

## EARLY STAGE ENGAGEMENT

**Pre-registration is required.** Sessions may be cancelled 48 hours prior if pre-registrations are not received. Programs are intended for caregivers and loved ones in early stage dementia.

### COFFEE AND CONVERSATION

Oak Leaf Cafe and Bakery

3173 NY-14A, Penn Yan

Wed, Nov 15<sup>th</sup> • Fri, Dec 15<sup>th</sup> • Fri, Jan 26<sup>th</sup> • Tue, Feb 20<sup>th</sup>

10-11:30 AM

### JOIN US FOR BOOK CLUB

Dundee Library Book Club

Dundee Library - 32 Water St, Dundee

Tues, Dec 15<sup>th</sup> • 1-2PM

Call and ask for your free copy of "The Inheritance" by Niki Kapsambelis.

## SPECIAL EVENTS

### YATES COUNTY CAREGIVER CONFERENCE 2024

Thursday, May 2<sup>nd</sup> • 10-12:30pm

Yates County Office Building Auditorium

417 Liberty St - Penn Yan

### YATES COMMUNITY FORUM 2024

Thursday, June 6<sup>th</sup> • 11-12:30pm

Yates County Office Building Auditorium

417 Liberty St - Penn Yan

MAKE A  
DIFFERENCE

Volunteer with  
the Alzheimer's  
Association

[ALZ.ORG/VOLUNTEER](https://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 11<sup>th</sup> • 2-3pm

Thurs, Nov 30<sup>th</sup> • 2-3pm

### 10 WARNING SIGNS OF ALZHEIMER'S

Mon, Nov 6<sup>th</sup> • 1-2pm

Mon, Dec 18<sup>th</sup> • 3-4pm

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Mon, Nov 13<sup>th</sup> • 1-2pm

Thurs, Dec 14<sup>th</sup> • 11-12pm

### EFFECTIVE COMMUNICATION STRATEGIES

Tues, Oct 17<sup>th</sup> • 10-11am

Thurs, Dec 7<sup>th</sup> • 6-7pm

### DEMENTIA CONVERSATION

Thurs, Nov 2<sup>nd</sup> • 6-7pm

Thurs, Dec 28<sup>th</sup> • 6-7pm

### UNDERSTANDING DEMENTIA RELATED BEHAVIORS

Tues, Oct 26<sup>th</sup> • 6-7pm

Thurs, Dec 14<sup>th</sup> • 6-7pm

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## COMMUNITY EDUCATION

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

### PENN YAN PUBLIC LIBRARY

214 Main St, Penn Yan

### UNDERSTANDING & RESPONDING TO DEMENTIA RELATED BEHAVIOR

Tues, Nov 14<sup>th</sup> • 4:30-5:30pm

### 10 WARNING SIGNS AND HOLIDAY TIPS FOR CAREGIVERS

Tues, Dec 12<sup>th</sup> • 4:30-5:30pm

### DEMENTIA CONVERSATIONS:

Driving, Doctor Visits, Legal & Financial Planning

Tues, Jan 9<sup>th</sup> • 4:30-5:30pm

### HEALTHY LIVING FOR YOUR BRAIN & BODY

Tues, Feb 13<sup>th</sup> • 4:30-5:30pm

### YATES COMMUNITY CENTER

467 N Main St, Penn Yan

### DEMENTIA CONVERSATIONS AND HOLIDAY TIPS FOR CAREGIVERS

Tues, Nov 14<sup>th</sup> • 11am-Noon

**24/7 HELPLINE: 800.272.3900**

Our Helpline provides 24/7 support and information.

*Call us with any questions!*

## CAREGIVER SUPPORT GROUPS

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

### PENN YAN

**4<sup>th</sup> Monday of the Month • 4-5pm**

Nov 27<sup>th</sup> • Dec 18<sup>th</sup> • Jan 22<sup>nd</sup> • Feb 26<sup>th</sup>

Penn Yan Library

214 Main St, Penn Yan

*Register for each session by the date listed above.*

### DUNDEE

**4<sup>th</sup> Tuesday of the Month • 4-5pm**

Nov 28<sup>th</sup> • Dec 19<sup>th</sup> • Jan 23<sup>rd</sup> • Feb 27<sup>th</sup>

Dundee Library

32 Water St, Dundee

*Register for each session by the date listed above.*

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.*



For more information and to pre-register, call



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

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