



alzheimer's  association®
Rochester & Finger Lakes Region

**Winter 2016
Program Catalog**
January–April

| | |
|-------------------------|----|
| Support Groups | 2 |
| Early Stage | 6 |
| Counseling | 7 |
| Social Activities | 8 |
| Community Education | 14 |
| Advocacy | 19 |
| Español | 20 |
| Annual Gala / Symposium | 24 |
| Class Descriptions | 26 |

SUPPORT GROUPS

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

No registration is required to attend our caregiver support groups. For more information, please call 800.272.3900. These support groups are made possible in part by funding from the Monroe County Office for the Aging.

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

Henrietta4th 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).

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

First Baptist Church
1862 Penfield Rd., Penfield, 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.

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

Rochester *3rd 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

In-home Respite Care

In-home respite care for your loved one during a support group is available with one week's notice.

For more information on support groups and telephone support options, or to arrange in-home care, please call 800.272.3900.



SUPPORT GROUPS

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

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

Finger Lakes Region Support Groups

Bath2nd Monday of the Month 10:30–12:00 noon
Steuben Center, Second Floor Classroom
7009 Rumsey St., Bath, NY

Big Flats *1st Thursday of the Month 2:00–3:30 p.m.
Big Flats Community Center, Rooms A & B
476 Maple St., Big Flats, NY

Canandaigua1st Thursday of the Month 1:00–2:30 p.m.
Canandaigua VA Medical Center, Building 3 GEC Conf. Room
400 Fort Hill Ave., Canandaigua, NY
This group is open to the general public.

Canandaigua1st Wednesday of the Month 5:30–6:30 p.m.
Ontario ARC, Training Room C
3071 County Complex Dr., Canandaigua, NY

Corning3rd Tuesday of the Month 3:00–4:30 p.m.
Corning Senior Center, Greenhouse Meeting Room
1 Park Lane, Corning, NY

Dansville1st Monday of the Month 7:00–8:00 p.m.
Dansville Public Library
200 Main St., Dansville, 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.

Just for TEENS AGES 13-17

who have loved ones with Alzheimer's or another dementia.

eight week session support group

To learn more about

Just for TEENS

or to register, contact
Roseann Kraus, LMSW

585.760.5404 or rkaus@alz.org



Elmira Heights1st 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.

Geneseo1st Monday of the Month 1:00–2:30 p.m.
Geneseo United Methodist Church
4520 Genesee St., Geneseo, NY

Geneva1st Wednesday of the Month 1:30–2:30 p.m.
Geneva Presbyterian Church
24 Park Place, Geneva, NY

Horseheads3rd Thursday of the Month 12:15–1:15 p.m.
Courtyards at Bethany Village
3005 Watkins Rd., Horseheads, NY
Light lunch is provided

Newark3rd Tuesday of the Month 6:00–7:00 p.m.
Terrace of Newark
208 Route 88 South, Newark, NY

Penn Yan2nd Thursday of the Month 2:00–3:00 p.m.
Yates County Office for the Aging
417 Liberty St., Penn Yan, NY

In-home Respite Care

In-home respite care for your loved one during a support group is available with one week's notice.

For more information on support groups and telephone support options, or to arrange in-home care, please call 800.272.3900.



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 and Big Flats Community Center*.

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

Mondays

February 1–March 21
10:00–12:00 noon

Thursdays

April 7–May 26
5:00–7:00 p.m.

Registration is required.

To register or find out more about this program, contact Liz Campbell, Care Coordinator at: 585.760.5407 or 800.272.3900.

Big Flats Community Center
Conference Room A
476 Maple St.
Big Flats, NY

Wednesdays

April 6–May 25
1:30–3:30 p.m.

Registration is required.

To register or find out more about this program, contact Marleah Denkenberger, Program Coordinator at: 607.378.6605 or 800.272.3900.

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 (OFA)

To schedule an appointment call the following OFA 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

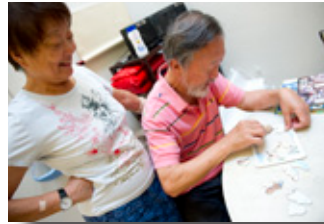
Free transportation to each of these events is available with one week's notice.
For more information, please call 800.272.3900.

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.
January 11, March 14

Corning Museum of Glass
One Museum Way, Corning, NY
1:30–3:00 p.m.
February 8, April 11



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 explores 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



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.
January 11, February 8, March 7, April 4

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.

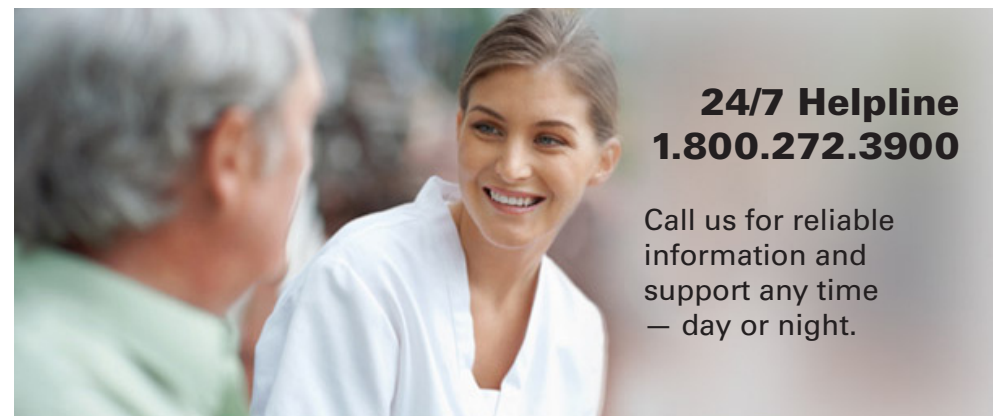
Under the supervision of certified personal trainers, Music, Mindfulness, and Motion meets twice a week for six weeks at the Jewish Community Center. A brief, private and confidential assessment will be conducted before and after the six week program.

Pre-registration and initial assessment are required before beginning class.
To register or schedule your assessment, please call 585-461-2000 ext. 831 or 306.

Jewish Community Center
1200 Edgewood Ave., Rochester, NY

1:00–2:00 p.m.
Tuesday and Thursday

6 week session: January 5–February 11
6 week session: March 1–April 7



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

SOCIAL ACTIVITIES

Free transportation to each of these events is available with one week's notice. Registration is required. To register or for more information call 800.272.3900

Connections

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



Classic Movie Matinee Thursday, January 7, 1:00–3:30 p.m.

Join us at Monroe Community Hospital to enjoy the private viewing of a Classic movie. After the hectic holiday season this will be a nice time to reconnect with old and new faces and enjoy some movie snacks.

ARTISANworks Friday, January 22, 11:00–1:00 p.m.

Come and tour the many works of art that ARTISANworks has to offer. Explore their themed areas including a 1960's Firehouse, Marilyn Monroe Room, Eastman Kodak Room, 1800's French Dining Room and the Prairie Room, plus much more.

Lamberton Conservatory Wednesday, February 3, 10:30–12:00 noon

Enjoy a midday experience of the floral wonders of the world at the newly restored Lamberton Conservatory greenhouse and indoor gardens. It will be a warm escape from the outdoor February air.

Cupid's Cafe Wednesday, February 17, 10:00–12:00 noon

Do you have someone special in your life? A friend, spouse, mother, brother, father or sister that you appreciate and care for? Come to a Valentine's themed refreshments and sweets gathering at Monroe Community Hospital. Beat the winter blues by staying in and enjoying wonderful treats and time spent together!

Susan B. Anthony House Wednesday, March 16, 11:00–1:00 p.m.
Step back into Rochester history with a visit to the home of civil rights leader Susan B. Anthony.

Strasenburgh Planetarium Tuesday, March 29, 11:30–2:30 p.m.
We invite you to explore the universe at the Strasenburgh Planetarium. Lose yourself in a virtual experience to places where time, space and size have new meanings. Journey across the universe via a spectacular show.

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.

Performances at GEVA Theater

A special community program generously sponsored by
The Konar Family Foundation

Persons with dementia and their caregivers are invited to enjoy a fun-filled event with laughter, intrigue and theatrics at this warm and intimate theatre setting.

Miracle on South Division Street..... Sunday, January 17, 2:00 p.m.



According to Nowak family legend, there was a miracle on South Division Street sixty years ago when the Blessed Virgin Mary appeared in the family's barbershop on Buffalo's East Side. Since then, the neighborhood has looked upon the Nowak's 20-foot commemorative shrine as a beacon of hope and faith. But now, the family's faith is shaken when a deathbed confession threatens to change everything. A heartfelt and hilarious family comedy from the author of Over the Tavern.

Registration is required. To register call 800.272.3900

Geva Theatre Center, 75 Woodbury Boulevard, Rochester, NY

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 | |
| Managing Grief and Guilt | Wed, January 13, | 6:30–8:00 p.m. |
| Meaningful Activities | Wed, February 10, | 6:30–8:00 p.m. |
| Being A Healthy Caregiver | Wed, March 9, | 6:30–8:00 p.m. |
| Nutrition and Dementia | Wed, April 13, | 6:30–8:00 p.m. |

| | | |
|---|-------------------------------|--------------------|
| Central Library of Rochester and Monroe County | 115 South Ave., Rochester, NY | |
| Managing Challenging Behaviors | Sat, January 30, | 11 a.m.–12:30 p.m. |
| Personal Care | Sat, February 20, | 11 a.m.–12:30 p.m. |
| Family Dynamics and Conflicts | Sat, March 19, | 11 a.m.–12:30 p.m. |
| Legal and Financial Issues | Sat, April 16, | 11 a.m.–12:30 p.m. |

| | | |
|-----------------------------------|--------------------------------|----------------|
| Chili Public Library | 3333 Chili Ave., Rochester, NY | |
| Family Dynamics and Conflicts | Wed, February 24, | 7:00–8:30 p.m. |
| Nutrition and Dementia | Wed, March 23, | 7:00–8:30 p.m. |
| Communication | Wed, April 27, | 7:00–8:30 p.m. |

| | | |
|-----------------------------------|---------------------------------|----------------|
| Gates Public Library | 902 Elmgrove Rd., Rochester, NY | |
| Financial and Legal Issues | Thu, February 18, | 6:30–8:00 p.m. |
| Managing Grief and Guilt | Thu, March 17, | 6:30–8:00 p.m. |
| Being a Healthy Caregiver | Thu, April 21, | 6:30–8:00 p.m. |

| | | |
|---------------------------------------|-------------------------------------|----------------|
| Greece Public Library | 2 Vince Tofany Blvd., Rochester, NY | |
| Middle Stage, Part 3 - Considerations | Thu, January 28, | 6:30–8:00 p.m. |
| Managing Challenging Behaviors | Thu, February 25, | 6:30–8:00 p.m. |
| Community Services | Thu, March 24, | 6:30–8:00 p.m. |
| Driving and Dementia | Thu, April 28, | 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 | |
| Managing Grief and Guilt | Tue, February 9, | 2:00–3:30 p.m. |
| Driving and Dementia | Tue, March 8, | 2:00–3:30 p.m. |
| Family Dynamics and Conflicts | Tue, April 12, | 2:00–3:30 p.m. |

| | | |
|---|-------------------------------------|----------------|
| Monroe Community Hospital | 435 E. Henrietta Rd., Rochester, NY | |
| Communication | Wed, January 27, | 2:00–3:30 p.m. |
| The Basics: Understanding Alzheimer's Disease | Wed, February 24, | 2:00–3:30 p.m. |
| Managing Challenging Behaviors | Wed, March 23, | 2:00–3:30 p.m. |
| The Basics: Understanding Alzheimer's Disease | Wed, April 27, | 2:00–3:30 p.m. |

| | | |
|--------------------------------------|------------------------------|----------------|
| Penfield Public Library | 1985 Baird Rd., Penfield, NY | |
| Personal Care | Thu, February 25, | 7:00–8:30 p.m. |
| Legal and Financial Issues | Thu, March 31, | 7:00–8:30 p.m. |
| Managing Grief and Guilt | Thu, April 28, | 7:00–8:30 p.m. |

| | | |
|-------------------------------|---------------------------------|----------------|
| Rush Library | 5977 E. Henrietta Rd., Rush, NY | |
| Driving and Dementia | Tue, February 9, | 7:00–8:30 p.m. |
| Role Changes and Transitions | Tue, March 8, | 7:00–8:30 p.m. |
| Family Dynamics and Conflicts | Tue, April 12, | 7:00–8:30 p.m. |

| | | |
|--|----------------------------|----------------|
| Victor Farmington Library | 15 W. Main St., Victor, NY | |
| Communication | Thu, February 18, | 5:30–7:00 p.m. |
| Legal and Financial Issues | Thu, March 17, | 5:30–7:00 p.m. |
| Managing Challenging Behaviors | Thu, April 21, | 5:30–7:00 p.m. |

| | | |
|-------------------------------------|----------------------------|----------------|
| Webster Public Library | 980 Ridge Rd., Webster, NY | |
| Family Dynamics and Conflicts | Thu, February 4, | 6:30–8:00 p.m. |
| Managing Grief and Guilt | Thu, March 3, | 6:30–8:00 p.m. |
| Know the 10 Signs | Thu, April 7, | 6:30–8:00 p.m. |



In-home Respite Care

In-home respite care for your loved one during a class is available with one week's notice.

For more information on classes, or to arrange in-home care, please call 800.272.3900.

COMMUNITY EDUCATION

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

Finger Lakes Region Community Education

| | |
|---------------------------------------|----------------------------------|
| Avon Free Public Library | 143 Genesee St., Avon, NY |
| Family Dynamics and Conflicts | Thu, February 11, 6:30–8:00 p.m. |
| Personal Care | Thu, March 10, 6:30–8:00 p.m. |
| Driving and Dementia | Thu, April 14, 6:30–8:00 p.m. |

| | |
|---|-------------------------------|
| Bath VA Medical Center | 76 Veterans Ave., Bath, NY |
| The Basics: Understanding Alzheimer's Disease | Wed, March 16, 2:00–4:00 p.m. |
| Communication | Wed, March 23, 2:00–4:00 p.m. |
| Managing Challenging Behaviors | Wed, March 30, 2:00–4:00 p.m. |

| | |
|---|-----------------------------------|
| Chemung County Office of Aging | 425 Pennsylvania Ave., Elmira, NY |
| The Basics: Understanding Alzheimer's Disease | Tue, March 22, 5:00–7:00 p.m. |

| | |
|---------------------------------------|----------------------------------|
| Dansville Public Library | 200 Main St., Dansville, NY |
| Role Changes and Transitions | Tue, February 16, 6:30–8:00 p.m. |
| Managing Grief and Guilt | Tue, March 15, 6:30–8:00 p.m. |
| Family Dynamics and Conflicts | Tue, April 19, 6:30–8:00 p.m. |

| | |
|---|-----------------------------------|
| Elderwood | 37 North Chemung St., Waverly, NY |
| The Basics: Understanding Alzheimer's Disease | Tue, February 23, 2:00–4:00 p.m. |
| Communication | Tue, March 8, 2:00–4:00 p.m. |

| | |
|---|----------------------------------|
| Geneva Public Library | 244 Main St., Geneva, NY |
| Managing Grief and Guilt | Wed, February 3, 5:30–7:00 p.m. |
| Know the 10 Signs | Wed, February 17, 5:30–7:00 p.m. |
| Driving and Dementia | Wed, March 2, 5:30–7:00 p.m. |
| Communication | Wed, March 16, 5:30–7:00 p.m. |
| 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. |

| | |
|---|----------------------------------|
| Hornell YMCA | 18 Center St., Hornell, NY |
| The Basics: Understanding Alzheimer's Disease | Tue, February 11, 2:00–4:00 p.m. |
| Communication | Tue, February 18, 2:00–4:00 p.m. |
| Managing Challenging Behaviors | Tue, February 25, 2:00–4:00 p.m. |

| | |
|-------------------------------|----------------------------------|
| Naples Library | 118 S. Main St., Naples, NY |
| Role Changes and Transitions | Wed, February 10, 6:30–8:00 p.m. |
| Family Dynamics and Conflicts | Wed, March 9, 6:30–8:00 p.m. |
| Communication | Wed, April 13, 6:30–8:00 p.m. |

| | |
|--|---------------------------------|
| Palmyra Community Library | 402 E. Main St., Palmyra, NY |
| Managing Grief and Guilt | Wed, February 3, 6:30–8:00 p.m. |
| Personal Care | Wed, March 2, 6:30–8:00 p.m. |
| Role Changes and Transitions | Wed, April 6, 6:30–8:00 p.m. |

| | |
|-------------------------------|----------------------------------|
| Parkwood Heights | 1340 Parkwood Dr., Macedon, NY |
| Role Changes and Transitions | Thu, February 11, 2:00–3:00 p.m. |
| Driving and Dementia | Thu, March 10, 2:00–3:00 p.m. |
| Communication | Thu, April 14, 2:00–3:00 p.m. |

| | |
|--------------------------------------|----------------------------------|
| Penn Yan Public Library | 214 Main St., Penn Yan, NY |
| Role Changes and Transitions | Tue, February 16, 6:00–7:30 p.m. |
| Managing Grief and Guilt | Tue, March 15, 6:00–7:30 p.m. |
| Driving and Dementia | Tue, April 19, 6:00–7:30 p.m. |

alz.org/care

Caregiver Center
Online resources, tools
and support



alzheimersnavigator.org

Let us help create an
action plan to meet
your specific needs.

ALZHEIMER'S navigator
alzheimer's association

COMMUNITY EDUCATION

Finger Lakes Region Community Education (continued)

| | | |
|--|---------------------------------|----------------|
| Seneca Falls Public Library | 47 Cayuga St., Seneca Falls, NY | |
| Family Dynamics and Conflicts | Tue, February 23, | 6:30–8:00 p.m. |
| Driving and Dementia | Tue, March 29, | 6:30–8:00 p.m. |
| Role Changes and Transitions | Tue, April 26, | 6:30–8:00 p.m. |

| | | |
|---|----------------------------------|----------------|
| Silver Spoon Cafe | 323 Owego St., Montour Falls, NY | |
| The Basics: Understanding Alzheimer's Disease | Thu, March 31, | 2:00–4:00 p.m. |
| Communication | Thu, April 28, | 2:00–4:00 p.m. |

| | | |
|--------------------------------|----------------------------|----------------|
| Wadsworth Library | 24 Center St., Geneseo, NY | |
| Driving and Dementia | Tue, February 9, | 2:00–3:30 p.m. |
| Family Dynamics and Conflicts | Tue, March 8, | 2:00–3:30 p.m. |
| Personal Care | Tue, April 12, | 2:00–3:30 p.m. |

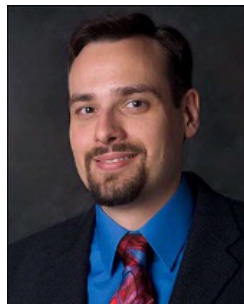
| | | |
|-------------------------------|----------------------------------|----------------|
| Wood Library | 134 N. Main St., Canandaigua, NY | |
| Driving and Dementia | Tue, February 16, | 6:30–8:00 p.m. |
| Family Dynamics and Conflicts | Tue, March 15, | 6:30–8:00 p.m. |
| Personal Care | Tue, April 19, | 6:30–8:00 p.m. |

Southern Tier Library System Video Conference

Diagnosis of Dementia and Clinical Care

Tuesday, April 12, 2016
5:30 p.m. to 7:00 p.m.

Thomas Caprio, M.D. – University of Rochester Medical Center Associate Professor Department of Medicine, Geriatrics/Aging



Appearing Live at Wayland Free Library

101 West Naples St., Wayland, NY

Via Video Conference at Participating Libraries

For more information or to register call 800.272.3900

ADVOCACY

Rally Day in Albany March 8, 2016

Each year New York State Alzheimer's Association advocates storm our State Capitol. Join us on March 8 as we advocate on behalf of the 380,000 New York state residents living with Alzheimer's disease.

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



Advocacy Forum April 4–6, 2016

Help us make a difference by joining us at the 2016 Alzheimer's Association Advocacy Forum. Come to Washington, D.C. as we put a spotlight on the disease and compel our policymakers to engage in the fight.

As an Alzheimer's Association Advocacy Forum participant you will become educated about current issues, learn new skills, network with fellow advocates and take our message directly to members of Congress to fight for our legislative agenda.

The time for us to act is now. Join us at the 2016 Advocacy Forum on April 4–6 at the Washington Marriott Wardman Park.

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

EDUCACIÓN COMUNITARIA

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

El Humor..... febrero, jueves 11, 10:30–12:00 mediodía

Explorar varios aspectos del humor y la risa. Relacionar el humor para beneficio de su salud. Plantear los pasos a seguir para llenar su vida de humor.

Nutrición y Demencia..... marzo, jueves 10, 10:30–12:00 mediodía

Hablar de la importancia de la nutrición. Explorar maneras de preparar la comida para comer más fácilmente. Evaluar maneras de hacer que la hora de la comida sea calmada y agradable.

Enfermedad de Alzheimer..... abril, jueves 14, 10:30–12:00 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.



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

Latinos y el Alzheimer

La investigación científica sobre el Alzheimer ya está dando resultados sobre el impacto de la enfermedad entre los hispanos/latinos. Según el informe *Hechos y Estadísticas sobre la Enfermedad de Alzheimer 2010* de la Alzheimer's Association, el riesgo de desarrollar el Alzheimer en los hispanos es 1,5 veces mayor que en los norteamericanos blancos no hispanos.



- Hay una tasa mayor de hispanos/latinos que blancos no hispanos en los Estados Unidos que padecen del Alzheimer.
- Los hispanos/latinos enfrentan mayor riesgo de desarrollar la enfermedad de Alzheimer y otros tipos de demencia porque están viviendo a una edad más prolongada (como toda la población de los Estados Unidos) pero a la vez tienen índices más altos de problemas cardiovasculares.
- Los factores de riesgo de la enfermedad vascular (mayormente la diabetes, la presión alta y el colesterol alto) también pueden ser factores de riesgo para el desarrollo del Alzheimer y la demencia causada por los derrames cerebrales.
- Los hispanos son el grupo étnico más creciente en los Estados Unidos. Durante la primera mitad del siglo 21 el número de ancianos hispanos que sufren del Alzheimer u otro tipo de demencia puede incrementarse hasta seis veces, de menos de 200.000 personas afectadas actualmente hasta 1,3 millones para el año 2050.
- Para el año 2050, la expectativa de vida de los latinos sobrepasará la de todos los otros grupos étnicos en los Estados Unidos, llegando a los 87 años de edad.

CONOZCA las
10 SEÑALES
DETECCIÓN TEMPRANA ES IMPORTANTE

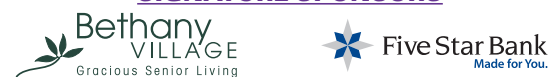
PRESENTING SPONSORS



PREMIER SPONSORS



SIGNATURE SPONSORS



PARTNER SPONSORS



SUPPORTING SPONSORS



MEDIA SPONSORS



SPECIAL SPONSORS

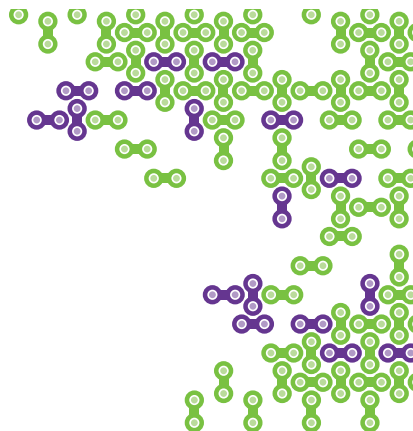


SITE SPONSORS

Blue Knights Chapter of the NRHH, SUNY Geneseo • Chemung County Department of Aging and Long Term Care
Monroe Community Hospital • Sonnenberg Gardens & Mansion
The Community Development Department at The College at Brockport • The Granger Homestead & Carriage Museum

Don't just hope for a cure.
Help us find one.

Everyone can help advance Alzheimer's disease research.



alzheimer's association®
trialmatch®

POWERED BY EmergingMed



ALZConnected (alzconnected.org), powered by the Alzheimer's Association, is a new online social networking community for people with Alzheimer's, their caregivers and others affected by the disease.

ALZConnected® allows you to:

- Post a personal update and read what your connections have to share.
- Share questions and opinions with a diverse community via message boards.
- Get answers to your questions or support others by offering solutions to their challenges.
- Rate solutions by indicating if that solution has been successful.
- Get connected with others like you. Review and accept our suggested connections or invite your own.
- Send private messages to your connections within a secure system.
- Join public or private groups focused on a topic or shared experience.

“ Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me. ”

—ALZConnected Community Member

“ At ALZConnected, I don't have to explain what it means to live with Alzheimer's. ”

—ALZConnected Community Member

Join **ALZConnected** today. Visit alzconnected.org.

SAVE THE DATE

The Apprentice Cook-Off Gala

Radisson Hotel Rochester Riverside

Join us on Wednesday, May 4, 2016
for an event unlike any other!

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.

Silent Auction, Music, Wine Pull and More!

For sponsorships, tickets, volunteer opportunities or donations please
contact Vanessa Pschirrer at: 585.760.5472 or vpschirrer@alz.org



SAVE THE DATE

Annual Dr. Lemuel and Gloria Rogers African American Symposium

Saturday, June 4, 2016

9:00 a.m. – 1:00 p.m.

(Check-in and continental breakfast begin at 8:30 a.m.)

Mt. Olivet Baptist Church

Historic Corn Hill District – 141 Adams St., Rochester, NY

This symposium supports and informs people concerned about or caring
for loved ones who have been diagnosed with Alzheimer's disease and
a related dementia. 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.

For more information contact 800.272.3900 or visit: alz.org/rochesterny



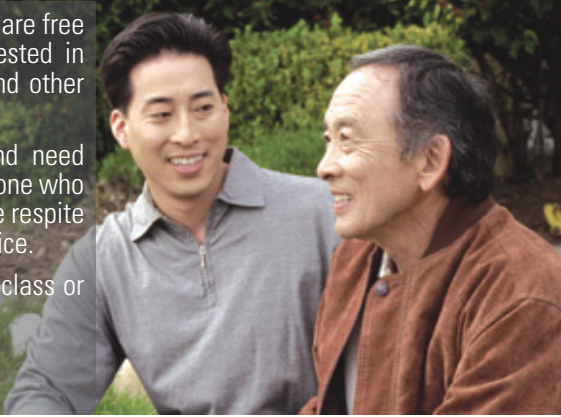
Community Education

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.

If you would like to attend a class and need someone to stay at home with your loved one who has dementia, we can arrange for in-home respite care during the class with one week's notice.

Registration is required. To register for a class or to arrange respite care call 800.272.3900

For class locations and schedules, see pages 14–20.



Being a Healthy Caregiver

Caring for a person with dementia can be rewarding, but also physically and emotionally demanding. 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 talking about when to stop driving.

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.

Lewy Body Dementia

Lewy Body Dementia is estimated to account for about 10 to 25 percent of all dementia. Learn how it differs from Alzheimer's and what treatments are available.

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.

Alzheimer's Association
Rochester & Finger Lakes Region
435 East Henrietta Road
Rochester, NY 14620

ADDRESS SERVICE REQUESTED

Non Profit Org
US Postage
Paid
Rochester, NY
Permit No. 843

JOIN US ON SOCIAL MEDIA



facebook.com/alzrochesterny



twitter.com/alzrochesterny



instagram.com/alzrochesterny

The Alzheimer's Association Rochester & Finger Lakes Region

Serving individuals and families living with Alzheimer's disease
and other forms of dementia in the following counties:

Chemung • Livingston • Monroe • Ontario • Schuyler
Seneca • Steuben • Wayne • Yates

Main Office: 585.760.5400 435 East Henrietta Road, Rochester, NY 14620

Southern Tier Office: 607.378.6605 425 Pennsylvania Ave., Elmira, NY 14902

24/7 Helpline 800.272.3900

alz.org/rochesterny