



SPRING 2024

COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S  ASSOCIATION®

Western New York Chapter
800.272.3900 | alz.org/WNY



PICK AN ACTIVITY - RAISE FUNDS - HELP #ENDALZ!


THE LONGEST DAY[™]
ALZHEIMER'S  ASSOCIATION[®]

Create your own fundraiser
and outshine the darkness
of Alzheimer's.

Contact Lynn at
lwestcott@alz.org to get
started today.

**WALK ^{TO} END
ALZHEIMER'S**
ALZHEIMER'S  ASSOCIATION[®]

Save the dates for 2024!

Orleans County - September 7

Genesee/Wyoming Counties - September 14

Niagara County - September 21

Buffalo - September 28

Chautauqua County - October 5

Southern Tier - October 5

REGISTER AT [ALZ.ORG/WNYWALK](https://www.alz.org/wnywalk)

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As winter turns to spring, the Alzheimer’s Association remains committed to the outreach, education, care and support we offer throughout the eight counties of Western New York to those living with Alzheimer’s and their caregivers. This guide is conveniently set up by county so you can find programs right in your area. Also, make sure to check out all our virtual programs listed on pages 8-9 that you can attend from the comfort of your own home.

We remain extremely grateful for the support of our many constituents who took part in The Longest Day and Walk to End Alzheimer’s fundraisers in 2023, and we encourage you to join these important efforts in 2024. They are critically important to funding our programs as well as the life-altering research that is bringing hope to those affected by Alzheimer’s and other dementias.

We here for you, 24 hours a day, 365 days a year. Please call our Helpline at **800.272.3900** anytime for information and support.

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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 tell you what to do. We coach you to find acceptable solutions, focused on improving your quality of life and building a support team. Plus, the service is **free**.

Consultations are available in four ways:

- Live Chat: Click the green "Live Chat" button on our website from 8am to 8pm, Monday through Friday. [alz.org/help-support](https://www.alz.org/help-support).
- 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.

**Looking for a roadmap?
Getting started is easy
with ALZNavigator!**

ALZNAVIGATOR[™]
ALZHEIMER'S  ASSOCIATION[®]

Choose a topic, answer a few questions and view your personalized action plan. As your situation changes, your action plan can change too. Add topics, edit your answers and get new resources to help you face new challenges. Whether you're a caregiver, a person living with dementia or someone concerned about memory loss, find the support you need. ALZNavigator will guide you to customized resources and tools you need today and throughout each step of the disease — all in one place. [alz.org/alznavigator](https://www.alz.org/alznavigator)

CARE CONSULTATIONS

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. Visit alz.org/wnyrespite
- Medic Alert + Wandering Support bracelets - see Safety Services on page 11
- ECMC Driver Evaluation vouchers - see Safety Services on page 11

FREE LEGAL CONSULTATIONS



CENTER FOR
ELDER
LAW &
JUSTICE

Concerned about managing personal care and property, healthcare coverage, your decision-making ability or that of your loved one, appointing a healthcare agent, 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 Daniel Geyer at dgeyer@elderjusticeny.org at the Center for Elder Law & Justice to schedule a free legal consultation.

SPECIAL EVENTS



4th Annual **BLACK CAREGIVERS CONFERENCE**

Saturday, February 24,
12:30-3:30pm

Featuring a Free Resource Fair and Guest Speakers

The Dementia Guru™,
Ashley Stevens

Alzheimer's Association's
National Director of
Diversity, Equity & Inclusion,
Beverly Berry

Register today at
bit.ly/BlackAlzCare24

Via Zoom or at
the Frank E.
Merriweather Library
1324 Jefferson Ave.
Buffalo



Pizza & Policy

PIZZA & POLICY ADVOCACY EVENT

April 2024 (date TBD), 6-7pm
6400 Sheridan Drive, Suite 320
Amherst, NY 14221

The Alzheimer's Association is the leading voice in Alzheimer's disease advocacy, and we need your help! Join us to learn about how our advocates are making an impact. Pizza included! For more information, please call **716.626.0600 ext. 313** or email program.wny@alz.org.

VETERANS PROGRAMMING

Did you know that Alzheimer's and dementia disproportionately impacts Veterans?

Join us for one or all three of the **virtual programs** presented in partnership with the Department of Veterans Affairs. This statewide program series will provide tips and strategies, as well as local support services, to help navigate your journey.

Understanding Alzheimer's and Dementia

Tuesday, February 6, 11am-12:30pm

Managing Money: A Caregiver's Guide to Finances

Tuesday, February 13, 11am-12:30pm

Understanding and Responding to Dementia-Related Behaviors

Tuesday, February 20, 11am-12:30pm

Or, join the Alzheimer's Association WNY Chapter at one or both of the education programs taking place in-person at the **Buffalo VA Medical Center, 3495 Bailey Ave., Buffalo.**

10 Warning Signs

Thursday, March 14, 11am-2pm

Effective Communication Strategies

Tuesday, May 14, 11am-12pm

To register for any of these programs, call **800.272.3900.**



VIRTUAL PROGRAMS

For questions / registration call 800.272.3900



4th Annual **BLACK CAREGIVERS CONFERENCE**

**Saturday, February 24
12:30-3:30pm**

Via Zoom or at the
Frank E. Merriweather Library
1324 Jefferson Ave., Buffalo
Register today at
bit.ly/BlackAlzCare24
See page 6 for details.

EDUCATION

New Advances in Alzheimer's Research
Tuesday, February 27, 6pm

Healthy Living for Your Brain and Body
Tuesday, March 26, 6pm

10 Warning Signs
Tuesday, April 30, 6pm

SUPPORT GROUPS

The following groups meet using Zoom. To register and learn how to join the sessions, please call **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

IDD/Down Syndrome with Alzheimers
2nd Monday of the month, 7-8pm

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

Grupo de Apoyo virtual en Español, Cafe con Leche

Primer sabado de cada mes, 10:30am-12pm

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

After the Long Goodbye: A Group for Recently Bereaved Caregivers

This 6-session group is offered in collaboration with the Wilson Support Center (an affiliate of Hospice Buffalo). The group will meet every other Tuesday evening beginning in Winter 2024. 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.

VIRTUAL BOOK CLUBS

Joyful Moments Book Club

Join us by phone or Zoom on the first Wednesday of the month from 1:30-3pm. To register and receive a free copy of the current book, *Caregiver's Guide to Dementia* by Gail Weatherill, call **716.626.0600 ext. 313** or email Lynn.Oyer@alleganyco.gov.

Evening Book Club

Beginning January 30 join us via Zoom every other Tuesday evening to discuss *I'm Still Here* by John Zeisel. To register and receive a free copy of the book, please visit bit.ly/BookClubWNY. Space is limited, so don't delay!

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 (MCI) 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 involved.

- **Disease Education: Living With MCI and Dementia in the Early Stages Education Series:** We provide classes for care partners and individuals diagnosed with Mild Cognitive Impairment or a form of dementia. Our next 3-part hybrid (in-person and Zoom) series will begin in **April** 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.
- **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 Buffalo AKG Art Museum, Interactive Music Program presented by Maple City Music Therapy, Lunch Bunch, BINGO Night, Massage Therapy and Chair Pilates. 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. Here, they can 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:** alzconnected.org for those living with the disease and their care partners.

SAFETY SERVICES & COMMUNITY SOCIAL PROGRAMS

RESPIRE SERVICES/COMMUNITY SOCIAL PROGRAMS

Monthly community respite services offer 1:1 social companionship, meaningful activities and active engagement for individuals living with dementia. They also



allow care partners an opportunity to recharge their batteries and reduce stress, and can help those with dementia remain at home as long as possible. To find a program near you, **scan the QR code** or use the web address alz.org/wnyrespite to view our full list. Email program.wny@alz.org for more information.

SAFETY SERVICES

We know keeping loved ones with Alzheimer's disease or dementia safe is top priority for caregivers, so we are pleased to offer the following services.

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 and it will be shared with 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 and make recommendations.

Home Safety

Care consultants can discuss home safety concerns, provide tips to help keep your loved one safe throughout the disease progression and provide resources.

For more information about any of these services or to receive a free safety brochure, call **716.626.0600 ext. 313** or email program.wny@alz.org.

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

ALLEGANY COUNTY

For questions / registration call 800.272.3900

EDUCATION

Tips for Tough Conversations

Tuesday, March 19, 1pm

Office for the Aging, 6085 NY-19, Belmont

Healthy Living for Your Brain and Body

Tuesday, April 16, 11am

Cuba Library, 39 East Main Street, Cuba

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
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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, *Caregiver's Guide to Dementia* by Gail Weatherill, 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 support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

CATTARAUGUS COUNTY

For questions / registration call 800.272.3900

EDUCATION

Effective Communication Strategies

Tuesday, March 19, 3pm

Olean Public Library, 134 N 2nd St., Olean

Managing Money: A Guide for Caregivers

Thursday, April 25, 10am

Seneca Nation Indians Library, 830 Broad St., Salamanca

Tips for Tough Conversations

Thursday, May 16, 2pm

Southern Tier Health Care System, 150 N Union St., Olean

SUPPORT GROUPS

Salamanca Caregiver Support Group

3rd Tuesday of the month, 9:30-10:30am

Salamanca Area Senior Center, 20 Main St.

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 support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

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 pages 4-5 for details.

CHAUTAUQUA COUNTY

For questions / registration call 800.272.3900

EDUCATION

Understanding Alzheimer's Disease and Dementia

Thursday, February 29, 3pm

James Prendergast Library Association
509 Cherry St., Jamestown

Effective Communication Strategies

Wednesday, April 24, 11am

Darwin R. Barker Library, 7 Day St., Fredonia

Living with MCI
& Dementia in the
Early Stages
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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 716.753.4582 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 the Aging at **716.753.4582**.

See pages 8-9 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

CITY OF BUFFALO

For questions / registration call 800.272.3900

EDUCATION

10 Warning Signs

Wednesday, May 22, 10am

Baptist Manor, 276 Linwood Ave.

Understanding Alzheimer's Disease and Dementia

Thursday, March 14, 2pm

William-Emslie YMCA, 585 William St.

10 Warning Signs with Caregiver Q&A

Saturday, March 23,

10:30AM -12:00PM

Delavan Grider Community Center

877 E Delavan Ave.

SUPPORT GROUPS

2nd Friday of the month,

10:15-11:45am

Westminster Community House 419 Monroe St., 1st floor dayroom

**Respite may be available at*

Metropolitan United Methodist Church.

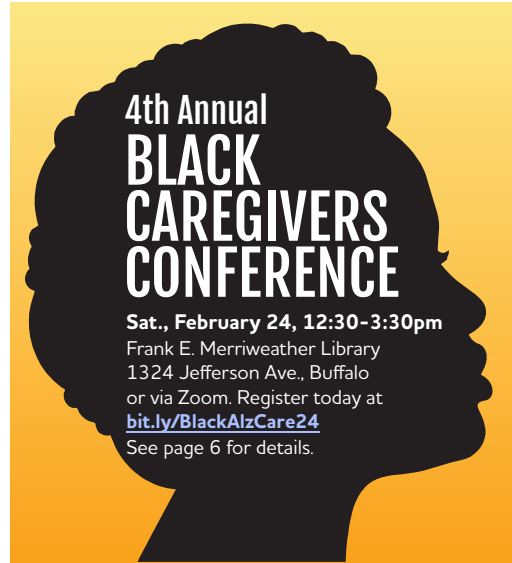
Call Lynelle Reed at 716.891.5652 to learn more.

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

Frank E. 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**.



ERIE COUNTY

For questions / registration call 800.272.3900

EDUCATION

10 Warning Signs

Thursday, February 1, 11am

Orchard Park Senior Center, 4520 California Dr., Orchard Park

Thursday, February 22, 11am

Buffalo VA Medical Center, 3495 Bailey Ave., Buffalo

Wednesday, May 8, 6pm

Alden High School, 13190 Park St., Alden

Wednesday, May 15, 6pm

Lake Shore Branch Library, 4857 Lake Shore Rd. #5543, Hamburg

Effective Communication Strategies

Tuesday, February 6, 2pm

Clarence Public Library, 3 Town Pl., Clarence

Thursday, February 8, 6pm

Peregrine Senior Living at Cheektowaga, 575 Cayuga Creek Rd., Cheektowaga

Wednesday, April 17, 6pm

Kenmore Branch Library, 160 Delaware Rd., Kenmore

Tuesday, May 14, 11am

Buffalo VA Medical Center, 3495 Bailey Ave., Buffalo

Living with MCI
& Dementia in the
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Healthy Living for Your Brain and Body

Wednesday, April 10, 10:30am

Southtowns Family YMCA, 1620 Southwestern Blvd., West Seneca

Wednesday, April 17, 11am

Montabaur Heights, 4530 Ransom Rd., Clarence

Managing Money: A Guide for Caregivers

Thursday, April 18, 11am

Orchard Park Senior Center, 4520 California Rd., Orchard Park

Tuesday, May 7, 3pm

Alzheimer's Association, WNY Chapter, 6400 Sheridan Dr., Suite 320, Amherst

ERIE COUNTY

For questions / registration call 800.272.3900

New Advances in Alzheimer's Research

Thursday, February 15, 3pm

Alzheimer's Association, WNY Chapter, 6400 Sheridan Dr., Suite 320, Amherst

Thursday, March 14, 10:30am

Grand Island Golden Age Center, 3278 Whitehaven Rd., Grand Island

Tips for Tough Conversations

Wednesday, March 20, 11am

Montabaur Heights, 4530 Ransom Rd., Clarence

Wednesday, March 27, 5:30pm

Kenmore Branch Library, 160 Delaware Rd., Kenmore

Understanding Alzheimer's Disease and Dementia

Wednesday, February 21, 11am

Montabaur Heights, 4530 Ransom Rd., Clarence

Tuesday, March 5, 11am

Orchard Park Senior Center, 4520 California Dr., Orchard Park

Understanding and Responding to Dementia-Related Behaviors

Tuesday, April 9, 3pm

Alzheimer's Association, WNY Chapter, 6400 Sheridan Dr., Suite 320,
Amherst

Safety Considerations

Friday, April 5, 1pm and Thursday, May 16, 6pm

Cheektowaga Senior Center, 3349 Broadway, Cheektowaga

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 pages 4-5 for details.

ERIE COUNTY

For questions / registration call 800.272.3900

SUPPORT GROUPS

Specialty Groups: These groups meet in-person and **via Zoom**.

In-person meetings are held at our Chapter Office at 6400 Sheridan Dr., Suite 320, Amherst. Join in whatever way is most convenient.

Daughters

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

Wives/Partners

2nd Wednesday of the month, 3-4pm

Frontotemporal Dementia Caregivers

2nd Wednesday of the month, 6-7pm

Living with MCI
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GENERAL CAREGIVER GROUPS

AMHERST

2nd Tuesday of the month, 6-7pm

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

BUFFALO

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

Westminster Community House, 421 Monroe St., 1st floor dayroom

**Free respite may be available at Metropolitan United Methodist Church.*

Call Lynelle Reed at 716.891.5652 for details.

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

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

DEPEW

3rd Monday of the month, 10-11am

Lord of Life Lutheran Church, 1025 Borden Rd.

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.

ERIE COUNTY

For questions / registration call 800.272.3900

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.

**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.

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 support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

LGBTQ+ COMMUNITY FORUM

Friday, Feb. 2, 10-11:30am

Amherst Center for Senior Services
370 John James Audubon Pkwy

LGBTQ+ people have greater health disparities, many of which are risk factors for dementia.

Join the Alzheimer's Association and Evergreen's Silver Pride Project for an important conversation for caregivers and those living with Alzheimer's or dementia among the LGBTQ+ community.

GENESEE COUNTY

For questions / registration call 800.272.3900

EDUCATION

10 Warning Signs

Wednesday, March 13, 10:30am

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

Effective Communication Strategies

Thursday, April 10, 6:30pm

The Hope Center, 42 Main St., Leroy

SUPPORT GROUPS

Batavia Caregiver Support Group

3rd Thursday of the month, 1-2pm

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**.

See pages 8-9 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

Living with MCI
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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 pages 4-5 for details.



NIAGARA COUNTY

For questions / registration call 800.272.3900

EDUCATION

10 Warning Signs

Tuesday, May 7, 6pm

Niagara Wheatfield Sr. High School - 2292 Saunders Settlement Road, Sanborn, Room B109

Understanding Alzheimer's Disease and Dementia

Tuesday, February 20, 5:30pm

North Tonawanda Public Library, 505 Meadow Dr., North Tonawanda

Tuesday, March 12, 6pm

Niagara Wheatfield Sr. High School - 2292 Saunders Settlement Road, Sanborn, Room B109

Effective Communication Strategies & Meaningful Engagement for Caregivers

Friday, February 2 & 9, 10:30am

Trinity Lutheran Church, 67 Saxton St., Lockport

Join us for this special series examining communication changes and strategies to connect with those living with dementia throughout the disease. The second session will include a hands-on workshop exploring meaningful engagement for people living with dementia.

DEMENTIA COMMUNITY FORUM

Friday, February 9, 12:30-2pm

St. John de LaSalle Church
8477 Buffalo Ave., Niagara Falls 14304

No individual or family should navigate the challenges of dementia alone. This forum is an opportunity to bring together community members affected by the disease and dedicated staff and volunteers to talk about resources, programs and services to support those impacted by dementia. Join us to gain a better understanding of Alzheimer's, dementia and memory loss. This event is free - all are welcome. Lunch will be provided to those that register. To register, visit bit.ly/FebWNYForum or call **800.272.3900**.

NIAGARA COUNTY

For questions / registration call 800.272.3900

SUPPORT GROUPS

LEWISTON VIRTUAL/PHONE

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

Join via Zoom or phone. To register, call 800.272.3900 or visit alz.org/crf.

LOCKPORT

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

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 support groups, book clubs and education programs.

For information on free social programs in your community, visit our website at alz.org/wnyrespite.

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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 pages 4-5 for details.

ORLEANS COUNTY

For questions / registration call 800.272.3900

EDUCATION

Tips for Tough Conversations

Wednesday, February 21, 6pm

Hoag Library, 134 S Main St., Albion

Understanding and Responding to Dementia-Related Behaviors

Wednesday, March 27, 2pm

Orleans County Office for the Aging, 14016 Route 31, Albion

New Advances in Alzheimer's Treatments

Wednesday, April 17, 6pm

Hoag Library, 134 S Main St., Albion

Effective Communication Strategies

Thursday, May 9, 11:30am

Orleans County Office for the Aging, 14016 Route 31, Albion

SUPPORT GROUPS

Knowlesville Caregiver Support Group

2nd Wednesday of the month, 1-2pm

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

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

OFFICE FOR THE AGING

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

See pages 8-9 for virtual support groups, book clubs and education programs.

For information on free social programs in your community, visit our website at alz.org/wnyrespite.

Living with MCI
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WYOMING COUNTY

For questions / registration call 800.272.3900

EDUCATION

Understanding and Responding to Dementia-Related Behaviors

Wednesday, February 28, 11am

Arcade Free Library, 365 Main St., Arcade

Tips for Tough Conversations

Thursday, March 28, 2pm

Wyoming County Office for the Aging, 8 Perry Ave., Warsaw

Effective Communication Strategies

Tuesday, April 23, Noon

Perry Public Library, 70 N Main St, Perry

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 Tanya Ludwig at the Wyoming County Office for the Aging at **585.786.8833**.

See pages 8-9 for virtual support groups, book clubs and education programs.

For information on free social programs in your community, visit our website at alz.org/wnyrespite.

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 pages 4-5 for details.



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MONDAY,
FEBRUARY 26, 2024



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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.

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**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

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