

**Rochester & Finger Lakes
Region Chapter**

August 2021

PROGRAMS & SERVICES



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.




WEBINAR/ TELEPHONE EDUCATION PROGRAMS

<p>Effective Communication Strategies Tuesday, August 3rd 10-11 AM</p>	<p>Understanding & Responding to Dementia-Related Behaviors Wednesday, August 4th 12-1 PM</p>	<p>Legal & Financial Planning Seminar Thursday, August 5th 4:00- 5:30 PM *Details Below</p>	<p>Understanding and Responding to Dementia-Related Behaviors Friday, August 6th 10-11 AM</p>
<p>Dementia Conversations: Driving, Doctor's Visits, Legal & Financial Discussions Monday, August 9th 3-4 PM</p>	<p>Understanding Alzheimer's and Dementia Thursday, August 12th 10-11 AM</p>	<p>Effective Communication Strategies Thursday, August 12th 3-4 PM</p>	<p>Healthy Living for Your Brain & Body Friday, August 13th 12-1 PM</p>
<p>Effective Communication Strategies Tuesday, August 17th 6-7 PM</p>	<p>Understanding and Responding to Dementia-Related Behaviors Wednesday, August 18th 11 AM - 12 PM</p>	<p>10 Warning Signs of Alzheimer's and Dementia Friday, August 20th 10-11 AM</p>	<p>Dementia Conversations: Driving, Doctor's Visits, Legal & Financial Discussions Tuesday, August 24th 12-1 PM</p>

<p>Understanding Alzheimer's and Dementia Friday, August 27th 10-11 AM</p>	<p>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 by phone/webinar, please call 800.272.3900 and request to schedule a Family & Friends Education Session.</p>
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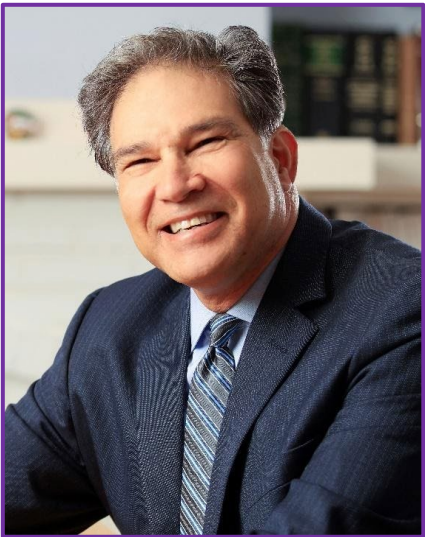
PROGRAMAS EDUCATIVOS en ESPAÑOL (Por ZOOM o por TELÉFONO)

<p>Información Para Entender la Enfermedad de Alzheimer y la Demencia jueves, 5 de agosto 12-1 PM</p>	<p>Las 10 Señales de Advertencia de la Enfermedad de Alzheimer jueves, 10 de agosto 10-11 AM</p>	<p>Cuerpo y Cerebro Sano es Vida Sana miércoles, 11 de agosto 12-1 PM</p>	<p>Información Para Entender la Enfermedad de Alzheimer y la Demencia miércoles, 18 de agosto 1-2 PM</p>
<p>Las 10 Señales de Advertencia de la Enfermedad de Alzheimer martes, 19 de agosto 2-3 PM</p>	<p>Planificación Legal y Financiera jueves, 25 de agosto 12-1 PM</p>	<p>COVID-19 y Asistencia al Enfermo jueves, 26 de agosto 10-11 AM</p>	

¡Todos los Programas Educativos son Gratis!
Para Registrarse: Llame a nuestra Línea de Ayuda: 1.800.272.3900,
visite ALZ.ORG/CRF, o contacte a David Chaves Lopez: dclopez@alz.org

Programas Educativos Privados para la Familia y los Amigos
 Si desea reunirse con su familia y amigos para aprender más sobre la demencia, el Alzheimer y los numerosos programas y servicios gratuitos que están disponibles, por favor contacte a David Chaves Lopez: dclopez@alz.org

LEGAL AND FINANCIAL SEMINAR



Miles P. Zatkowsky, Esq.
LEGAL AND FINANCIAL PLANNING SEMINAR

Thursday, August 5th
4-5:30 PM

Call 800.272.3900, or visit alz.org/CRF to pre-register.

Join Miles Zatkowsky, Esq. for information on legal and financial planning to consider after a dementia diagnosis and what factors to address as you look to the future.

Topics covered will include:

- Making legal plans that fit your needs
- Legal documents you will need and what they mean
- How to find legal and financial assistance
- Practical strategies for making a long-term plan of care
- Tax deductions and credits
- Government programs that can help pay for care
- Open Q&A session

Check-in: 3:45pm
Program Starts: 4:00pm

Miles is the current co-chair of the Monroe County Bar Association Elder Law Section, as well as the chair of the board of directors of the Rochester and Finger Lakes Region Chapter of the Alzheimer's Association.

EARLY-STAGE ENGAGEMENT PROGRAMS

Summer Highlights at Brooklyn Botanic Garden

Wednesday, August 18th • 2-3 pm



JOINT ENRICHMENT PROGRAMS

*Social activities for individuals living with Alzheimer's or another dementia and their care partners.

The Association is hosting joint enrichment programs every Wednesday afternoon, and evening, during the month of August. Our online programs offer a safe and fun way to connect with others through art, music, and conversation!

Call 800.272.3900 or visit alz.org/CRF for more information on upcoming programs.



Meet Me at the MAG

Tuesday, August 3rd • 2-3 pm

Join the Association and the Memorial Art Gallery for this virtual program as we explore works of art from their renowned collection.



SUPPORT GROUPS *notes an in-person support group

Yates County Monday, August 2 nd 1:30-2:30 PM	Dansville Public Library* Monday, August 2 nd 6-7:30 PM (New Group)	Fairport Public Library* Tuesday, August 3 rd 12:30-2:00 PM	Monroe Community Hospital Tuesday, August 3 rd 4-5 PM
The Memory Center at Unity (Lewy Body Dementia) Wednesday, August 4 th 2-3 PM	Schuyler County Wednesday, August 4 th 6:30-7:30 PM	Ontario County Monday, August 9 th 1-2 PM	Frontotemporal Dementia Tuesday, August 10 th 1-2 PM
Pieters Family Life Center (Younger-Onset) Tuesday, August 10 th 3-4 PM	Irondequoit Public Library/Crimson Ridge Tuesday, August 10 th 4-5 PM	Steuben County Wednesday, August 11 th 3-4 PM	Legacy at Park Crescent, Legacy at Parklands, Legacy at Willow Pond Monday, August 16 th 11-12 PM
St. John's Meadows Tuesday, August 17 th 1-2 PM	Newark Public Library* Tuesday, August 17 th 6-7 PM (New Group)	Webster Presbyterian Church* Wednesday, August 18 th 3:30-4:30 PM	Seabury Woods Wednesday, August 18 th 6-7:30 PM

Black/African American Thursday, August 19 th 5:30-7 PM	Orleans County Friday, August 20 th 1-2 PM	Geneseo United Methodist Church* Monday, August 23 rd 11-12 PM (New Time)	Highlands at Pittsford A Tuesday, August 24 th 1-2 PM
Highlands at Pittsford B Tuesday, August 24 th 4-5 PM	Brockport Free Methodist Church* Tuesday, August 24 th 7-8 PM (New Time)	Geneva Presbyterian Wednesday, August 25 th 11-12 PM	Quail Summit Wednesday, August 25 th 2-3 PM
Yates & Wayne Office for the Aging Thursday, August 26 th 8-9 AM	Monroe Community Hospital Thursday, August 26 th 1-2 PM	Chemung County Thursday, August 26 th 1-2 PM	Loved Ones in Assisted Living, Long-Term Care Thursday, August 26 th 4-5:30 PM
Southern Tier Men's Group Tuesday, August 31 st 10-11 AM	Women - Wives and Partners Tuesday, August 31 st 4-5 PM	Call 800.272.3900 to register, or for more information regarding a support group being held in- person or by Zoom. *notes an in-person support group	

SUPPORT GROUP DESCRIPTIONS

Caregiver Support Group: 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.

***August 4th-This group is for caregivers caring for someone living with Lewy Body Dementia**

***August 10th -This group is for caregivers caring for someone living with Younger-Onset Alzheimer's**

***August 10th- This group is for caregivers caring for someone living with Frontotemporal Dementia**

APOYO PERSONAL UNO-A-UNO

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 ayudara 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. Si desea una Consulta de Cuidado en español, llame a David Chaves Lopez, Gerente Bilingüe de Programas de la Alzheimer's Association, al 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



REGISTER TODAY BY CALLING OUR 24/7 HELPLINE 800.272.3900 OR ON ALZ.ORG/CRF

alzheimer's  association®