SPRING 2023

# COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S ASSOCIATION®

**Western New York Chapter**
**800.272.3900 | alz.org/WNY**

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After a difficult winter, we are eagerly looking forward to spring here at the Western New York Chapter. We are pleased to offer several conferences and forums in the coming months so we can serve even more people in our region. Please see pages 6-7 for more information.

Many of our programs, including our conferences, are available both in-person and virtually. So please don't let distance keep you from participating. Our virtual support groups have allowed people from all over with particular issues to meet and support one another. See pages 8-9 to learn more.

Finally, we are very excited to begin planning our many 2023 special events! Visit pages 27-29 to learn more about our Around Your Table fundraiser on June 1, the many ways you can participate in The Longest Day, and, of course, get ready for our Walks to End Alzheimer's this fall! More information is available at **alz.org/wny.**

We here for you, 24/7. Please call **800.272.3900** anytime for information and support.


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# OUR CORE SERVICES

These programs and services are offered to the community in a variety of ways, including in-person, via Zoom or by phone. Please call **800.272.3900** to confirm service information and to register.

**Care Consultations -** This service is provided by trained professionals who can help navigate the difficult decisions and uncertainties faced throughout the course of the disease.

**Education -** Education programs provide the necessary knowledge and information to empower caregivers of those with dementia to get the tools, resources and support they need to enhance overall well-being and effectively care for their loved ones.

**Respite Services/Community Social Programs -** Respite provides relief to those who care for individuals with a type of dementia. Time away from caregiving responsibilities allows them to recharge their batteries, reduce stress, and can help ensure that those with dementia remain at home as long as possible. Community Social Programs offer 1:1 companionship and meaningful activities for individuals living with dementia in a small group setting while providing time for care partners to tend to their own needs.

**24/7 Helpline -** Our free helpline service provides information and support every hour of every day at **800.272.3900.** Trained staff can answer questions about brain health, care services, community resources and more.

**Safety Services -** Taking measures to improve safety can prevent injuries and help an individual with dementia, and their caregivers, in a number of ways, including helping them feel more relaxed and confident and less overwhelmed. It could also help maintain independence longer.

**Support Groups -** Support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings. These groups offer a safe and confidential platform to help participants develop methods and skills to solve problems. Support groups encourage caregivers to maintain their own personal, physical and emotional health, as well as provide the best care for individuals with dementia.

# CARE CONSULTATIONS

**Living with MCI, Alzheimer's disease or other dementia is a life-encompassing experience that spans generations. Everyone has a role: spouses, siblings, children of all ages, and friends each play a part in the care team. It requires thought, strategy and most importantly, a plan.**

Care Consultations from the Alzheimer's Association are more than just a meeting with a dementia expert. Your consultant works with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem-solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We don't teach or tell you what to do. We coach you to find acceptable solutions, focused on improving quality of life and building a support team. Plus, the service is free.

## Consultations are available in four ways:

- Phone: Call **800.272.3900** for a phone consultation 24/7.
- Zoom: Email **program.wny@alz.org** to schedule a zoom consultation for you and/or your family.
- In-person: Call **716.626.0600 ext. 313** to schedule an appointment in our Amherst office or a location in your community.
- Live Chat: Click the "Live Chat" green button on our website from 8am to 8pm, Monday through Friday. **www.alz.org/help-support**

## Reach the Alzheimer's Association 24/7 at 800.272.3900.

You can also contact our partners in your local senior services office:

Allegany County - 585.268.9390
Cattaraugus County - 716.373.8032
Chautauqua County - 716.753.4582
Erie County - 716.858.8526
Genesee County - 585.343.1611
Niagara County - 716.438.3030
Orleans County - 585.589.3191
Wyoming County - 585.786.8833

# CARE CONSULTATIONS

## Partnership with the Center for Elder Law & Justice to Offer Free Legal Consultations

Concerned about managing personal care and property, healthcare coverage, your decision-making ability or that of your loved one, appointing a healthcare agent, managing social security benefits, knowing the signs of abuse or exploitation, and planning for the long-term costs of care? Individuals living with Mild Cognitive Impairment or a type of dementia and their caregivers can call **716.853.3087** or email Katelyn Nikel at **knikel@elderjusticeny.org** to schedule a free legal consultation to address these issues, ensuring that plans are in place for managing a loved one's care.

## FREE HELPFUL CAREGIVING TOOLS

Due to the generosity of local foundations and the New York State Department of Health, we have the following free items and services to give away to eligible individuals and families living in Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, and Wyoming counties. Limited supplies are available, please call **716.626.0600 ext. 313** or email **program.wny@alz.org** for more information.

- Limited respite hours are available based on availability in partnership with your local Office for the Aging.
- Medic Alert bracelets - see Safety Resources on page 26.
- ECMC Driver Evaluation vouchers - see Safety Resources on page 26.
- Night lights and door alarms - see Safety Resources on page 26.

# CONFERENCES AND FORUMS

## CAREGIVER CONFERENCES

### It's a Family Affair: 3rd Annual Black/African American Care Conference

**Saturday, April 1, 1-3:30pm**

Frank E. Merriweather Library, 1324 Jefferson Ave., Buffalo
Join us in person or log in via Zoom! Register at **bit.ly/AlzFamConf23** or call **800.272.3900**. The conference will feature guest speakers and a free caregiver resource fair. Interested attendees (in person and virtual) can learn more about free robotic companion pets!

### Cattaraugus County Caregiver Conference

**Saturday, April 29, 10am-12:30pm**

Franklinville Junior/Senior High School, 31 N Main St., Franklinville
Featuring presentations by UBMD Neurology and Healthy Community Alliance. Learn about Alzheimer's disease and dementia, as well as tools and resources to keep you connected, supported and safe. Register by calling **800.272.3900** or visit **bit.ly/CattConf23**.

## ONLINE CONFERENCES

### Understanding Vascular Dementia

**Tuesday, May 23, 5:30-7pm**

Join via Zoom or phone
Featuring Dr. Bruce Troen, Professor and Chief of Geriatric Medicine at the University of Kansas Medical Center. Did you know Vascular Dementia is the 2nd most common form of dementia after Alzheimer's disease? Join us to learn more about this disease, including research-based tips for risk reduction. Register by calling **800.272.3900** or visit **bit.ly/VascularMay23**.

### Sex, Intimacy & Dementia

**Wednesday, June 7, 6-8pm**

Join via Zoom or phone
Alzheimer's disease and dementia can cause changes in sexual relationships, but the need for intimacy doesn't go away! Join us for a discussion of how to address common challenges. Participants will join Zoom privately; cameras will be disabled and names will not be visible to other participants. Time for anonymous Q&A will be provided. Register by calling **800.272.3900** or visit **bit.ly/SexAlz2023**.

## COMMUNITY FORUMS

### LGBTQ+ Dementia Community Forum

**Saturday, April 15, 2-3:30pm**

Lock City Books, 8 Market St., Lockport

LGBTQ+ people have greater health disparities, many of which are risk factors for dementia. Join the Alzheimer's Association and Niagara Pride, Inc. for an important conversation for caregivers and those living with Alzheimer's or dementia among the LGBTQ+ community. Space is limited so please register at **bit.ly/LGBTQforum415** or by calling **800.272.3900**.

### Niagara Falls Dementia Community Forum

**Thursday, May 11, 11:30am-1:30pm**

Niagara Falls Catholic Charities, 625 Tronolone Pl., Niagara Falls

Learn about Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease and share your thoughts about how we can help people in your community. Lunch and caregiver resources will be provided. To register, call **800.272.3900**.

### East Buffalo Dementia Community Forum

**Thursday, June 29, 5:30-7:30pm**

Delavan Grider Community Center, 877 E. Delavan Ave., Buffalo

Learn about Alzheimer's, dementia and memory loss. Join us to share your thoughts about how we can help people in your community get connected to critical programs and services. Dinner and caregiver resources will be provided. To register, call **800.272.3900**.

# VIRTUAL PROGRAMS

**For questions / registration call 800.272.3900**

## EDUCATION

### Effective Communication Strategies

**Tuesday, April 18, 2pm**

Via Zoom or in person at Church of the Annunciation School Building
7580 Clinton St., Elma

### Understanding and Responding to Dementia-Related Behaviors

**Tuesday, May 16, 2pm**

Via Zoom or in person at Church of the Annunciation School Building
7580 Clinton St., Elma

### Managing Money: A Caregiver's Guide to Finances

**Tuesday, June 20, 2pm**

Via Zoom or in person at Church of the Annunciation School Building
7580 Clinton St., Elma

## SUPPORT GROUPS

The following groups meet using Zoom. To register and learn how to join, please call **1.800.272.3900 or visit alz.org/CRF.** New to virtual meetings? Call us for a free one-on-one lesson at **716.626.0600 ext. 313.**

**Black/African American Care Partners**
**3rd Thursday of the month, 5:30-7:30pm**

**Daughters**
**2nd Wednesday of the month, 5-6:30pm**
**4th Monday of the month, 6:30-7:30pm**

**Frontotemporal Dementia Care Partners**
**2nd Wednesday of the month, 6-7pm**

**Lewy Body Dementia Care Partners**
**1st Tuesday of the month, 6-7pm**

**LGBTQ+ Care Partners**
**3rd Saturday of the month, 11am-12:30pm**

**LGBTQ Caregiver Support Group**
**3rd Tuesday of the month, 2-3:30pm**

# VIRTUAL PROGRAMS

**For questions / registration call 800.272.3900**

**LGBTQA+ Dementia Caregiver Meetup**
**4th Thursday of the month, 1-2pm**

**Loved One in a Memory Care Facility**
**4th Thursday of the month, 6-7pm**

**Mens**
**1st and 3rd Monday of the month, 7-8pm**

**Wives/Partners**
**2nd Wednesday of the month, 3-4pm**

**Younger-Onset Care Partners**
**2nd and 4th Monday of the month, 6:30-7:30pm**

## After the Long Goodbye: A Group for Recently Bereaved Caregivers.

**Every other Tuesday evening beginning in Summer 2023**

This 6-session group is offered in collaboration with the Wilson Support Center (an affiliate of Hospice Buffalo). Pre-screening and registration are required at **bit.ly/AlzGrief**. Space is limited. For more information, please call **716.626.0600 ext. 313** or email **program.wny@alz.org.**

## Grupo de Apoyo virtual en Español para cuidadores

**3er jueves del mes, 4pm**
**3er sábado del mes, 11am**
Para registrarse por favor llamar al 800.272.3900.

## General Caregiver Support Groups via phone or Zoom:

**1st Wednesday of the month, 6-7pm (in partnership with Dent Neurologic)**

**2nd Wednesday of the month, 6:30-7:30pm**

**3rd Monday of the month, 6:30-7:30pm**

**3rd Thursday of the month, 7-8pm**

**See pages 6-7 for online conferences and page 26 for Virtual Book Clubs.**

# MCI AND EARLY STAGE DEMENTIA PROGRAMS

## The Alzheimer's Association WNY Chapter offers a variety of Programs for individuals experiencing early stage Alzheimer's disease, Mild Cognitive Impairment, and related dementias.

Our Early Stage Program is multi-faceted, please contact the program manager, Maggie Concannon Meyers, at **mgconcannon@alz.org** if you have any questions and/or would like to become more involved.

- **Disease Education:** We provide classes for care partners and individuals diagnosed with Mild Cognitive Impairment or a form of dementia. Our next 4-part in-person series will begin in June and focuses on providing answers and planning tips, and strategies to help you live your best life with this disease and to meet others going through similar experiences. Join via Zoom or in-person at our Amherst office.
- **Social Events:** We facilitate monthly programs to have fun, stay busy and get connected to others going through similar experiences with their diagnosis. Programs are free and include Art Today with the Albright Knox Art Gallery, Interactive Music Program presented by Maple City Music Therapy, Lunch Bunch, BINGO Night, and Fitness at Home. Some programs are held in-person and some are held via Zoom.
- **Support Group:** We hold a monthly support group for those who are experiencing mild cognitive impairment or the beginning stage of Alzheimer's and related dementias to process and share in a safe space with their peers the range of emotions and challenges that can come with a diagnosis.
- **Online Chat Room: www.alzconnected.org** for those living with the disease and their care partners.

## Virtual Early Stage Social Programming Offered

- Music Therapy
- BINGO Night
- Chair Pilates
- Lunch Bunch Social Hour
- Interactive Craft and Holiday Activities

**See page 15 for information on our April Education Series in Buffalo.**

# ALLEGANY COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS

### Effective Communication Strategies

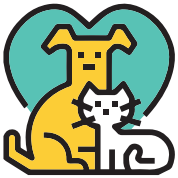
**Tuesday, May 16, 1pm**

Office For the Aging, 6085 NY-19, Belmont

### Tips for Tough Conversations: Doctor Visits, Driving, Legal & Finances

**Wednesday, June 28, 11am**

Cuba Library, 39 E Main St., Cuba



**Interested attendees will learn more about our robot companion pets**

## SUPPORT GROUPS

### Belmont Caregiver Support Group

**3rd Tuesday of the month, 1-2:30pm**

Allegany Office for the Aging
6085 NY Rte 19

Living with MCI & Dementia in the Early Stages

see page 10

### Joyful Moments Book Club

**1st Wednesday of the month, 1:30-3pm**

Join via Zoom or phone

To register and receive a free copy of the current book, *Creating Moments of Joy* by Jolene Brackey, call **716.626.0600 ext. 313** or email **Lynn.Oyer@alleganyco.gov.**

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Lynn Oyer at the Allegany County Office for the Aging at **585.268.9390.**

**See pages 8-9 for virtual education programs and support groups.**

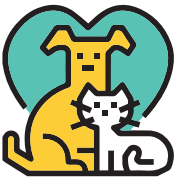
**CARE CONSULTATION & FREE CAREGIVING TOOLS**

**Call to learn more about free safety and caregiver tools and set up an in-person meeting near you.**
**See page 4 for details.**

# CATTARAUGUS COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS



Interested attendees will learn more about our robot companion pets

### Do You Know the Warning Signs of Dementia?

**Thursday, April 20, 10am**

Join us for Coffee hour at the Seneca Nation Library!
830 Broad St., Salamanca
Care consultants will be on site to discuss the 10 Warning Signs and answer questions!

### Effective Communication Strategies

**Thursday, June 15, 4:30pm**

Blount Library, 5 N. Main St., Franklinville

## SUPPORT GROUPS

**Salamanca Caregiver Support Group**
**3rd Tuesday of the month, 9:30-10:30am**
Salamanca Area Senior Center, 20 Main St.

**Machias Support Group**
**Starting this spring. Details TBD.**
Call 716.626.0600 ext. 313 to learn more.

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Kayla Chesebro at the Cattaraugus County Department of Aging at **716.373.8032.**

**See pages 8-9 for virtual education programs and support groups.**
**Visit page 26 to join a Virtual Book Club.**

**See pages 6-7 for information about our Cattaraugus County Caregiver Conference on April 29.**

Living with MCI & Dementia in the Early Stages
see page 10

# CHAUTAUQUA COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS

### Caregiving: How Can Technology Help?

**Tuesday, May 9, 11am**

Ellington Farman Library, 760 Thornton Rd, Ellington

*Private consultations available onsite before and after class.*

### Tips for Tough Conversations

**Thursday, April 6, 5:30pm**

Sinclairville Free Library, 15 Main St., Sinclairville

*Care consultations available before the program. Call 716.626.0300 ext. 313 to reserve a spot.*

## SUPPORT GROUPS

### North County Dine n' Dish

**2nd Tuesday of the month, 9:30-11am**

Meets at a different restaurant in Northern Chautauqua County each month. Call Jennifer at **716.753.4782** for details.

### Jamestown Caregiver Support Group

**2nd and 4th Tuesday of the month, 12:15-1:45pm**

The Chautauqua Center, 107 Institute St.

*Free respite may be available. Call* **716.626.0600 ext. 313** *for details.*

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Jenn Ellman at the Chautauqua County Office for Aging Services at **716.753.4582.**

## COMMUNITY SOCIAL PROGRAMS

### ANGOLA

**3rd Thursday of the month, 10:30am-2:30pm**

Cradle Beach, 8038 Old Lakeshore Rd.

Contact: Nancy Grimes 716.549.6307 ext. 203

### WESTFIELD

**2nd Wednesday of the month, 10am-2pm**

Westfield United Methodist Church, 101 E. Main St.

Contact: Gail Boardway 716.867.2319

**CARE CONSULTATION & FREE CAREGIVING TOOLS**

**Call to learn more about free safety and caregiver tools and set up an in-person meeting near you.** **See page 4 for details.**

# CITY OF BUFFALO

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS

### Understanding Alzheimer's and Dementia

**Thursday, April 13, 11am**

William Emslie YMCA, 585 William St., Buffalo

### 10 Warning Signs

**Thursday, May 25, 5:30pm**

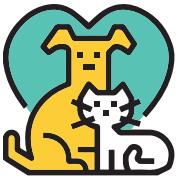
Elaine M. Panty Branch Library, 820 Tonawanda St., Buffalo

### Tips for Tough Conversations

**Tuesday, June 27, 6pm**

Frank E Merriweather Jr Library, 1324 Jefferson Ave., Buffalo

*Private consultations available onsite before the class.*



**Interested attendees will learn more about our robot companion pets**

## SUPPORT GROUPS

### Caring Friends: East Buffalo Caregiver Support Group

**2nd Friday of the month, 10:15-11:45am**

Westminister Commons Community House 419 Monroe St., 1st Floor Dayroom

*Respite may be available at Metropolitan United Methodist Church. Call Lynnelle Reed at **716.891.5652** to learn more.

### East Buffalo Caregiver Support Group

**3rd Thursday of the month, 5:30-7pm**

Merriweather Library, 1324 Jefferson Ave.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact Erie County Department of Senior Services at **716.858.8526.**

**See pages 8-9 for virtual education programs and support groups.**
**Visit page 26 to join a Virtual Book Club.**

**CARE CONSULTATION & FREE CAREGIVING TOOLS**

**Call to learn more about free safety and caregiver tools and set up an in-person meeting near you.**
**See page 4 for details.**

# CITY OF BUFFALO

**For questions / registration call 800.272.3900**

## COMMUNITY SOCIAL PROGRAMS

### Metropolitan United Methodist Church

**2nd Friday of the month, 10am-2pm**
657 Best St.
Contact: Lynelle Reed 716.891.5652

Living with MCI & Dementia in the Early Stages
see page 10

### Musical Memories Cafe

**February 8, 12-1pm**
Canopy of Neighbors at Temple Beth Zion, 805 Delaware Ave
The Musical Memories Café Programs are provided in various locations by the West Falls Center for the Arts. These programs provide a gathering place for caregivers and their loved one to relax, socialize, enjoy a meal and some great music. Contact: Carolyn Panzica 716.570.6520

**See pages 6-7 for information about "It's a Family Affair: 3rd Annual Black/African American Care Conference" on April 1 and our East Buffalo Community Forum on June 29.**

## LIVING WITH MCI AND DEMENTIA IN THE EARLY STAGES EDUCATION SERIES:

### A Two-Part Class for Individuals and Care Partners

**Saturday, April 15 and Saturday, April 22**
**10:30am-12:30pm**
Delavan Grider Community Center, 877 East Delavan Ave.

Join us for a class for care partners and individuals diagnosed with Mild Cognitive Impairment or a form of early stage dementia. Our two-part in-person series focuses on providing answers, planning tips and strategies to help you live your best life with this disease and to meet others going through similar experiences. Brunch will be served and registration is required. Call **716.626.0600 ext. 313** to register.

# ERIE COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS

### Healthy Living for Your Brain and Body

**Friday, April 28, 10:30am**

Akron Newstead Senior Citizens, 5691 Cummings Rd., Akron

**Tuesday, May 30, 1pm**

Clarence Senior Center, 4600 Thompson Rd., Clarence

### 10 Warning Signs

**Thursday, April 20, 6pm**

Kenmore Middle School, 155 Delaware Rd., Kenmore

**Monday, April 24, 2:30pm**

Montabaur Heights, 4530 Ransom Rd., Clarence

Living with MCI & Dementia in the Early Stages

see page 10

### Understanding Alzheimer's Disease and Dementia

**Wednesday, May 24, 3pm**

Alzheimer's Association, Western New York Chapter
6400 Sheridan Dr., Suite 320, Amherst

### Effective Communication Strategies

**Tuesday, April 18, 2pm**

Church of the Annunciation School Building, 7580 Clinton St., Elma
Virtual option available via Zoom

### Tips for Tough Conversations: Doctor Visits, Driving, Legal and Finances

**Friday, April 21, 2pm**

Kenmore Branch Library, 160 Delaware Rd, Kenmore

### Understanding and Responding to Dementia-Related Behaviors

**Tuesday, May 16, 2pm**

Church of the Annunciation School Building
7580 Clinton St., Elma
Virtual option available via Zoom

**See pages 6-7 for online conferences and page 26 for Virtual Book Clubs.**

**CARE CONSULTATION & FREE CAREGIVING TOOLS**

**Call to learn more about free safety and caregiver tools and set up an in-person meeting near you.**
**See page 4 for details.**

# ERIE COUNTY

**For questions / registration call 800.272.3900**

## Managing Money: A Caregiver's Guide to Finance

**Friday, April 14, 2pm**
Hamburg Public Library, 102 Buffalo St., Hamburg

**Tuesday, April 25, 1pm**
Orchard Park Senior Center, 4520 California Rd., Orchard Park

**Tuesday, June 20, 2pm**
Church of the Annunciation School Building, 7580 Clinton St., Elma
Virtual option available via Zoom

**Wednesday, June 21, 6pm**
Kenmore Middle School, 155 Delaware Rd., Kenmore

## Annual Caregiver Brunch

**Friday, May 12, 10am-12:30pm**
Alzheimer's Association WNY Chapter Office
6400 Sheridan Dr., Suite 320, Amherst
Join fellow caregivers for a morning of treats and caregiving tips!
Space is limited, so RSVP today!
*Private consultations available onsite before and after the program.*

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact Erie County Department of Senior Services at **716.858.8526.**

## SUPPORT GROUPS

**SPECIALTY GROUPS:** These groups meet in-person and virtually simultaneously. Join in whatever way is most convenient.

**Daughters**
**2nd Wednesday of the month, 5-6:30pm**

**Men's**
**1st Monday of the month, 7-8pm**

**Wives/Partners**
**2nd Wednesday of the month, 3-4pm (FULL)**
**3rd Thursday of the month, 2-3pm *NEW (in person only)**

**Frontotemporal Dementia Caregivers**
**2nd Wednesday of the month, 6-7pm**

**See pages 8-9 for more virtual support groups.**

# ERIE COUNTY

**For questions / registration call 800.272.3900**

## GENERAL CAREGIVER GROUPS

### AMHERST

**2nd Tuesday of the month, 6-7pm**

Dent Neurologic Institute, main entrance board room, 3980 Sheridan Dr.

### EAST BUFFALO CARING FRIENDS

**2nd Friday of the month, 10:15-11:45am**

Westminister Commons Community House
421 Monroe St., 1st Floor Dayroom

**Free respite may be available at Metropolitan United Methodist Church. Call Lynnelle Reed at 716.892.5652 for details.*

### EAST BUFFALO

**3rd Thursday of the month, 5:30-7pm**

Frank E. Merriweather Library, 1324 Jefferson Ave.

### EAST AURORA

**4th Wednesday of the month, 10:30-11:30am**

Baker Memorial United Methodist Church, 345 Main St.

**Free respite may be available. Call Michele Engasser at 716.652.0500 for details.*

### GRAND ISLAND

**4th Wednesday of the month, 1:30-2:30pm**

Golden Age Center, 3278 Whitehaven Rd.

### HAMBURG

**2nd Wednesday of the month, 10:30-11:30am**

Hamburg United Methodist Church, 116 Union St.

**Free respite may be available. Call Lisa Rood at 716.941.5703 for details.*

### KENMORE

**4th Wednesday of the month, 10:30-11:30am**

Kenmore United Methodist Church, 32 Landers Rd., side entrance

**Free respite may be available. Call Michelle Spencer at 716.875.5091 for details.*

### CITY OF TONAWANDA

**1st Thursday of the month, 10:30-11:30am**

City of Tonawanda Senior Center, 35 Main St.

### ORCHARD PARK

**2nd Thursday of the month, 6-7pm**

Dent Neurologic Institute, 200 Sterling Dr.

# ERIE COUNTY

**Please call the contact person listed for location.**

## COMMUNITY SOCIAL PROGRAMS

### ANGOLA

**3rd Thursday of the month 10:30am-2:30pm**
Cradle Beach, 8038 Old Lakeshore Rd.
Contact: Nancy Grimes 716.549.6307 ext.203

### EAST AURORA

**4th Wednesday of the month, 10:30am-2:30pm**
Baker Memorial United Methodist Church, 345 Main St.
Contact: Michele Engasser 716.652.0500

### EDEN

**3rd Wednesday of the month, 10:30am-2:30pm**
Eden United Methodist Church, 2820 E. Church St.
Contact: Kevin Karstedt 716.992.2248

### EVANS/DERBY

**1st Thursday of the month, 10:30am-2:30pm**
First Church of Evans, 7431 Erie Rd.
Contact: Debby Waddell 716.947.5419 or 716.549.0908

### GETZVILLE

**2nd Tuesday of the month,10am-2pm**
Asbury United Methodist Church, 850 Dodge Rd.
Contact: Pat Hair 716.697.4049

Living with MCI & Dementia in the Early Stages
see page 10

### GRAND ISLAND

**2nd Wednesday of the month, 1:30am-4:30pm**
Golden Age Center, 3278 Whitehaven Rd.
Contact: Jennifer Menter 716.773.9682

### HAMBURG

**2nd Wednesday of the month, 10:30am-2:30pm**
Hamburg United Methodist Church, 116 Union St.
Contact: Lisa Rood 716.941.5703

### HOLLAND

**1st Thursday of the month, 10:30am-2:30pm**
Holland United Methodist Church
11699 Partridge Rd.
Contact: Cindy Cassavino 716.388.3150

**CARE CONSULTATION & FREE CAREGIVING TOOLS**

**Call to learn more about free safety and caregiver tools and set up an in-person meeting near you. See page 4 for details.**

# ERIE COUNTY

**For questions / registration call 800.272.3900**

### KENMORE

**1st Tuesday of the month, 11am-3pm**
St. John the Baptist Church, 1085 Englewood Ave.
Contact: Mary & Joe Elias 716.874.0672

**4th Wednesday of the month, 10:30am-2:30pm**
Kenmore United Methodist Church, 32 Landers Rd.
Contact: Michelle Spencer 716.875.5091

### SOUTH BUFFALO

**2nd Saturday of the month, 10:30am-2:30pm**
Grace Evangelical Lutheran Church, 174 Cazenovia St.
Contact: Penny Paschka 716.674.2958

Living with MCI & Dementia in the Early Stages
see page 10

### SPRINGVILLE

**1st Wednesday of the month, 10:30am-2:30pm**
First United Methodist Church, 474 E. Main St.
Contact: Barb Blesy 716.435.5400

### WEST SENECA

**1st Wednesday of the month, 10:30am-2:30pm**
Southtowns Family YMCA, 1620 Southwestern Blvd.
Contact: Sue Kincaid 716.674.9622 ex. 143

**3rd Thursday of the month, 10:30am-2:30pm**
St. David's Episcopal Church, 3951 Seneca St.
Contact: Annie Fronckowiak 716.668.7076

### MUSICAL MEMORIES CAFÉ PROGRAMS

Provided in various locations by the West Falls Center for the Arts. These programs provide a gathering place for caregivers and their loved one to relax, socialize, enjoy a meal and some great music.

### AMHERST

**1st & 3rd Tuesday of the month, 2-3pm**
Amherst Senior Center, 370 John James Audubon Pkwy.
Contact: Carolyn Panzica 716.570.6520

### WEST FALLS

**1st & 3rd Wednesday of the month, 12-1pm**
West Falls Center for the Arts, 1863 Davis Rd.
Contact: Carolyn Panzica 716.570.6520

# GENESEE COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION

### Understanding and Responding to Dementia-Related Behaviors

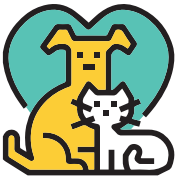
**Tuesday, May 2, 2pm**

Genesee County Office for the Aging, 2 Bank St., Batavia

### Understanding Alzheimer's Disease and Dementia

**Thursday, July 13, 6:30pm**

Haxton Memorial Library, 3 N Pearl St., Oakfield



**Interested attendees will learn more about our robot companion pets**

## SUPPORT GROUPS

### Batavia Caregiver Support Group

**3rd Thursday of the month, 1-2 pm**

Genesee County Office of the Aging, 2 Bank St.

## OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Genesee County Office for the Aging at **585.343.1611.**

## COMMUNITY SOCIAL PROGRAMS

### BATAVIA

**2nd Monday of the month, 10:30am-2:30pm**

St. James Episcopal Church, 405 East Main St.
Contact: Diana Leiker 585.343.6802

**4th Monday of the month, 10:30am-2:30pm**

First Presbyterian Church of Batavia, 300 East Main St.
Contact: Mickey Rodak 585.455.5940

### CORFU

**3rd Wednesday of the month, 10am-2pm**

Indian Falls United Methodist Church, 7908 Allegany Rd.
Contact: Celinda McQuiston 585.478.8188

### LEROY *New program*

**2nd Wednesday of the month, 10am-2pm**

The Hope Center, 42 Main St.
Contact: Tammy Genagon 585.739.2251

**See pages 8-9 for virtual education programs and support groups.**
**Visit page 26 to join a Virtual Book Club.**

# NIAGARA COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION

### Healthy Living for Your Brain and Body

**Tuesday, April 4, 1pm**
Elderwood Residences at Wheatfield
100 Crestwood Ct., Niagara Falls

### Understanding Alzheimer's Disease and Dementia

**Thursday, June 8, 10am**
Niagara Falls Catholic Charities
625 Tronolone Pl., Niagara Falls

Interested attendees will learn more about our robot companion pets

## SUPPORT GROUPS

### Lewiston Virtual/Phone Caregiver Support Group

**2nd Wednesday of the month, 6:30-7:30pm**
Join via Zoom or phone. To register, call 1.800.272.3900 or visit alz.org/crf.

### Lockport Caregiver Support Group

**2nd Tuesday of the month, 10:30-11:30am**
Trinity Lutheran Church, 67 Saxon St.
*Free respite may be available. Call Laurie Bauch at 716.434.5982 for details.*

### North Tonawanda Caregiver Support Group

**3rd Wednesday of the month, 1-2pm**
Ralph Wilson Adult Day Services, 3780 Commerce Ct. #100
*Free respite may be available during the group. Email Kristen at kjopp@kaleidahealth.org for details.*

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Cathy Hummel at the Niagara County Office for the Aging at **716.438.3030**.

**See pages 8-9 for virtual education programs and support groups.**
**Visit page 26 to join a Virtual Book Club.**

## COMMUNITY SOCIAL PROGRAMS

**LOCKPORT**
**2nd Tuesday of the month, 10:30am-2:30pm**
Trinity Lutheran Church, 67 Saxton St.
Contact: Laurie Bauch 716.434.5982

## MUSICAL MEMORIES CAFÉ PROGRAMS

Provided in various locations by the West Falls Center for the Arts. These programs provide a gathering place for caregivers and their loved one to relax, socialize, enjoy a meal and some great music.

**LOCKPORT**
**2nd & 4th Wednesdays of the month, 11:30am-12:30pm**
The Dale Association, 33 Ontario St.
Contact: Carolyn Panzica 716.570.6520

**See pages 6-7 for information about the Dementia Community Forum for LGBTQ+ on April 15 and the Niagara Falls Dementia Community Forum on May 11.**

# ORLEANS COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS

### Tips for Tough Conversations

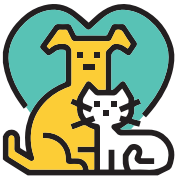
**Wednesday, April 19, 6pm**

Hoag Library, 134 S. Main St., Albion

### Effective Communication Strategies

**Wednesday, May 17, 6pm**

Hoag Library, 134 S. Main St., Albion



Interested attendees will learn more about our robot companion pets

## SUPPORT GROUPS

### Knowlesville Caregiver Support Group

**2nd Wednesday of the month, 1-2pm**

Church of the Abundant Harvest Fellowship Hall, 3619 Knowlesville Road.

*Free respite may be available. Contact Cheryl Babcock at 585.704.8173 for details.*

### Four-Part Caregiver Coffee Hour Series

Coming this spring! Call 800.272.3900 for details.

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Samantha Koons at the Orleans County Office for the Aging at **585.589.3191.**

## COMMUNITY SOCIAL PROGRAMS

### MEDINA/KNOWLESVILLE

**2nd Wednesday of the month**
**10am-2pm**

Church of the Abundant Harvest Fellowship Hall, 3619 Knowlesville Rd.
Contact: Cheryl Babcock
585.798.3173

**See pages 8-9 for virtual education programs and support groups.**

### Rescheduled! Safety Fair!

**Thursday, April 27, 1pm-3pm**

Cornell Cooperative Extension
12690 NY-31, Albion

Caring for someone with dementia and knowing how to keep them safe is a tough job. Join the Alzheimer's Association and other community resources to get connected and make a plan! Care consultants will be available for private meetings to answer any questions. Light refreshments will be offered. Register by calling **800.272.3900** or at **bit.ly/CareSafe.**

# WYOMING COUNTY

**For questions / registration call 800.272.3900**

## EDUCATION PROGRAMS

### Tips for Tough Conversations

**Friday, May 19, 1pm**

Hope Lutheran Church, 2 E. Main St., Arcade

### 10 Warning Signs

**Tuesday, June 13, 5:30pm**

Warsaw Library, 130 N. Main St., Warsaw

## SUPPORT GROUPS

### Warsaw Caregiver Support Group

**1st Monday of the month, 10-11am**

Wyoming County Office of the Aging, 8 Perry Ave.

## OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Jamie McGrath at the Wyoming County Office for the Aging at **585.786.8833.**

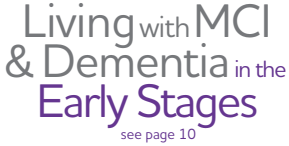
## COMMUNITY SOCIAL PROGRAMS

### ARCADE

**2nd Thursday of the month, 10:30am-2:30pm**

Hope Lutheran Church of Arcade, 2 E. Main St.

Contact: Julie Tingue 585.492.2530



see page 10

**CARE CONSULTATION & FREE CAREGIVING TOOLS**

**Call to learn more about free safety and caregiver tools and set up an in-person meeting near you. See page 4 for details.**

# SAFETY SERVICES & BOOK CLUBS

## SAFETY SERVICES

We know keeping loved ones with Alzheimer's disease or dementia safe is top priority for caregivers. The WNY Chapter is pleased to offer the following services to help.

### Medicalert and Wandering Support

We can provide MedicAlert and Wandering Support bracelets to those living with dementia and their caregivers. If a vulnerable individual wanders and becomes lost, caregivers can call MedicAlert's 24/7 Emergency Response Team to report it and it will be shared local law enforcement and hospitals.

### ECMC Driver Evaluation Program

We can make a referral to the ECMC Driver Evaluation Program at no cost to you, and a licensed occupational therapist will conduct an in-clinic and behind-the-wheel assessment. Care consultants will then discuss the results and help make recommendations.

### Nightlights and Door Alarms

We have a limited supply of free nightlights and door alarms for caregivers to use to help improve safety. For more information about any of these services or to receive a free safety brochure, contact Chelsea Torgalski at **716.626.0600 ext. 8972** or email **ctorgalski@alz.org**.

These resources are free of charge, provided through various state grants and private foundations, and are for Western New York residents only.

## VIRTUAL BOOK CLUBS

### Joyful Moments Book Club

**1st Wednesday of the month, 1:30-3pm**

Join via Zoom or phone

To register and receive a free copy of the current book, *Creating Moments of Joy* by Jolene Brackey, call **716.626.0600 ext. 313** or email **Lynn.Oyer@alleganyco.gov.**

### Evening Book Club

**Every other Monday, beginning April 17**

Join via Zoom

To register and receive a free copy of the book, *A Dignified Life* by David Troxel and Virginia Bell, visit **bit.ly/BookClubWNY.** Space is limited, so don't delay!

# you're invited
## TO DINNER AT YOUR PLACE!

## AROUND YOUR TABLE
## Thursday, June 1, 2023 at 6pm

*to benefit the Alzheimer's Association WNY Chapter*

Enjoy a variety of small plates from Western New York's best chefs and hear the stories behind the recipes they've selected. Dinner and beverages are available for pick-up, or we'll deliver to you (with dinner orders of two or more). Invite family and friends to join you around your kitchen, dining room or patio table, while viewing our online program and auction.

For more information, please contact Lynn Hughes at 716.870.8206 or LHughes@alz.org or visit **AYT23.givesmart.com**

ALZHEIMER'S ASSOCIATION®

# Save the dates for our 2023 Walks!

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

**Niagara County - September 9**
**Orleans County - September 9**
**Genesee/Wyoming Counties - September 16**
**Chautauqua County - September 23**
**Southern Tier - September 23**
**Buffalo/Erie County - September 30**

## REGISTER AT ALZ.ORG/WNYWALK

# We ♥ our Volunteers

**It's not easy to know where to spend your time and energy. But even a minimal time commitment volunteering for the Alzheimer's Association® can have a big impact on your community.**

**We are currently looking for help in two areas:**

- **In the City of Buffalo,** we are seeking support group facilitators.
- **In Chautauqua County,** we need help with community outreach – raising awareness, delivering educational programs, providing disease information and linking people to our services.

**If you'd like to make a difference, contact Courtney Sipes at CLsipes@alz.org or at 716.271.9255 to find out more.**

## PICK AN ACTIVITY - RAISE FUNDS - HELP #ENDALZ

"My grandma was diagnosed with Alzheimer's and it was hard to see her going through what she was and to see my family struggle in supporting her. Because of this, I dove into fundraising to help raise money so others don't have to experience what my family did and specifically what my grandma did. In 2022, I hosted my first Longest Day event. I held a ceramic open house with a basket raffle which I plan to have annually. Continuing to raise money & awareness has become my passion."

*~Ashley Shade, Longest Day Fundraiser*

THE LONGEST DAY®

ALZHEIMER'S ASSOCIATION®

**Join in this year's Longest Day fundraisers, through Aug. 31!**
**Contact Maddie Weitz at mrweitz@alz.og**
**or 716.913.9809 to learn more and get started.**

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716.250.2000

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CENTER DIRECTOR

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AMHERST, NY 14226

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## WEEKLY E-NEWSLETTER

We have so many free programs going on all the time plus updates in research and of course, our annual events – the best way to stay connected is through our **E-Newsletter!** It will show up in your email every Wednesday and you can read it from your desktop, laptop, tablet or smart phone. Sign up takes less than a minute at: **alz.org/e-news.**

**The programs and services featured in this program guide are funded, in part, by grants from the New York State Department of Health, New York State Office for the Aging, various local foundations, and generous contributions from individual and corporate donors.**

## FOLLOW US ON SOCIAL MEDIA!

- 4alzwny
- @wnyalz
- @WNYAlz
- Alzheimer's Association WNY

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Contact
**Judy N. Cuzzacrea Wagner**
**jwagner@harrisbeach.com**

For help with:
- Estate planning
- Elder law and special needs planning
- Long-term care planning
- Asset protection
- Estate administration and probate