

SPECIAL EVENT

Southern Tier Caregiver Conference & Retreat

Thursday, Nov. 2nd • 9am-4pm

6 Prospect Hill Road - Horseheads, NY

The Caregiver Conference is an opportunity to take a few hours for yourself. The day will feature how to stay healthy, physically and emotionally, while caring for your loved one. Community professionals will share information on healthy living, finances, engaging families, how to protect ourselves from scams and much more. Free and open to all caregivers.

Continental Breakfast and Lunch provided. **Call to register 1.800.272.3900.**

CARE CONSULTATIONS

Both in person and phone consultations available. Speak confidentially with a care consultant for decision-making support, crisis assistance and education on issues families face every day.

Learn about the signs of Alzheimer's and other dementias.

Find out about local programs and services.

Call **1.800.272.3900** and request to schedule an in person visit.

24/7 HELPLINE: 800.272.3900

Our Helpline provides 24/7 support and information.

Call us with any questions!

MAKE A DIFFERENCE

Volunteer with the Alzheimer's Association

ALZ.ORG/VOLUNTEER



ALZHEIMER'S ASSOCIATION®
200 Meridian Centre Blvd., Suite 110
Rochester, NY 14618

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VIRTUAL EDUCATION SESSIONS

Pre-registration is required. Zoom link will be provided upon registration.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Wed, Oct 11th • 2-3pm
Thurs, Nov 30th • 2-3pm

10 WARNING SIGNS OF ALZHEIMER'S

Mon, Nov 6th • 1-2pm
Mon, Dec 18th • 3-4pm

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Mon, Nov 13th • 1-2pm
Thurs, Dec 14th • 11-12pm

EFFECTIVE COMMUNICATION STRATEGIES

Tues, Oct 17th • 10-11am
Thurs, Dec 7th • 6-7pm

DEMENTIA CONVERSATIONS

Thurs, Nov 2nd • 6-7pm
Thurs, Dec 28th • 6-7pm

UNDERSTANDING DEMENTIA RELATED BEHAVIORS

Tues, Oct 26th • 6-7pm
Thurs, Dec 14th • 6-7pm

This publication is supported, in part, by a grant from the New York State Department of Health. All programs and services offered by the Alzheimer's Association are free to the public.

COMMUNITY EDUCATION

Pre-registration is required. Sessions may be cancelled 48 hours prior if pre-registrations are not received.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Fri, Oct 27th • 11am-12pm
Watkins Glen Public Library
610 S Decatur St, Watkins Glen

All Are Welcome!

Call To Register - 1.800.272.3900

**Hearing Loop Available*



CAREGIVER SUPPORT GROUPS

Come to connect with caregivers, family, and friends of persons living with Alzheimer's or another dementia.

WATKINS GLEN

1st Monday of the Month • 6-7pm

Nov 6th • Dec 4th • Jan 8th • Feb 5th

St. James Episcopal Church

112 6th St., Watkins Glen

VIRTUAL CAREGIVER SUPPORT GROUP: SOUTHERN TIER

3rd Wednesday of the Month • 2-3pm

Nov 15th • Dec 10th • Jan 17th • Feb 21st

Call for Zoom Link - **1.800.272.3900**

We offer support groups for caregivers and individuals living with Alzheimer's or other dementia.

All support groups are facilitated by trained individuals. Both in-person and virtual.

ALZHEIMER'S ASSOCIATION®

For more information and to pre-register, call



1.800.272.3900 or visit [alz.org/CRF](https://www.alz.org/CRF)

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