During the current crisis, the Alzheimer’s Association, New York City Chapter continues to be committed to serving families affected by Alzheimer’s and other dementias. That’s why we are making our programs and services available virtually through webinars and phone meetings. We offer a variety of education programs to increase knowledge and support those facing Alzheimer’s disease. We also offer support groups to give caregivers an opportunity to develop a support system, exchange practical information on caregiving, learn about resources and talk through issues and ways of coping. Our early stage social engagement programs allow persons with dementia to socialize with their peers. Care consultations offer the chance to meet with one of our social workers and counselors to address any service or support need. Please know that the Alzheimer’s Association is available 24/7 for around-the-clock care and support at 800.272.3900.

All programs are FREE of charge.
Register today by calling 800.272.3900 or clicking on the links below.

<table>
<thead>
<tr>
<th><strong>VIRTUAL EDUCATION PROGRAMS - TEMPORARILY OFFERED BY PHONE OR WEBINAR</strong></th>
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<tbody>
<tr>
<td><strong>Martes, 5 de octubre de 2021</strong></td>
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<tr>
<td><strong>10 a.m. - 1 p.m.</strong></td>
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<td><strong>Viviendo con Alzheimer- Etapa Temprana</strong></td>
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<td><strong>Regístrese</strong></td>
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<td><strong>Wednesday, October 13, 2021</strong></td>
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<td><strong>6 - 7 p.m.</strong></td>
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<td><strong>Advancing the Science: The Latest on Alzheimer’s and Dementia Research</strong></td>
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<td><strong>Register</strong></td>
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<tr>
<td><strong>Tuesday, October 26, 2021</strong></td>
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<td><strong>2 - 3 p.m.</strong></td>
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<tr>
<td><strong>Effective Communication Strategies</strong></td>
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<tr>
<td><strong>Register</strong></td>
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*While we make every attempt to adhere to the schedule, occasional changes may occur.
To confirm events, please call 800.272.3900.

Please note that by registering for programs and services, you are also agreeing to receive phone calls, emails or text messages with more information.

REGISTER TODAY ON OUR 24/7 HELPLINE: 800.272.3900
VIRTUAL EARLY STAGE SOCIAL ENGAGEMENT PROGRAMS: PATHWAYS

Pathways: World Tour Series
Join us in worldwide travels from the comfort of your favorite seat in the house! With a new continent to visit each month, we will be touring different locations on the globe to learn about their unique wonders. No packing of equipment needed, just a sense of adventure and a readiness to bring joy to the virtual journey.

AFRICA - Saturday, October 9th, 2021  12 - 1 p.m.  Register

UPCOMING DESTINATIONS
November 13th - Australia

Pathways: Reading and Reminiscing
Join renowned poet Eugenia Zukerman as she reads excerpts from her book *Like Falling Through a Cloud*, discussing some common emotions and experiences that accompany a diagnosis of Alzheimer’s disease or other dementia. Explore themes such as Living Every Day with Hope, and gain new coping skills through insightful conversations. All participants of this program will receive a copy of Eugenia Zukerman’s book.

Wednesdays from 10 - 11 a.m.
October 6th
October 13th
October 20th
October 27th
November 3rd
November 10th
Register for the Series

Pathways: NY Therapy Animals
CALLING ALL DOG LOVERS! Interacting with animals has shown to be helpful in reducing stress and anxiety, as well as being a fun way to meet fellow animal enthusiasts.

Please join New York Therapy Animals for a virtual visit when you and your family/friends will be able to see and interact with our therapy dog teams, learn some animal facts, as well as share and reminisce about favorite pets. Your family pets are welcome to attend virtually, too!

Wednesday, October 6th, 2021  11 - 11:30 a.m.  Register

Pathways: Origami Fold Fest!
Learn how to take a simple piece of paper and make it into something beautiful: origami!

Let’s get together and create lovely sculptures while learning about the origins of the Japanese art. Participants will be provided with the necessary materials to take part in this program.
*Register by October 6th

Saturday, October 16th, 2021  9 - 10 a.m.  Register
JOIN THE FIGHT TO END ALZHEIMER’S

The Alzheimer’s Association Walk to End Alzheimer’s® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don’t stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer’s and all other dementia.

Walk to End Alzheimer’s is happening — and you can join us at your local event or Walk From Home in your neighborhood. No matter where you participate, know that your health and safety are our top priorities. All local events will implement safety protocols including physical distancing, contactless registration, hand sanitizing stations and more. Per CDC guidelines around crowded outdoor settings, we ask that all Walk attendees be vaccinated against COVID-19 or wear a mask when in an overcrowded area. Masks will be available on-site.

Queens Walk to End Alzheimer’s  Saturday, October 2nd, 2021  Register
Staten Island Walk to End Alzheimer’s  Saturday, October 9th, 2021  Register
Manhattan Walk to End Alzheimer’s  Saturday, October 23rd, 2021  Register

ALZHEIMER’S DISEASE - PRACTICAL TIPS FOR ALL AGES (SPONSORED BY AARP NY)

Alzheimer’s disease is not a normal part of aging. This fall, AARP New York in collaboration with the Alzheimer’s Association is launching Alzheimer’s Disease: Practical Information for All Ages, a FREE series of statewide Alzheimer’s education programs. Each program is 60 minutes long, plus a Q&A session that can address concerns about diagnosis, research, treatment and support. Alzheimer’s disease, the most common form of dementia, is a progressive, fatal brain disease.

An estimated 6.2 million Americans are living with Alzheimer’s disease, including 410,000 people in New York. Additionally, there are more than 11 million caregivers of people with Alzheimer’s or other dementias. Nearly one-fourth of them are “sandwich generation” caregivers — caring for both someone with the disease and a child or grandchild.

Participants will have the option of joining virtually via Zoom or through a toll-free number. You do not need to participate in each program. Programs are intended for those living with Alzheimer’s, families including caregivers of all ages, community members and professionals. It’s never too late or too early to start thinking about your brain’s health.

Learn More

SUPPORT GROUPS, SOCIAL ENGAGEMENT PROGRAMS, AND CARE CONSULTATIONS

SUPPORT GROUPS — The challenges and emotions that come from coping with a diagnosis of Alzheimer’s or another dementia can be overwhelming. Figuring out what to do next can bring anxiety, worry and guilt, and many people feel alone on the journey. Support groups offer a community of peers who can encourage each other.

SOCIAL ENGAGEMENT PROGRAMS: PATHWAYS — Charting a new path and a new way to live with Alzheimer’s disease. It can be difficult to chart a course for the future when the diagnosis is Alzheimer’s disease. Our early stage social engagement programs offer a comfortable way to get out, get active and get connected to others who are living in the early stages of Alzheimer’s or other dementia. Connecting with people who understand what you are going through may provide you with the support, encouragement and inspiration to move beyond your diagnosis.

CARE CONSULTATION SCHEDULE — Having a road map to navigate through the decisions, challenges, and questions you may have at every stage of Alzheimer’s or another dementia is important. Meet with one of our social workers or counselors to get help creating an action plan for caring for your friend or family member with the disease. Consultations are available Monday to Friday from 9:00 AM to 5:00 PM, and during extended hours, by appointment only.

Pre-registration is required for Support Groups and Social Engagement Programs. Care Consultations are by appointment only. All are FREE of charge. For more information and to register, please call our 24/7 Helpline at 800.272.3900.