

SUPPORT GROUPS

A place to connect with caregivers, family and friends of persons with Alzheimer's disease and related dementia

Rochester Area Support Groups

Brighton *.....3rd Monday of the Month..... 5:30–6:30 p.m.

Marian's House
2980 S. Clinton Ave., Brighton, NY

Brockport2nd Thursday of the Month 7:00–8:30 p.m.

Brockport Free Methodist Church
6787 4th Section Rd., Brockport, NY

Fairport1st Tuesday of the Month 12:30–2:00 p.m.

Church of the Assumption
20 East Ave., Fairport, NY

Gates3rd Tuesday of the Month..... 5:30–7:00 p.m.

Seabury Woods
110 Dalaker Drive, Rochester, NY

Greece3rd Wednesday of the Month..... 6:30–7:30 p.m.

Greece Community and Senior Center
3 Vince Tofany Blvd., Greece, NY

Henrietta.....4th Wednesday of the Month..... 6:30–8:00 p.m.

Pieters Family Life Center
1025 Commons Way, Rochester, NY
This support group is for individuals caring for a loved one with younger-onset dementia (diagnosed at age 65 or younger).

Irondequoit.....2nd Tuesday of the Month 6:00–7:00 p.m.

Irondequoit Public Library, Glen Haven Room
1290 Titus Ave., Rochester, NY

* Support Groups for Individuals Living with Alzheimer's Disease

A support group for individuals who have *early stage Alzheimer's disease or another dementia* meets at the same time at these * locations. For persons who have *early stage Alzheimer's or another dementia*, an initial intake and registration is required prior to attending the first group session. Please call 800.272.3900 for details.

No registration is required to attend our caregiver support groups. For more information, please call 800.272.3900. These support groups are made possible by funding from the Monroe County Office for the Aging and the New York State Department of Health.

Penfield.....3rd Wednesday of the Month..... 7:00–8:00 p.m.

First Baptist Church (location changing May/June, please call)
1862 Penfield Rd., Penfield, NY

Pittsford2nd Wednesday of the Month 1:30–2:30 p.m.

United Church of Pittsford
123 S. Main St., Pittsford, NY

Rochester *1st Thursday of the Month 1:00–2:00 p.m.

Monroe Community Hospital, 3rd floor Education Center
435 East Henrietta Rd., Rochester, NY

Rochester3rd Tuesday of the Month..... 6:00–7:30 p.m.

Monroe Community Hospital, 3rd floor Education Center
435 East Henrietta Rd., Rochester, NY

RochesterLast Tuesday of the Month 5:00–6:00 p.m.

St. Ann's Community, Foundations Boardroom
1500 Portland Ave., Rochester, NY

RochesterLast Monday of the Month 11:00–12:00 noon

St. Bernard's Complex, Building 5
2260 Lake Ave., Rochester, NY
Caregivers may bring their loved one with dementia to the day program at St. Bernard's while they attend the support group meeting.

Webster2nd Wednesday of the Month 3:00–4:30 p.m.

Cherry Ridge Community
900 Cherry Ridge Blvd., Webster, NY

Caregiver Breaks/Respite Care

Caregiver breaks/respice for your loved one during a support group is available with one week's notice. For more information on other caregiver break opportunities and telephone support options, please call 800.272.3900



SUPPORT GROUPS

A place to connect with caregivers, family and friends of persons with Alzheimer's disease and related dementia

Finger Lakes Region Support Groups

Bath 2nd Monday of the Month 10:30–12:00 noon
 Steuben Center, Second Floor Classroom
 7009 Rumsey St., Bath, NY

Canandaigua 1st Thursday of the Month ¹ 1:00–2:30 p.m.
 2nd Monday of the Month ² 7:00–8:00 p.m.

Canandaigua VA Medical Center, Building 3, Room 13
 400 Fort Hill Ave., Canandaigua, NY

¹ *This group is open to the general public.*
² *This group is for Veterans and their families.*

Canandaigua 1st Wednesday of the Month 5:30–6:30 p.m.
 Ontario ARC, Training Room C
 3071 County Complex Dr., Canandaigua, NY

Corning 3rd Tuesday of the Month 3:00–4:30 p.m.
 Corning Senior Center, Greenhouse Meeting Room
 1 Park Lane, Corning, NY

Dansville 1st Monday of the Month 7:00–8:00 p.m.
 Dansville Public Library
 200 Main St., Dansville, NY

Elmira * 1st Thursday of the Month 2:00–3:30 p.m.
 Westminster Presbyterian Church
 1009 Maple Ave., Elmira, NY

Elmira Heights 1st Tuesday of the Month 9:00–10:00 a.m.
 Curly's Chicken House
 2100 Lake St., Elmira Heights, NY
Caregivers may bring their loved one with dementia to the breakfast group.

*** Support Groups for Individuals Living with Alzheimer's Disease**
 A support group for individuals who have *early stage Alzheimer's disease or another dementia* meets at the same time at these * locations. For persons who have *early stage Alzheimer's or another dementia*, an initial intake and registration is required prior to attending the first group session. Please call 800.272.3900 for details.

No registration is required to attend our caregiver support groups. For more information, please call 800.272.3900. These support groups are made possible by funding from the Steuben County Office for the Aging and the New York State Department of Health.

Geneseo 1st Monday of the Month 1:00–2:00 p.m.
 Geneseo United Methodist Church
 4520 Genesee St., Geneseo, NY

Geneva 1st Wednesday of the Month 1:30–2:30 p.m.
 Geneva Presbyterian Church
 24 Park Place, Geneva, NY

Hornell 2nd Thursday of the Month 1:30–3:00 p.m.
 Hornell Senior Center
 20 Broadway, Hornell, NY

Horseheads 3rd Thursday of the Month 12:15–1:15 p.m.
 Courtyards at Bethany Village
 3005 Watkins Rd., Horseheads, NY
Light lunch is provided

Lyons 2nd Tuesday of the Month 6:00–7:00 p.m.
 Wayne County Nursing Home, 2nd Floor Retreat Room
 529 Nye Rd., Lyons, NY

Penn Yan 2nd Thursday of the Month 2:00–3:00 p.m.
 Yates County Office for the Aging
 417 Liberty St., Penn Yan, NY



alz.org/trialmatch | 800.272.3900

Caregiver Breaks/Respite Care
 Caregiver breaks/respites for your loved one during a support group is available with one week's notice. For more information on other caregiver break opportunities and telephone support options, please call 800.272.3900
 Please contact the Alzheimer's Association at 800.272.3900 for more information about these opportunities.



EARLY STAGE

For people in the early stage of Alzheimer's disease or another form of dementia and their caregivers

Early Stage Support Group Offers Orientation to Living with Alzheimer's Disease

Learn more about your dementia diagnosis and find the answers you and your loved ones need. This program is designed for you and a loved one to attend together. Not only will you get to meet others who are affected by dementia, you will have the opportunity to speak with experts such as physicians, researchers and attorneys.

The Early Stage Support Group meets once a week for eight consecutive weeks at *Monroe Community Hospital*.

Each week the group explores a new topic including:

- The Basics of Dementia**
- Living with the Diagnosis**
- Future Planning**
- Medications and Research**
- Disclosure, Relationships**
- Stigma, Advocacy**
- Tools for Maintaining Independence**

Monroe Community Hospital
 435 East Henrietta Rd.
 Rochester, NY
 5:00–7:00 p.m. Thursday's
 April 7–May 26

Registration is required. To register or find out more about this program contact: Roseann Kraus, Counseling Coordinator at: 585.760.5404 or rkraus@alz.org



24/7 Helpline
1.800.272.3900

Call us for reliable information and support any time — day or night.


Community Resource Finder

Get easy online access to a comprehensive listing of Alzheimer's and dementia resources, community programs and services.

CommunityResourceFinder.org

COUNSELING SERVICES

Our counselors are dedicated to helping you and your family navigate your journey with Alzheimer's disease through:



Identifying areas of need and providing assistance

Decreasing the stressful impact of caregiving

Delivering education about the disease and symptom management

Facilitating problem solving and planning for future needs

Referring to helpful resources when appropriate

This free service is offered in partnership with
**The New York State Office for the Aging and
The New York State Department of Health**

To schedule an appointment call the following Office for the Aging in the county where you reside:

Monroe County: 800.272.3900
 Ontario County: 585.396.4040
 Wayne County: 315.946.5624

Livingston County: 585.243.7520
 Seneca County: 315.539.1767
 Yates County: 315.536.5515

SOCIAL ACTIVITIES

Free transportation to each of these events is available with one week's notice.
For more information, please call 800.272.3900.

The Alzheimer's Association Rochester & Finger Lakes Region, offers several free opportunities each month to gather with others who have Alzheimer's, dementia or memory loss and their loved ones. To learn more about any of these programs or to arrange for transportation call 800.272.3900.

Friends for Coffee

This social group for people with early to middle-stage dementia and their caregivers includes games, refreshments and a lot of laughter. No registration is required. To learn more call 800.272.3900.

Pieters Family Life Center
1025 Commons Way, Rochester, NY
2:00–4:00 p.m.
Second and Fourth Thursdays of the month



Meet Me at the Museum

Join us for an exclusive tour and a chance to spend time with others in the beauty of the Corning Museum of Glass or The Rockwell Museum in Corning. Each month, the tours alternate between the museums.

Registration is required. To register call 800.272.3900

The Rockwell Museum
111 Cedar St., Corning, NY
1:30–3:00 p.m.
Monday, May 10

Corning Museum of Glass
One Museum Way, Corning, NY
1:30–3:00 p.m.
Wednesday, June 1



Meet Me at the MAG

Join us for a free private tour and a chance to spend time with others in the beauty of the Memorial Art Gallery in Rochester.

For individuals with dementia and their care partners, Meet Me at the MAG includes a concert on the Baroque Italian organ and tour of works of art from the Gallery's special exhibitions and permanent collection.

The afternoon concludes with a small reception. Come as often as you like, and explore something new each month.

This program is generously supported by **The Burton Gordon Family**.

Registration is required. To register call 800.272.3900

Memorial Art Gallery
500 University Ave., Rochester, NY
2:00–3:30 p.m.
First Tuesday of the month



BECOME AN ALZHEIMER'S ADVOCATE

Visit: alz.org/advocacy



For more information about Advocacy contact Kelly Harris at:
585.760.5405 or kharris@alz.org

SOCIAL ACTIVITIES

Free transportation to each of these events is available with one week's notice.
For more information, please call 800.272.3900.

Art with Heart

Reminisce and explore your artistic side with this art-making program for individuals with dementia and their care partners. Explore techniques from painting to print making at these sessions where no art experience is necessary.

Registration is required.
To register call 800.272.3900



Pieters Family Life Center
1025 Commons Way, Rochester, NY
11:00–12:30 p.m. Monday
April 4, May 2, June 30

Melodies and Memories

Melodies and Memories promotes health and wellness through a variety of musical experiences. Individuals with dementia and their care partners will have the opportunity to play instruments, sing, and be involved in group discussion in a welcoming and supportive environment. No musical background is required. Join a licensed creative arts therapist for these free monthly sessions.

Registration is required.
To register call 800.272.3900



Pieters Family Life Center
1025 Commons Way, Rochester, NY
11:00–12:00 noon
Fourth Wednesday of the month

Music, Mindfulness, and Motion

This program, with generous support from the **Konar Family Foundation**, provides individuals in the early to middle-stage of dementia and their care partners an opportunity to exercise with others in a safe and nurturing environment.

Under the supervision of certified personal trainers, Music, Mindfulness, and Motion meets twice a week for six weeks at the Jewish Community Center. A brief, private and confidential assessment will be conducted before and after the six week program.

Jewish Community Center,
1200 Edgewood Ave., Rochester, NY

1:00–2:00 p.m. Tuesdays and Thursdays
April 26–June 9 Session
June 28–August 4 Session

Pre-registration and initial assessment are required before beginning session.

To register or schedule your assessment, please call: 585-461-2000 ext. 831 or 306



A Break for Caregivers/Respite

Taking care of someone with Alzheimer's disease or a related dementia can be rewarding – but it can be physically and emotionally challenging, as well. The health of the caregiver can decline rapidly and with little notice. That's why it's important for caregivers to seek regular breaks/respite to reduce stress, restore energy, focus on personal wellness and keep their lives in balance.

Some examples of caregiver breaks/respite opportunities through the Alzheimer's Association include:

- Music, pet or massage therapy that can be enjoyed by both of you in your own home
- Help with housekeeping, laundry and meal preparation
- Grocery shopping/personal errands
- Companion care provided to your loved one while you step away
- Bathing, dressing or grooming
- Group social activities for your loved one while you attend education sessions or support groups



SOCIAL ACTIVITIES

Registration is required. To register or for more information call 800.272.3900

Connections Rochester

Join us for a Connections outing around the Rochester area twice each month. A friend or family member must accompany individuals with dementia for this program. These activities are free.

The trips begin at Monroe Community Hospital

435 East Henrietta Road, Rochester, NY.

Registration is required. To register call 800.272.3900



Paint Your Own Pottery Tuesday, April 5....11:30–1:30 p.m.

We will visit Created By Us Pottery located in Fairport. You can choose your own piece of pottery from a variety of items, and then paint and glaze your own creative designs that you can take home at a later date.

High Falls Historical Museum Thursday, April 21....10:30–12:30 p.m.

Located in the heart of the historic Brown's Race neighborhood, the High Falls Interpretive Center and Museum offers something for everyone. It hosts a number of hands-on, multi-media exhibits in addition to interpretive displays, artwork, photographs and artifacts.

Mother's Day Tea Friday, May 6....12:30–2:00 p.m.

Join us at Monroe Community Hospital to celebrate Mother's Day a little early. Come and enjoy pastries, tea, coffee, cold beverages and music.

Red Wings Baseball Game Thursday, May 26....10:30–1:30 p.m.

Take me out to the ball game! Come out and enjoy America's favorite past time and cheer on the Rochester Red Wings.

Eastman Museum Wednesday, June 8....12:30–2:00 p.m.

Take a photographic tour of America's extraordinary National Parks on exhibit at the Eastman Museum.

Seneca Park Zoo..... Thursday, June 23....10:30–12:30 p.m.

Explore the Seneca Park Zoo and all of it's inhabitants.

RPO Open Rehearsals

A special community program generously sponsored by
The Konar Family Foundation

Persons with dementia and their caregivers are invited to enjoy the sounds of music performed by the **Rochester Philharmonic Orchestra Open Rehearsals**.

World-Premiere Tyzik Thursday, May 5....9:30 a.m.–12:00 noon

A Night at the Cotton Club II Friday, May 279:30 a.m.–12:00 noon

Olga Kern Plays Rachmaninoff Wednesday, June 1....7:30 p.m.–10:00 p.m.

Registration is required, please call
800.272.3900

Eastman Theatre Center
26 Gibbs St., Rochester, NY



Connections Southern Tier

Join us for a Connections outing around the Southern Tier. A friend or family member must accompany individuals with dementia for this program. These activities are free. Please arrive at least 15 minutes prior to scheduled event.

Registration is required. To register call 800.272.3900



Farmland Animal Park

940 Wyncoop Creek Rd., Chemung, NY..... Tuesday, June 14....1:30–3:00 p.m.
Farmland Animal Park is an 18-acre farm. Stroll through the beautiful grounds, feed the animals, take a hayride and ride the paddle boat. This 18 acre farm has something for everyone.

Wings of Eagles Discovery Center

339 Daniel Zenker Dr., Horseheads, NY Wednesday, June 29....1:30–3:00 p.m.
Wings of Eagles is a military aircraft museum. During this tour we will explore a range of technological and cultural advances in aviation and aerospace dating from World War II to the present.

COMMUNITY EDUCATION

Community education classes are free for caregivers and those who are interested in information about Alzheimer's disease and other forms of dementia.

For class descriptions see page 26.

Registration is required. To register for a class call 800.272.3900.



Rochester Area Community Education

Brighton Memorial Library	2300 Elmwood Ave., Rochester, NY
Nutrition and Dementia	Wed, April 13 6:30–8:00 p.m.
Know the 10 Signs	Wed, May 11 6:30–8:00 p.m.
Home Safety	Wed, June 7 6:30–8:00 p.m.

Central Library of Rochester and Monroe County	115 South Ave., Rochester, NY
Legal and Financial Issues	Sat, April 16 11 a.m.–12:30 p.m.
Being a Healthy Caregiver	Sat, May 21 11 a.m.–12:30 p.m.
Driving and Dementia	Sat, June 18 11 a.m.–12:30 p.m.

Chili Public Library	3333 Chili Ave., Rochester, NY
Communication	Wed, April 27 7:00–8:30 p.m.
Role Changes and Transitions	Wed, May 25 7:00–8:30 p.m.
Personal Care	Wed, June 22 7:00–8:30 p.m.

Gates Public Library	902 Elmgrove Rd., Rochester, NY
Being a Healthy Caregiver	Thu, April 21 6:30–8:00 p.m.
Managing Grief and Guilt	Wed, May 18 6:30–8:00 p.m.
The Basics: Understanding Alzheimer's Disease	Thu, June 16 6:30–8:00 p.m.

Greece Public Library	2 Vince Tofany Blvd., Rochester, NY
Driving and Dementia	Thu, April 28 6:30–8:00 p.m.
Managing Challenging Behaviors	Thu, May 26 6:30–8:00 p.m.
Meaningful Activities	Thu, June 23 6:30–8:00 p.m.

The Basics: Understanding Alzheimer's Disease is available at each Community Education session, in conjunction with the topic listed below.

Irondequoit Public Library	1290 Titus Ave., Rochester, NY
Family Dynamics and Conflicts	Tue, April 12 2:00–3:30 p.m.
Being a Healthy Caregiver	Tue, May 10 2:00–3:30 p.m.
Know the 10 Signs	Tue, June 14 2:00–3:30 p.m.

Monroe Community Hospital	435 E. Henrietta Rd., Rochester, NY
The Basics: Understanding Alzheimer's Disease	Wed, April 27 2:00–3:30 p.m.
The Basics: Understanding Alzheimer's Disease	Wed, May 25 2:00–3:30 p.m.
Research on Alzheimer's	Wed, June 22 2:00–3:30 p.m.

Penfield Public Library	1985 Baird Rd., Penfield, NY
Managing Grief and Guilt	Thu, April 28 7:00–8:30 p.m.
The Basics: Understanding Alzheimer's Disease	Thu, May 26 7:00–8:30 p.m.
Meaningful Activities	Thu, June 30 7:00–8:30 p.m.

Rush Library	5977 E. Henrietta Rd., Rush, NY
Family Dynamics and Conflicts	Tue, April 12 7:00–8:30 p.m.
Communication	Tue, May 10 7:00–8:30 p.m.
Dementia and Depression	Tue, June 14 7:00–8:30 p.m.

Victor Farmington Library	15 W. Main St., Victor, NY
Managing Challenging Behaviors	Thu, April 21 5:30–7:00 p.m.
Personal Care	Thu, May 19 5:30–7:00 p.m.
Driving and Dementia	Thu, June 16 5:30–7:00 p.m.

Webster Public Library	980 Ridge Rd., Webster, NY
Know the 10 Signs	Thu, April 7 6:30–8:00 p.m.
Research on Alzheimer's	Thu, May 5 6:30–8:00 p.m.
Managing Challenging Behaviors	Thu, June 2 6:30–8:00 p.m.



Caregiver Breaks/Respite Care

Caregiver breaks/respice for your loved one during a class is available with one week's notice. For more information on other caregiver break opportunities and telephone support options, please call 800.272.3900

Please contact the Alzheimer's Association at 800.272.3900 for more information about these opportunities.

COMMUNITY EDUCATION

Finger Lakes Region Community Education

Appleridge Senior Living 168 Miller St., Horseheads, NY
 The Basics: Understanding Alzheimer's Disease Tue, May 17 1:00–3:00 p.m.
 Driving and Dementia Wed, June 15 1:00–3:00 p.m.

Avon Free Public Library 143 Genesee St., Avon, NY
 Driving and Dementia Thu, April 14 6:30–8:00 p.m.
 Know the 10 Signs Thu, May 12 6:30–8:00 p.m.
 The Basics: Understanding Alzheimer's Disease Thu, June 9 6:30–8:00 p.m.

Dansville Public Library 200 Main St., Dansville, NY
 Family Dynamics and Conflicts Tue, April 19 6:30–8:00 p.m.
 Communication Tue, May 17 6:30–8:00 p.m.
 Being a Healthy Caregiver Tue, June 21 6:30–8:00 p.m.

Elderwood at Waverly 37 North Chemung St., Waverly, NY
 Know the 10 Signs Wed, June 22 4:00–5:30 p.m.

Geneva Public Library 244 Main St., Geneva, NY
 Family Dynamics and Conflicts Wed, April 6 5:30–7:00 p.m.
 The Basics: Understanding Alzheimer's Disease Wed, April 20 5:30–7:00 p.m.
 Managing Challenging Behaviors Wed, May 4 5:30–7:00 p.m.
 Dementia and Depression Wed, May 18 5:30–7:00 p.m.
 Role Changes and Transitions Wed, June 1 5:30–7:00 p.m.
 Meaningful Activities Wed, June 15 5:30–7:00 p.m.

Goodwill of the Finger Lakes, Geneseo 4119 Lakeville Rd., Geneseo, NY
 The Basics: Understanding Alzheimer's Disease Tue, May 10 10:00–11:30 a.m.
 Nutrition and Dementia Tue, June 14 2:00–3:30 p.m.

Mendon Public Library 22 North Main St., Honeoye Falls, NY
 Know the 10 Signs Thu, May 5 6:30–8:00 p.m.
 Managing Challenging Behaviors Thu, June 2 6:30–8:00 p.m.

Naples Library 118 S. Main St., Naples, NY
 Communication Wed, April 13 6:30–8:00 p.m.
 Know the 10 Signs Wed, May 11 6:30–8:00 p.m.
 Nutrition and Dementia Wed, June 8 6:30–8:00 p.m.

The Basics: Understanding Alzheimer's Disease is available at each Community Education session, in conjunction with the topic listed below.

Palmyra Community Library 402 E. Main St., Palmyra, NY
 Role Changes and Transitions Wed, April 6 6:30–8:00 p.m.
 The Basics: Understanding Alzheimer's Disease Wed, May 4 6:30–8:00 p.m.
 Managing Challenging Behaviors Wed, June 1 6:30–8:00 p.m.

Parkwood Heights 1340 Parkwood Dr., Macedon, NY
 Communication Thu, April 14 2:00–3:00 p.m.
 How to Talk to Your Doctor Thu, May 12 2:00–3:00 p.m.
 Healthy Habits Thu, June 9 2:00–3:00 p.m.

Penn Yan Public Library 214 Main St., Penn Yan, NY
 Driving and Dementia Tue, April 19 6:00–7:30 p.m.
 Personal Care Tue, May 17 6:00–7:30 p.m.
 The Basics: Understanding Alzheimer's Disease Tue, June 14 6:00–7:30 p.m.

Seneca Falls Public Library 47 Cayuga St., Seneca Falls, NY
 Role Changes and Transitions Tue, April 26 6:30–8:00 p.m.
 Communication Tue, May 31 6:30–8:00 p.m.
 Managing Grief and Guilt Tue, June 28 6:30–8:00 p.m.

Silver Spoon Cafe 323 Owego St., Montour Falls, NY
 Communication Thu, April 28 2:00–4:00 p.m.

Southeast Steuben County Library 300 Nasser Civic Center Plaza, Corning, NY
 Driving and Dementia Tue, May 17 2:00–4:00 p.m.

Wadsworth Library 24 Center St., Geneseo, NY
 Personal Care Tue, April 12 2:00–3:30 p.m.

Wood Library 134 N. Main St., Canandaigua, NY
 Personal Care Tue, April 19 6:30–8:00 p.m.
 Managing Challenging Behaviors Tue, May 17 6:30–8:00 p.m.
 End of Life Decision Making Tue, June 21 6:30–8:00 p.m.



Caregiver Center

Online resources, tools and support

Visit: alz.org/care

Clases de español

Todas las clases en Español son gratuitas, pero se necesita que se inscriban, para registrarse por favor llamar al 800.272.3900

Centro de Oro..... 817 East Main St., Rochester, NY

Enfermedad de Alzheimer..... abril, jueves 1410:30–12:00 mediodía
 Discutir las herramientas de prevención. Discutir las señales de alerta de los comportamientos. Prevenir los problemas usando las 5 Ps. Discutir los enfoques preventivos. Revisar los comportamientos repetitivos.

Dinámicas familiares y sus conflictos mayo, jueves 12.....10:30–12:00 mediodía
 La demencia cambia la dinámica familiar creando conflictos. Es importante explorar el apoyo y la participación familiar así como las opciones de intervención en el manejo del caso.

El Cuidado Personal junio, jueves 9.....10:30–12:00 mediodía
 Aprender como la demencia, el medio ambiente y la comunicación afectan a la persona enferma a responder a sus cuidados personales tales como: bañarse, vestirse, alimentarse y lavarse los dientes.

CONOZCA las
10 SEÑALES
 DETECCIÓN TEMPRANA ES IMPORTANTE



Latinos y el Alzheimer

Ya se estima que el número de latinos que sufren de la enfermedad de Alzheimer aumentará un 600 por ciento para el año 2050. Aprenda sobre la enfermedad para mejor cuidar no solamente de su ser querido sino también de usted mismo.

24/7 de ayuda
1.800.272.3900

alz.org/español

The Alzheimer's Association Rochester & Finger Lakes Region would like to thank our Annual Sponsors for their generous contributions towards local programs and services, the Walk to End Alzheimer's and the Apprentice Cook-Off Gala. Your participation and support is vital to our vision of a world without Alzheimer's disease.

PLATINUM SPONSOR



GOLD SPONSOR



SILVER SPONSOR



Jewish Senior Life
 services for healthy aging



ST. ANN'S
 COMMUNITY
 Full of Life

THE END OF ALZHEIMER'S STARTS WITH YOU

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide and 5 locations in our region, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions.

START OR JOIN A TEAM

Rochester	Sep 24
Elmira	Oct 1
Brockport	Oct 8
Canandaigua	Oct 15
Geneseo	Oct 15

Join us for the Alzheimer's Association
Walk to End Alzheimer's®

Be inspired by all the footsteps that fall into place behind yours. Together, we can end Alzheimer's.

alz.org/walk

For more information contact Joseph Lynch at: jglynch@alz.org or 585.760.5415

The Apprentice Cook-Off Gala

Join us at the **Radisson**

Rochester Riverside Hotel
120 E. Main St., Rochester

Wednesday, May 4, 2016
6:00 – 9:00 p.m.

An interactive evening where you get to be the judge, as you sip and savor delectable entrees and a diverse wine portfolio prepared by local culinary students and their senior living chef mentors.

Chef Stations, Silent Auction, Wine Pull and More!

For sponsorships, tickets, volunteer opportunities or donations please contact Joseph Lynch at: 585.760.5415 or jglynch@alz.org



PRESENTING SPONSOR

Wegmans

MASTER CHEF SPONSOR

 *Legacy*
Senior Living Communities

CONFERENCES

Physician and Practitioner Conference

When: Tuesday, May 10, 2016
Time: 4:00 pm – 8:00 pm
Check-in: 3:30 pm

Where: Monroe Community Hospital
Main Auditorium
435 E. Henrietta Road, Rochester, NY

Latest information on Alzheimer's Disease Research and Clinical Practice
Target Audience: Physicians and Medical Providers

This conference is generously sponsored by the **Finger Lakes Geriatric Education Center, University of Rochester.**

PRESENTERS:

Updates in Research

Anton P. Porsteinsson, M.D., Director AD-CARE Program and **William B. and Sheila Konar** Professor of Psychiatry, UR Medicine

Alzheimer's Disease and Palliative Care

Michelle Carpenter-Bradley, M.D., Division Chief of Hospice & Palliative Medicine, Unity Health System

Managing Behaviors Part I (Technique Interventions)

Carol Podgorski, Ph.D., M.P.H., M.S., Director of Family and Community Programs, Memory Care Program and Center for Excellence in Alzheimer's Disease, UR Medicine

Managing Behaviors Part II (Medical Interventions)

David Gill, M.D., Medical Director, Unity Memory Center

This conference is designed for medical providers and care managers. CME credits will be available. Registration is required. To register or to find out more about this event, please call: 800.272.3900.

Annual Dr. Lemuel and Gloria Rogers African American Health Symposium

When: Saturday, June 4, 2016
Time: 9:00 am – 1:00 pm
Check-in/Breakfast: 8:30 am
Lunch will be served at this event.

Where: Mt. Olivet Baptist Church
141 Adams Street
Rochester, NY 14608

The African American Symposium supports and informs people concerned about or caring for loved ones who have been diagnosed with Alzheimer's disease and related dementia.

Registration is required to attend a conference. To register or to find out more about a conference, please call: 800.272.3900

Caregiver Conference

When: Thursday, June 2, 2016
Time: 9:00 am – 2:30 pm

Where: TBD, please call for details

Check-in/Breakfast: 8:30 am – 9:00 am
Lunch will be served at the event.

Join your peers as more than 100 caregivers come together to learn, collaborate and network at the Alzheimer's Association Caregiver Conference. Focusing on caregiver wellness, this conference will introduce themes of nutrition, music therapy, physical activity and empowerment.

This conference is generously supported by the **Konar Family Foundation** and the **New York State Department of Health.**

Keynote Speaker: **Betsey King, Ph.D., M.M.T.**, Associate Professor of Music Therapy, Nazareth College

Dr. Betsey King has been a board-certified music therapist since 1984, working in a wide range of clinical areas including special education, physical rehabilitation, medical, forensic and gerontology settings. Her 2015 book, *Music Heard So Deeply, A Music Therapy Memoir*, shares clinical stories from her 30 years of music therapy practice, including powerful effects on a gentleman with Alzheimer's disease.

This conference is free for caregivers and \$100 for professionals. Registration is required. Respite care for your loved one is available during this event with one week's notice. To register, request respite or to find out more about this event, please call 800.272.3900

You will hear from experts in the field about services available to help those living with Alzheimer's disease, along with the latest advances in research.

Keynote Speaker: **Anton P. Porsteinsson, M.D.**, Director AD-CARE Program and **William B. and Sheila Konar** Professor of Psychiatry, UR Medicine, will share information about the biology of the disease and new methods of detection and treatment.

This conference is free. Registration is required. Respite care for your loved one is available during this event with one week's notice. To register, request respite or to find out more about this event, please call 800.272.3900

Presented by
alzheimer's association

JULIANNE MOORE
 ALEC BALDWIN
 KRISTEN STEWART

**STILL
 ALICE**

A FILM BY
 RICHARD GLATZER AND WASH WESTMORELAND

Thursday
June 9, 2016

Elmira Heights Theater
 210 East 14th St.
 Elmira Heights, NY

Check-in **5:00 pm**
 Reception with Refreshments
 Information Stations
 Opening Remarks

Movie Showing **5:45 pm**
 Expert Panel Discussion
 Following the Movie



A SONY PICTURES CLASSICS RELEASE. BSM STUDIO PRESENTS A LUTZUS-BROWN PRODUCTION IN ASSOCIATION WITH KILLER FILMS/BIG INDIE PICTURES AND SHRIVER FILMS A RICHARD GLATZER AND WASH WESTMORELAND FILM "STILL ALICE" JULIANNE MOORE ALEC BALDWIN KRISTEN STEWART KATE BOSWORTH HUNTER PARRISH DIRECTOR OF PHOTOGRAPHY DENIS LENOIR, A.S.C. A.F.C. PRODUCTION DESIGNER TOMMASO ORTINO EDITOR NICOLAS CHAUDIGUERGE COSTUME DESIGNER STACEY BATTAT ORIGINAL MUSIC BY ILAN ESHKERY MUSIC SUPERVISORS RANDALL POSTER MEGHAN CURRIER CASTING BY KERRY BARDEN PAUL SCHNEE AND ALLISON ESTRIN CREATIVE PRODUCERS MARIE SAVARE CHRISTINE VACHON MARIA SHRIVER CO-PRODUCERS DECLAN BALDWIN ELIZABETH GELFAND STEARNS PRODUCED BY LEX LUTZUS JAMES BROWN PAMELA KOFFLER BASED ON THE BOOK BY LISA GENOVA WRITTEN AND DIRECTED BY RICHARD GLATZER AND WASH WESTMORELAND

PG-13 PARENTS STRONGLY CAUTIONED SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13 YEARS OF AGE BSM WWW.STILLALICEFILM.COM WWW.SONYCLASSICS.COM READ THE NOVEL FROM GALLERY BOOKS SONY PICTURES CLASSICS

This program FREE to the public is generously supported by:

Chemung County Department of Mental Hygiene & Department of Aging and Long Term Care
 The Community Foundation of Elmira-Corning and the Finger Lakes

For more information contact:

Marleah Denkenberger at
 607-378-6605 or mdenkenberger@alz.org

THE LONGEST DAY

Put your Passion to Work on The Longest Day June 20

Join teams around the world on The Longest Day! On June 20 participate in an activity of your choice to honor someone living with or lost to Alzheimer's disease or a caregiver.

This annual event symbolizes the challenging journey of those facing Alzheimer's while raising funds and awareness for the Alzheimer's Association.



Register now at alz.org/thelongestday

For more information, contact Joseph Lynch at 585.760.5415 or jglynch@alz.org



Community Education

Alzheimer's community education classes are free for caregivers and those who are interested in information about Alzheimer's disease and other forms of dementia.

Respite Care during a class is available with one week's notice. For more information about Respite Care, see page 11.

Registration is required. To register for a class or to arrange respite care call 800.272.3900. For class locations and schedules, see pages 14–18.



Being a Healthy Caregiver

Caring for a person with dementia can be rewarding, but also physically and emotionally challenging. Learn strategies to help keep yourself strong and well as you take on the challenges of caregiving.

The Basics: Understanding Alzheimer's Disease

Explore what distinguishes Alzheimer's disease from normal aging, how Alzheimer's is diagnosed and what community resources are available.

Caregiving at the Holidays

Caregiving and holidays can be a stressful combination. This class will explore strategies for making the most of these special occasions for families and their loved ones with dementia.

Communication

Explore how dementia can affect a person's ability to express themselves. This session will also offer strategies for communicating with someone who has memory loss and who may no longer be able to understand complex concepts.

Dementia and Depression

Learn about the signs, symptoms and treatment of depression and how depression can affect a person with dementia.

Driving and Dementia

Explore how the disease can affect a person's ability to drive, their senses and reaction times. Learn about local resources for driver evaluations and strategies for discussing when to stop driving.

End of Life Decision Making

The class explores the importance of honoring an individual's end of life wishes. Late stage signs and levels of medical care for persons with Alzheimer's disease will be discussed. Possible solutions to supporting one another will be shared.

Family Dynamics and Conflict

Dementia changes family dynamics and can lead to conflict. Explore the importance of family support and involvement, as well as options for intervention.

Healthy Habits

Healthy Habits is designed to provide current research and practical information on ways to age well. The program begins with an overview of how humans age and how the brain works. The workshop is organized into four areas: cognitive activity, physical health and exercise, diet and nutrition, and social engagement. Take a holistic approach to wellness as you age.

Home Safety

Learn how dementia changes a person's abilities and how you can keep your loved one safe in the kitchen, bathroom and other parts of your home.

How to Talk to Your Doctor

When you have concerns about memory loss, it's important to talk to your doctor. Learn what to ask, what information to bring, how a diagnosis is made and what to do next.

Know the 10 Signs

Learn to recognize the warning signs of Alzheimer's disease. Alzheimer's disease is not a normal part of aging, and it's important to understand what changes could signal a problem.

Legal and Financial Issues

Learn what legal and financial issues to consider after a dementia diagnosis and what factors to address as you look to the future.

Living with Alzheimer's

When someone is diagnosed with Alzheimer's, friends and family have many questions. Living with Alzheimer's is a series of classes that will provide answers to the questions that will arise in the different stages of the disease. Learn what you can do at each point along the way.

Making the Most of a Home Visit

Visiting a loved one with dementia is an important way to show your support and affection. Learn what changes and behaviors you may encounter. Explore ways to make a meaningful connection and to communicate both verbally and nonverbally.

Managing Challenging Behaviors

Changes in the brain also mean changes in behavior, such as repetitive actions, aggression, wandering, agitation and suspicious thoughts. Learn possible reasons for these behaviors and how to handle these situations.

Managing Grief and Guilt

Explore why individuals feel guilty and share communication tips for handling guilt. The session will also cover the causes and responses of grief for those caring for a loved one with Alzheimer's disease.

Meaningful Activities

Gain insight into the experiences of a person with dementia and learn how to make daily activities more engaging, meaningful and manageable.

Nutrition and Dementia

Maintaining a healthy body weight and proper nutrition are essential for individuals with dementia. Learn warning signs of improper nutrition and strategies for making mealtime calm and comfortable.

Personal Care

Learn how dementia, the environment and communication affect the way a person responds to personal care. Topics will include eating, bathing, dressing, toileting and dental care.

Research on Alzheimer's

Learn about the latest findings in Alzheimer's research, what studies are underway locally and how you can get involved.

Role Changes and Transitions

Navigating the changes in your relationship with a person who has dementia can be a challenge. Explore the changes that may occur and find some strategies to help you prepare.

Sexuality and Intimacy

Learn about the affection and self-esteem needs of a person who has dementia. Explore possible changes in behavior and strategies to help caregivers.