

The Alzheimer's Association. Rochester and Finger Lakes Region Chapter offers a variety of care and support programs to those impacted by Alzheimer's or another dementia.

All programs listed below are free of charge. Register today by calling our 24/7 Helpline at 800.272.3900 or by visiting our Community Resource Finder at alz.org/CRF.

This publication is supported, in part by grants from the New York State Department of Health, New York State Office for the Aging, Monroe County Office for the Aging, and the Health Resources and Services Administration & University of Rochester. All programs and services offered by the Alzheimer's Association are free to the public.



IN-PERSON FREE EDUCATION PROGRAMS

Understanding Alzheimer's and Dementia Dansville YMCA Tuesday, August 1 11:00 - 12:00 PM	10 Warning Signs Chili Community Center Wednesday, August 2 1:00 - 2:00 PM	Effective Communication Strategies Penn Yan Public Library Tuesday, August 8 4:30 - 5:30 PM	Effective Communication Strategies Steele Memorial Library Wednesday, August 9 10:30 - 11:30 AM
Healthy Living for Your Brain and Body Victor Farmington Library Wednesday, August 9 12:30 - 1:30 PM	Understanding Alzheimer's and Dementia Macedon Public Library Wednesday, August 16 10:00 - 11:00 AM	10 Warning Signs Livonia Public Library Wednesday, August 16 1:00 - 2:00 PM	Understanding and Responding to Dementia-Related Behaviors Wildbriar Estates (Livonia) Thursday, August 17 11:00 - 12:00 PM
Effective Communication Strategies Williamson Public Library Thursday, August 17 6:30 - 7:30 PM	Understanding Alzheimer's and Dementia Dansville Public Library Monday, August 21 6:00 - 7:00 PM	Effective Communication Strategies Seneca Falls Library Tuesday, August 22 6:30 - 7:30 PM	Understanding Alzheimer's and Dementia Wood Library Wednesday, August 23 11:00 - 12:00 PM

Understanding and Responding to Dementia-Related Behaviors Heathwood Assisted Living and Memory Care Wednesday, August 23 7:00 - 8:00 PM	Dementia Conversations Veterans of Foreign Wars (Mt. Morris) Tuesday, August 29 11:00 - 12:00 PM	10 Warning Signs Red Jacket Community Library Wednesday, August 30 11:30 - 12:30 PM	

Virtual Caregiver Education

Understanding Alzheimer's and Dementia

Thursday, August 3 at 2:00 PM

10 Warning Signs

Thursday, August 10 at 2:00 PM

Dementia Conversations

Tuesday, August 15 at 2:00 PM

Please call our 24/7 helpline at 1-800-272-3900 to register.

Family & Friends Private Education Session:



If you, and your family and friends, would like to discuss one of our education topics during a private session in-person or by phone/webinar, please call 800.272.3900 and request to schedule a Family & Friends Education Session.

PROGRAMAS EDUCATIVOS en ESPANOL (Por ZOOM o por TELEFONO)



Todos Programas Educativos son Gratis
Para Registrarse: Llame a nuestra Linea de Ayuda:
1.800.272.3900, visite [ALZ.ORG/CRF](https://www.alz.org/crf)



EARLY STAGE SOCIAL ENGAGEMENT ACTIVITIES

The Rochester and Finger Lakes Chapter offers **FREE** activities for individuals with early-stage Alzheimer's disease or another form of dementia and their care partners.

Art with Heart

Pieters Family Life Center

Monroe County

Friday, August 4

2:00 - 3:00 PM

Meet Me at the MAG

Memorial Art Gallery

Monroe County

Tuesday, August 8

2:00 - 4:00 PM

SUPPORT GROUP DESCRIPTION

Caregiver Support Groups create a safe, confidential, supportive environment or community, and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

CAREGIVER SUPPORT GROUPS

*date changed

Perinton, Monroe

Perinton Community
Center
Tuesday, August 1
10:00 – 11:30 AM

Victor, Ontario

Victor Farmington
Library
Tuesday, August 1
11:00am – 12:00 PM

Fairport, Monroe

Fairport Public Library
Tuesday, August 1
12:30 – 2:00 PM

Canandaigua, Ontario

Wood Library
Tuesday, August 1
2:00 – 3:00 PM

Virtual Lewy Body Dementia

Wednesday, August 2
2:00 – 3:00 PM

Dansville, Livingston

Dansville Public Library
Monday, August 7
6:00 – 7:30 PM

Watkins Glen, Schuyler

St. James'
Episcopal Church
Monday, August 7
6:00 – 7:00 PM

Virtual Frontotemporal Dementia

Tuesday, August 8
1:00 – 2:00 PM

Geneva, Ontario

Geneva Presbyterian
Church
Tuesday, August 8
1:00 – 2:00 PM

Virtual Session

Tuesday, August 8
4:00 – 5:00 PM

Men's Evening Virtual

Tuesday, August 8
5:30 – 6:30 PM

Macedon, Wayne

Macedon Public Library
Tuesday, August 8
6:30 – 7:30 PM

Hornell, Steuben

Hornell Public Library
Thursday, August 10
1:30 – 2:30 PM

Waterloo, Seneca

Seneca County Office
for the Aging
Friday, August 11
2:00 – 3:00 PM

Newark, Wayne

Newark Public Library
Tuesday, August 15
5:45 – 6:45 PM

Horseheads, Chemung

First Presbyterian Church
Wednesday, August 16
11:00 – 12:00 PM

SUPPORT GROUPS CONTINUED

*date changed

Pittsford, Monroe

Brookdale Pittsford
Wednesday, August 16
12:00 – 1:00 PM

Southern Tier Virtual

Wednesday, August 16
2:00 – 3:00 PM

Webster, Monroe

Webster Senior Center
Wednesday, August 16
3:30 – 4:30 PM

Corning, Steuben

Southeast Steuben
County Library
Thursday, August 17
2:00 – 3:00 PM

Virtual Hispanic/Latino

Thursday, August 17
4:00 – 5:00 PM

Virtual Black/ African American

Thursday, August 17
5:30 – 7:00 PM

Brockport, Monroe

Seymour Library
Tuesday, August 22
6:30 – 8:00 PM

Dundee, Yates

Dundee Library
Wednesday, August 23
10:00 – 11:00 AM

Geneseo, Livingston

Interfaith Center
Thursday, August 24
1:00 – 2:00 PM

Brighton, Monroe

Alzheimer's Association
Office
Thursday, August 24
1:00 – 2:00 PM

Virtual Loved Ones in ALF/LTC

Thursday, August 24
4:00 – 5:30 PM

Penn Yan, Yates

Penn Yan Public Library
Monday, August 28
4:00 – 5:00 PM

Men's Morning Virtual

Tuesday, August 29
10:00 – 11:00 AM

Women: Wives and Partners Virtual

Tuesday, August 29
4:00 – 5:30 PM

Ovid, Seneca*

Edith B. Ford
Memorial Library
Wednesday, August 30
5:45 – 6:45 PM



Call 800.272.3900 to register, or for more
information regarding a support group
being held in-person or by Zoom.

Las Consultas de Cuidado de la Alzheimer's Association son conversaciones personales y privadas para usted y su familia con nuestros profesionales capacitados en el conocimiento del Alzheimer u otras demencias. Estamos aquí para ayudarle a usted y a su ser querido a navegar las decisiones difíciles y las incertidumbres que rodean el vivir con el Alzheimer u otra demencia. Podemos proporcionar consejos sobre cómo involucrarse en actividades significativas y ofrecer dirección sobre estrategias de comunicación y cambios de comportamiento. Nuestro personal ayudará a evaluar sus necesidades y proporcionar asistencia y planificación personalizada. Usted no está solo en este camino. Por favor, llámenos en cualquier momento para programar una cita. Estamos disponibles 24/7 en nuestra Línea de Ayuda: 800.272.3900.

ONE-ON-ONE SUPPORT

Care Consultations from the Association are personal and private conversations for you and your family with our trained professionals in Alzheimer's or another dementia. We are here to help you and your loved one navigate difficult decisions and uncertainties around living with Alzheimer's or another dementia. We can provide tips on how to engage in meaningful activities and offer guidance with communication techniques and behavior changes. Our staff will help to assess your needs and provide personalized assistance and planning. You are not alone in this journey. Please call us anytime to schedule a meeting. We are here 24/7 at 800.272.3900



ALZHEIMER'S  ASSOCIATION®

800.272.3900 | alz.org®