
• **Over 16 million** Americans provide unpaid care for people with Alzheimer’s or other dementias.
• Alzheimer’s disease and other dementias will cost the nation **$290 billion** this year.
• The cost is expected to rise as high as **$1.1 trillion** by 2050.

Visit [alz.org/facts](http://alz.org/facts) for more information.
Specialty Support Groups for Caregivers & Families

Caregiver Support Group for Early to Moderate Stage Caregivers
Meets on the first Thursday of each month from 12-1:30 p.m.
Alzheimer’s Association, 425 Broadhollow Road, Suite 307, Melville, NY 11747

Caregiver Support Group for Late-Stage Caregivers
(focuses on caregivers of loved ones in a care facility)
Meets on the third Thursday of each month from 12-1:30 p.m.
Alzheimer’s Association, 425 Broadhollow Road, Suite 307, Melville, NY 11747

Caregiver Support Group for Younger-Onset Caregivers: Breakfast with Friends
Meets on the third Monday of each month from 10:30 a.m.-noon.
Alzheimer’s Association, 425 Broadhollow Road, Suite 307, Melville, NY 11747

Caregiver Support Group for Adult Children: Caught in the Middle
Meets on the second Thursday of each month from 10-11:30 a.m.
Tully Law, PC, 532 Broadhollow Road, Suite 123, Melville, NY 11747

Caregiver Support Group for the Spouse
The Long Island Chapter is partnering with Gurwin Jewish Nursing and Rehabilitation Center to provide respite care. Meets on the second Friday of the month from 10-11:30 a.m.
Gurwin Jewish Nursing and Rehabilitation Center, 68 Hauppauge Road, Commack, NY 11725

To register for ANY support group, call our 24/7 Helpline at 800.272.3900.

No one should face Alzheimer’s disease alone...

Care Consultations are available in person and by phone

Call 800.272.3900 to schedule an appointment with a dementia specialist.
# Caregiver Support Groups

Support Groups are designed to provide emotional, educational and social support to caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems while encouraging caregivers to maintain their own personal, physical and emotional health. Call 800.272.3900 to confirm date, time and location. Dates may change due to holidays.

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fourth Thursday of the month: 1:30-2:30 p.m.</td>
<td>Shelter Rock Public Library 165 Searingtown Road Albertson, NY 11507</td>
<td>Second Tuesday of each month: 2-3:00 p.m. Peconic Landing 1500 Brecknock Road Greenport, NY 11944</td>
</tr>
<tr>
<td>Second Monday of the month: 1:30-2:30 p.m.</td>
<td>Farmingdale Public Library 116 Merritts Road Farmingdale, NY 11735</td>
<td>First Tuesday of the month: 7:00-8:00 p.m. Holy Cross Lutheran Church 307 Hawkins Avenue Lake Ronkonkoma, NY 11779</td>
</tr>
<tr>
<td>First Tuesday of the month: 6-7 p.m.</td>
<td>Grandell Rehabilitation &amp; Nursing Center 645 West Broadway Long Beach, NY 11561</td>
<td>Fourth Tuesday of the month: 10-11:30 a.m.* Saints Peter &amp; Paul Roman Catholic Church 781 Wading River Road Manorville, NY 11949</td>
</tr>
<tr>
<td>Second Monday of the month: 11 a.m.-12:30 p.m.</td>
<td>The Merrick Library Conference Room 2279 Merrick Avenue Merrick, NY 11566</td>
<td>Second Thursday of the month: 6:30-7:30 p.m.* Patchogue YMCA 255 West Main Street Patchogue, NY 11772</td>
</tr>
</tbody>
</table>
| Second Thursday of the month: 1-2 p.m. | Oceanside Library 30 Davison Avenue Oceanside, NY 11572 | First Wednesday of the month: 1-2 p.m.* Day Haven Adult Day Services 400 Sheep Pasture Road Port Jefferson, NY 11777 *
*Respite care available. Call 631.476.9698. |
| Second Thursday of the month: 10:30 a.m.-noon | Coffee with Friends at Sip This 64 Rockaway Avenue Valley Stream, NY 11580 | Third Wednesday of the month: Noon-1:30 p.m. Peconic Bay Medical Center 1300 Roanoke Avenue Riverhead, NY 11901 |
| Second Saturday of the month: 10:15-11:45 a.m. | Long Island Alzheimer’s Foundation 1025 Old Country Road Westbury, NY 11590 | Second Monday of the month: 6-7:30 p.m.* Day Haven Adult Day Services 22210 Smithtown Avenue Ronkonkoma, NY 11779 *
| First Thursday of the month: 6-7 p.m. | Massapequa Center 101 Louden Avenue Amityville, NY 11701 | First Monday of the month: 11:30 a.m.-1 p.m. Sunrise Senior Living - Smithtown 30 Route 111 Smithtown, NY 11787 |
| Last Friday of the month: 10-11:30 a.m.* | Access Home Care 3100 Veterans Memorial Highway Bohemia, NY 11716 | First Wednesday of the month: 6:30-8 p.m. Our Lady of Consolation 111 Beach Drive West Islip, NY 11795 *
| Second Tuesday of the month: 11 a.m-12:30 p.m. | East Hampton Library 159 Main Street East Hampton, NY 11937 | If you would like to host a support group at your location or become a support group facilitator, please contact Sharon Reichman at 631.315.6495 or sreichman@alz.org. |
Early Stage Programs

Memory Cafe

The Memory Cafe is a free program for people in the early stage of Alzheimer’s disease and their care partner to socialize and enjoy music, food and fun in a safe, relaxing atmosphere. Registration is required and space is limited.

Call 800.272.3900 to reserve your spot today.

Thursday, May 30, 2019
1 p.m.
Woodbury, NY
in partnership with
Cold Spring Hills Center for Nursing and Rehabilitation

Thursday, June 13, 2019
1 p.m.
Yaphank, NY

Call to register - 800.272.3900

Early Stage Meetup: 8-week session

A support group for people in the early stage of Alzheimer’s or another dementia which offers creative activities and discussions that encourage:

- social engagement
- disease education
- cognitive stimulation
- a supportive environment.

- Meets weekly, every Thursday from 10-11 a.m., April 4 through May 23.
  In partnership with EAC Network
  Oceanside Library, 30 Davison Avenue, Oceanside, NY 11572

- Meets weekly, every Wednesday from 11 a.m.-noon from May 1 through June 26.
  In partnership with Long Island Alzheimer’s Foundation
  Long Island Alzheimer’s Foundation, 1025 Old Country Road, Suite 115, Westbury, NY 11590

- Meets weekly, every Monday from 11 a.m.-noon, May 6 through July 1.
  In partnership with Day Haven Adult Day Services
  Day Haven Adult Day Services, 165 Columbus Avenue, Riverhead, NY 11901

- Meets weekly, every Tuesday from 11 a.m.-noon, June 4 through July 23.
  In partnership with Day Haven Adult Day Services
  Day Haven Adult Day Services, 2210 Smithtown Avenue, Ronkonkoma, NY 11779

Registration is required by calling our 24/7 Helpline at 800.272.3900.
Visit alz.org/longisland for more information on early stage programs and services.

Early Stage programs are supported in part by a grant from the New York State Department of Health.
ON JUNE 21, STAND UP TO THE DARKNESS OF ALZHEIMER’S DISEASE. SELECT YOUR ACTIVITY AT ALZ.ORG/THELONGESTDAY

JOIN THE FIGHT FOR ALZHEIMER’S FIRST SURVIVOR.

REGISTER NOW.
800.272.3900  alz.org/walk

● Sept. 8, 2019
Belmont Lake State Park, North Babylon, NY

● Sept. 15, 2019
Eisenhower Park, East Meadow, NY

● Sept. 28, 2019
Suffolk County Farm, Yaphank, NY