

## CALENDAR OF EVENTS

Including Community Education, Caregiver Training and Support Groups

**COMING  
UP**

### 2020 Legal & Financial Planning Conference

Sunday, April 26, 8:30-1:30pm

Plainview Holiday Inn, 215 Sunnyside Blvd., Plainview, NY 11803

### Alzheimer's Community Forums

Wednesday, April 22, 6:30-8pm

Riverhead Free Library, 330 Court St., Riverhead, NY 11901

Tuesday, May 5, 6:30-8pm

Wyandanch Senior Nutrition Center, 28 Wyandanch Avenue, Wyandanch, NY 11798

**Registration required, please call 800.272.3900**

### Early Stage Meetup-Hempstead, Thursdays, March 12th - April 30, 2020 from 11-12pm

This support group is for people in the early stage of Alzheimer's disease/dementia and offers activities and discussions that will encourage: social engagement, disease education and a supportive environment. A group for caregivers runs concurrently. Pre-registration is required. Please call 24/7 Helpline at 800.272.3900

Salvation Army Community Center: 65 Atlantic Avenue, Hempstead, NY 11550

## TRAINING FOR PROFESSIONAL CAREGIVERS

Alzheimer's Association professional training programs employ a multidisciplinary approach crucial to quality care in any setting.

### Benefits of Alzheimer's Association Professional Training

- On-site, in-person training led by Alzheimer's Association professionals.
- Establishes a common knowledge base among staff across disciplines and departments to prioritize quality care in a person-centered environment.
- Workbooks provided to attendees can serve as a reference guide for use after training.

**Walk-in Care Consultations take place at locations throughout Long Island. Our dementia specialists provide personalized care planning, emotional support, disease education, and more. You can also call: 800.272.3900 to schedule an appointment with a dementia specialist.**

#### MELVILLE

Alzheimer's Association,  
300 Broadhollow Rd., Suite LL100,  
Melville, NY 11747

Wednesday, March 11, 11-1pm

Monday, April 27, 9:30-11:30am

#### RIVERHEAD

Alzheimer's Association,  
30 West Main Street, Suite 212,  
Riverhead, NY 11901

Wednesday, March 11, 11-1pm

Monday, April 27, 9:30-11:30am

#### WYANDANCH

Wyandanch Senior Nutrition Center  
28 Wyandanch Ave.,  
Wyandanch, NY 11798

Tuesday, March 10, 5-7pm

Tuesday, April 21, 1-3pm

**GET INFORMATION & SUPPORT FROM OUR 24/7 HELPLINE**

**800.272.3900**

# EDUCATION PROGRAM CALENDAR

To register for any education program, call 800.272.3900 or visit [alz.org/CRF](http://alz.org/CRF)

## EFFECTIVE COMMUNICATION 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.

**March 5, 2-3pm**

Siena Village Apartments, 2000 Bishops Rd., Smithtown, NY 11787

**March 10, 12-1pm**

Alzheimer's Association, 300 Broadhollow Rd., Melville, NY 11747

**March 25, 7-8pm**

Sunrise of East Setauket, 1 Sunrise Drive, Setauket-East Setauket, NY 11733

**April 1, 1-2pm**

Long Island Jewish Valley Stream Northwell Health, 900 Franklin Ave., Valley Stream, NY 11580

**April 2, 2:30-3:30pm**

Long Island Alzheimer's and Dementia Center, 1025 Old Country Rd., Suite 115, Westbury, NY 11590

**April 14, 5:30-6:30pm (Light refreshments to be served)**

Atria Park of Great Neck, 51 Great Neck Rd, Great Neck, NY 11021

**April 16, 2-3pm**

Gold Coast Public Library, 50 Railroad Ave., Glen Head, NY 11545

## LEGAL AND FINANCIAL PLANNING

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.

**March 10, 5:30-8pm (Light refreshments to be served)**

The Bristol Assisted Living at East Northport, 760 Larkfield Rd., East Northport NY 11731

**March 10, 5:30-7:30pm (Light refreshments to be served)**

Atria Park of Great Neck, 51 Great Neck Rd, Great Neck, NY 11021

**March 16, 6-8pm**

Mattituck Laurel Library, 13900 Main Rd., Mattituck, NY 11952

**April 6, 2-4pm**

Cutchogue New Suffolk Library, 27550 Main Rd., Cutchogue, NY 11935

**April 14, 5-7pm**

East Hampton Library, 159 Main Street, East Hampton, NY 11937

**April 29, 10-12pm**

Sunrise of East Setauket, 1 Sunrise Drive, Setauket-East Setauket, NY 11733

## DEMENTIA CONVERSATIONS

This program is designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer's and Dementia.

**March 25, 1:30-2:30pm**

Day Haven Adult Day Services, 400 Sheep Pasture Rd., Port Jefferson, NY 11777

**April 20, 6-7pm**

Equinox Financial, 1000 Woodbury Rd., Woodbury, NY, 11797

# EDUCATION PROGRAM CALENDAR

To register for any education program, call 800.272.3900 or visit [alz.org/CRF](http://alz.org/CRF)

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.

March 11, 10-11am

Sunrise of East Setauket, 1 Sunrise Drive, Setauket-East Setauket, NY 11733

March 16, 6-7pm

Equinox Financial, 1000 Woodbury Rd., Woodbury, NY, 11797

April 23, 10:30-11:30am (Spanish Program)

Hispanic Brotherhood of Rockville Centre, 59 Clinton Ave., Rockville Centre, NY 11570

## 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.

March 12, 5:30-7pm (Light refreshments to be served)

Village Walk at Patchogue, 131 E. Main Street, Patchogue, NY 11772

April 22, 7-8pm (Light refreshments to be served)

Brightview Senior Living, 445 Broadway Ave., Sayville, NY 11782

## UNDERSTANDING & 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.

April 8, 10-11:30am

Sunrise of East Setauket, 1 Sunrise Drive, Setauket-East Setauket, NY 11733

April 13, 1:30-2:30pm

The Villa at WestHampton, 68 Old Country Rd., Westhampton, NY 11977

## LIVING WITH ALZHEIMER'S: FOR CAREGIVERS (EARLY STAGE)

In the early stages of Alzheimer's disease, families face new questions as they adjust. This program provides practical answers to the questions that arise in the early stage.

April 7th - Part 1, April 21, Part 2, April 28, Part 3, 2-3:30pm

The Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790

## LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. This 3-part program provides information for you to plan and strategies for coping with day-to-day challenges.

April 7th - Part 1, April 21, Part 2, April 28, Part 3, 2-3:30pm

The Long Island Museum, 1200 Route 25A, Stony Brook, NY 11790



# EARLY STAGE PROGRAMS

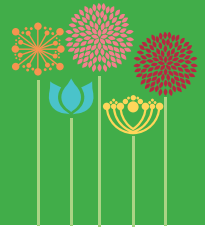
Registration is required by calling our 24/7 helpline at 800.272.3900

## MEMORY CAFE

### JOIN US FOR A MEMORY CAFE

Thursday, April 30, 1:30-3:30pm, Patchogue, NY

\*\*In partnership with Parker Jewish Institute and Aetna  
Better Health of NY



## Early Stage Meetup: 8 week session

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

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

A caregiver support group runs concurrently with Early Stage Meetup

Meets weekly, every Thursday from 11-12pm, from March 12-April 30

(In partnership with the Salvation Army and FCA)

Salvation Army Community Center, 65 Atlantic Avenue, Hempstead, NY 11550

Meets weekly, every Wednesday from 11-12pm, from April 22-June 10

Long Island Alzheimer's & Dementia Center, 1025 Old Country Road #115, Westbury, NY 11590

(In partnership with the Long Island Alzheimer's & Dementia Center)

Meets weekly, every Tuesday from 11-12pm, from May 5-June 23

Longwood Public Library, 800 Middle Country Road, Middle Island, NY 11953



Registration is required by calling our 24/7 Helpline 800.272.3900



# 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 Long Island Chapter at health fairs & community events

Deliver education programs

Provide office assistance

Share the Alzheimer's journey with media & 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](mailto:mamadigan@alz.org)

VOLUNTEER



## FOLLOW US ON SOCIAL MEDIA

Hear from celebrity champions, get local and national breaking news on research, find out what programs are happening in your neighborhood and share with your friends and family!



@alzlongisland

# A Cure is the Goal **YOU ARE THE HOPE**



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.

alzheimer's  association®

trialmatch®

POWERED BY  EmergingMed

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](http://alz.org/trialmatch).

**Caring for  
someone  
with Alzheimer's  
isn't easy.**

**Reaching us is.**

If you care for someone with Alzheimer's disease, memory loss or dementia, you are not alone. We're here day or night — whenever you need us — offering reliable information and support.

**Free 24/7 Helpline: 800.272.3900**

alzheimer's   
association®

**SIGN UP FOR OUR  
FREE E-NEWSLETTER**

Stay up-to-date on the latest news and advances in Alzheimer's care, support and research. Get tips for living with Alzheimer's and learn how you can support the fight to end the disease.

Visit our website at [alz.org](http://alz.org) and click on the link for e-news.

# SPECIALTY SUPPORT GROUPS FOR CAREGIVERS & FAMILIES

## CAREGIVER TIP

It can be overwhelming and stressful to care for a loved one with Alzheimer's or another dementia. As a caregiver, you may find that your various responsibilities sometimes get in the way of properly taking care of yourself. However, in order to best support your loved one, you must take the time to acknowledge your own needs. Journaling, yoga, and meditation are techniques that can help reduce stress. Even just five minutes of "self-care" can make a difference. Take a break and ask for help when needed. Be sure to also care for your physical health by going for walks, getting adequate sleep, and keeping up with your doctor appointments. Share the techniques that work for you and get new ideas from your peers at our caregiver support groups.

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### ***Caregiver Support Group for Early Stage Caregivers***

Meets the 2nd Thursday of the month: 1:30-3pm

Alzheimer's Association, 300 Broadhollow Rd., Suite LL 100, Melville, NY 11747

### ***Caregiver Support Group for Early to Middle Stage Caregivers***

Meets the 1st Thursday of the month: 12-1:30pm

Alzheimer's Association, 300 Broadhollow Rd., Suite LL 100, Melville, NY 11747

### ***Caregiver Support Group for Late-Stage Caregivers***

*(focuses on caregivers of loved ones in a care facility)*

Meets the 1st Tuesday of the month: 1:30-3pm **AND/OR**

Meets the 3rd Thursday of the month: 12-1:30pm

Alzheimer's Association, 300 Broadhollow Rd., Suite LL 100, Melville, NY 11747

### ***Caregiver Support Group for Adult Children***

Meets the 2nd Thursday of the month: 10-11:30am

Tully Law, PC, 532 Broadhollow Road, Suite 123, Melville, NY 11747

### ***Caregiver Support Group for Younger-Onset Caregivers: Breakfast with Friends***

Meets the 3rd Friday of the month: 10:30-12pm

Suffolk Y JCC, 74 Hauppauge Rd., Commack, NY 11725

### ***Caregiver Support Group for the Spouse\****

*(Gurwin Jewish Nursing & Rehabilitation can provide respite care)*

Meets the 2nd Friday of the month: 10-11:30am

Gurwin Jewish Nursing & Rehabilitation Center, 68 Hauppauge Rd., Commack, NY 11725

### ***Caregiver Support Group - Millennials Care***

*(for those in their 20s and 30s involved in the care of a relative)*

Meets the 3rd Wednesday of the month: 6:30-8pm

Location varies: Call 800.272.3900 for details



# 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.

*\*Free respite is available. Please call in advance for information.*

## NASSAU

- ALBERTSON:** Meets 4th Thursday of the month: 1:30-3pm  
Shelter Rock Library, 165 Searington Rd., Albertson, NY 11507
- FARMINGDALE:** Meets 2nd Monday of the month: 1:30-3pm  
Farmingdale Library, 116 Merritts Rd., Farmingdale, NY 11735
- GREAT NECK:** Meets 1st Tuesday of the month: 5:30-7pm  
Atria Park of Great Neck, 51 Great Neck Rd., Great Neck, NY 11021
- LONG BEACH:** Meets 1st Tuesday of the month: 6-7pm  
Grandell SNF, 645 West Broadway, Long Beach, NY 11561
- MERRICK:** Meets 2nd Monday of the month: 11:15-12:45pm  
Merrick Library, 2279 S Merrick Ave., Merrick, NY 11566
- OCEANSIDE:** Meets 4th Tuesday of the month: 11-12:30pm  
Oceanside Library, 30 Davison Ave., Oceanside NY 11572
- PLAINVIEW:** Meets 3rd Thursday of the month: 7-8:30pm  
Mid-Island Y, 45 Manetto Hill Rd., Plainview, NY 11803
- VALLEY STREAM:** Meets 2nd Thursday of the month: 10:30-12pm  
Sip This, 64 Rockaway Ave., Valley Stream, NY 11580
- WESTBURY:** Meets 2nd Saturday of the month: 10:15-11:45pm\*  
LIADC, 1025 Old Country Rd., Westbury, NY 11590

## SUFFOLK

- AMITYVILLE:** Meets 1st Thursday of the month: 6-7:30pm  
Massapequa Center, 101 Loudon Ave., Amityville, NY 11701
- BOHEMIA:** Meets last Friday of the month: 10-11:30am\*  
Allegiant Home Care, 3100 Vets Memorial Hwy., Bohemia, NY 11716
- EAST HAMPTON:** Meets 2nd Tuesday of the month: 11-12:30pm  
East Hampton Library, 159 Main St., East Hampton, NY 11937
- GREENPORT:** Meets 2nd AND/OR 4th Tuesday of the month: 2-3pm  
Peconic Landing, 1500 Brecknock Rd., Greenport, NY 11944
- LAKE RONKONKOMA:** Meets 1st Tuesday of the month: 7-8:30pm  
Holy Cross Lutheran Church, 307 Hawkins Ave., Ronkonkoma, NY 11779
- MANORVILLE:** Meets 4th Tuesday of the month: 10-11:30am  
St., Peter & Paul RCC Catholic Church, 781 Wading River Rd., Manorville, NY 11949
- PATCHOGUE:** Meets 2nd Thursday of the month: 6:30-7:30pm  
YMCA of Patchogue, 255 W Main St., Patchogue, NY 11772
- PORT JEFFERSON:** Meets 1st Wednesday of the month: 1-2:30pm\*  
Day Haven of Port Jefferson, 400 Sheep Pasture Rd., Port Jefferson, NY 11777
- RIVERHEAD:** Meets 3rd Wednesday of the month: 12-1:30pm  
Peconic Bay Medical Center, 1300 Roanoke Ave., Riverhead, NY 11901
- RONKONKOMA:** Meets 2nd Monday of the month: 6-7:30pm\*  
Day Haven of Ronkonkoma, 2210 Smithtown Ave., Ronkonkoma, NY 11779
- SMITHTOWN:** Meets 1st Monday of the month: 11:30-1pm  
Sunrise of Smithtown, 30 Rte. 111, Smithtown, NY 11787
- WEST ISLIP:** Meets 1st Wednesday of the month: 6:30-8pm  
Our Lady of Consolation, 111 Beach Dr., West Islip, NY 11795