



Walk to End  
Alzheimer's,  
Page 23

## Summer Program Catalog

May – August 2014



Check out a  
support group  
near you,  
**Pages 2-5**



Teepa Snow  
to speak in  
Rochester,  
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# SUPPORT GROUPS

## Monroe County

No registration is required to attend our caregiver support groups. These groups are made possible in part by funding from the Monroe County Office for the Aging.

### Brighton

Marian's House  
2980 S. Clinton Ave., Brighton  
1st Wednesday of the month  
5:30 to 6:30 p.m.

### Brockport

Brockport Free Methodist Church  
6787 4th Section Road, Brockport  
2nd Thursday of the month  
7 to 8 p.m.

### Fairport

Church of the Assumption  
20 East Ave., Fairport  
1st Tuesday of the month  
1 to 2 p.m.

### Gates

Seabury Woods  
110 Dalaker Drive, Rochester  
3rd Tuesday of the month  
5:30 to 7 p.m.

### Greece

Greece Community & Senior Center  
3 Vince Tofany Blvd., Greece  
3rd Wednesday of the month  
6:30 to 7:30 p.m.

### Henrietta

Pieters Family Life Center  
1025 Commons Way, Rochester  
4th Wednesday of the month  
6:30 to 7:30 p.m.

*This support group is for individuals caring for a loved one with younger-onset dementia. A support group for people younger than 65 living with dementia meets at the same time and location. See Page. 6 for details.*

### Honeoye Falls

Mendon Public Library  
22 N. Main St., Honeoye Falls  
1st Thursday of the month  
12:30 to 1:30 p.m.



# SUPPORT GROUPS

## Penfield

First Baptist Church  
1862 Penfield Road, Penfield  
3rd Wednesday of the month  
7 to 8 p.m.

## Pittsford

United Church of Pittsford  
123 S. Main St., Pittsford  
2nd Wednesday of the month  
12:30 to 2 p.m.

## Rochester

Monroe Community Hospital  
435 East Henrietta Road, Rochester  
• 1st Thursday from 1 to 2 p.m. \*\*  
• 3rd Tuesday from 6 to 7:30 p.m.\*\*

*\*\* A support group for people with dementia meets at a corresponding time in this location. See Page 6 for details.*

St. Ann's, Foundations Boardroom  
1500 Portland Ave., Rochester  
Last Tuesday of the month  
5 to 6 p.m.

St. Bernard's Complex, Building 5  
2260 Lake Ave., Rochester  
Last Monday of the month  
10 to 11 a.m.

*Caregivers can bring their loved one with dementia to the day program at St. Bernard's while they attend the support group meeting.*



## Webster

Cherry Ridge  
900 Cherry Ridge Blvd., Webster  
2nd Wednesday of the month  
3 to 4 p.m.

## Respite care

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

For more information, call  
800.272.3900.

# SUPPORT GROUPS

## In the Finger Lakes

No registration is required to attend our caregiver support groups. These 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.

### Chemung County

#### Horseheads

Courtyards at Bethany Village  
3005 Watkins Road, Horseheads  
3rd Thursday of the month  
12:15 to 1:15 p.m. (light lunch provided)

### Livingston County

#### Avon

Avon Village Office  
74 Genesee St., Avon  
4th Tuesday of the month  
6:30 to 7:30 p.m.

#### Dansville

Noyes Memorial Hospital  
111 Clara Barton Drive, Dansville  
1st Monday of the month  
7 to 8:30 p.m.

#### Geneseo

Geneseo United Methodist Church  
4520 Genesee St., Geneseo  
1st Monday of the month  
1 to 2:30 p.m.



## Finding support online

Learn about what to expect on your caregiving journey and connect with other caregivers at our online Caregiver Center at [www.alz.org/care](http://www.alz.org/care).

There, you can find links to secure message boards,

information about different stages of dementia, and tools to help you map out a customized action plan.

Find the answers you need when you need them at [www.alz.org/care](http://www.alz.org/care).

# SUPPORT GROUPS

## Ontario County

### Canandaigua

Canandaigua VA Medical Center  
Building 8, Room 236  
400 Fort Hill Ave., Canandaigua  
1st Thursday of the month  
1 to 2:30 p.m.

*This group is open to veterans as well as those who are not veterans.*

## Steuben County

### Bath

Steuben County Health Care Facility  
First-floor classroom  
7002 Mt. Washington Road, Bath  
2nd Monday of the month  
10:30 a.m. to noon

### Corning

Corning Senior Center  
Greenhouse Meeting Room  
1 Park Lane, Corning  
3rd Tuesday of the month  
3:30 to 5 p.m.

## Yates County

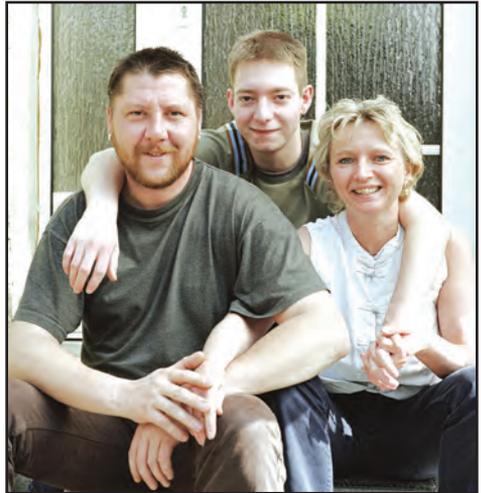
### Penn Yan

Yates County Office for the Aging  
417 Liberty St., Penn Yan  
2nd Thursday of the month  
2 to 3 p.m.

## Seneca County

### Seneca Falls

Seneca Falls Public Library  
47 Cayuga St., Seneca Falls  
2nd Wednesday of the month  
5 to 6 p.m.



## Respite care

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

For more information, call  
800.272.3900.

# LIVING WITH ALZ

## Peer-to-Peer Outreach Program can help those who have a new diagnosis of dementia

The Alzheimer's Association Early-Stage Peer-to-Peer Outreach Program connects newly diagnosed individuals with others living in the early stage of the disease.

Trained volunteers living with early-stage Alzheimer's disease or other dementia conduct confidential telephone calls to answer questions and offer a unique perspective that only someone living with the disease can provide.

"Peer-to-Peer is an opportunity for people with the diagnosis to

talk to someone who really knows what they are going through," says Julie Luther, early-stage coordinator at the Alzheimer's Association, Rochester & Finger Lakes Region.

The Early Stage Peer-to-Peer Outreach Program was developed with funding from the MetLife Foundation.

For more information about the peer-to-peer outreach program or to find out how you can participate, call (800) 272-3900.

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## Support groups for individuals with dementia

These groups are for specifically individuals who have Alzheimer's disease or another dementia. Support groups for caregivers (See Pages 2-3) also meet at a corresponding time in these locations. No registration is required to attend our support groups. An initial intake and registration is required. Please call 800.272.3900 for details.

### Henrietta

Pieters Family Life Center  
1025 Commons Way, Rochester  
4th Wednesday of the month  
6:30 to 7:30 p.m.

*This support group is for individuals who have younger-onset dementia.*

### Rochester

Monroe Community Hospital  
435 East Henrietta Road, Rochester  
• 1st Thursday from 1 to 2 p.m.  
• 3rd Tuesday from 6 to 7:30 p.m.

# LIVING WITH ALZ



## **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 in eight weekly sessions.

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.

The 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 is offered several times throughout the year.

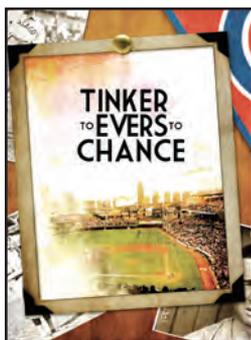
To find out more about the program and when the next group is scheduled to begin, contact Early-Stage Coordinator Julie Luther at 585.760.5416 or [jluther@alz.org](mailto:jluther@alz.org).

# SOCIAL ACTIVITIES

The Alzheimer's Association, Rochester & Finger Lakes Region, offers several opportunities each month to gather with others who have Alzheimer's, dementia or memory loss and their loved ones. Free transportation to each of these events is available with one week's notice. To learn more or register for any of these programs or to arrange for transportation, call 800.272.3900. You can also register for these programs online at [alzevents.eventbrite.com](http://alzevents.eventbrite.com).

## An Afternoon at the Theater

Join us for a matinee this spring at Geva Theatre Center in Rochester. A limited number of free tickets is available to individuals with dementia and a family member or friend. This program is made possible by a generous gift from William and Sheila Konar. To learn more, call 800.272.3900.



### **Tinker to Evers to Chance** **2:30 p.m., Saturday, May 24**

Play ball! Lauren makes a rare trip home to Chicago to take her ailing mother to the biggest Cubs game of the year, Game 6 of the 2003 NLCS. But her mother has disappeared, leaving behind her caretaker and the fresh manuscript of a play about Cubs great Johnny Evers. A story about second chances and the redeeming power of baseball.

## 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.

**When:** 2 to 4 p.m. on the second and fourth Thursdays of the month.

**Where:** Pieters Family Life Center, 1025 Commons Way, Rochester.

# SOCIAL ACTIVITIES

## Connections

Join an outing around the Rochester area twice each month. A friend or family member must accompany individuals with dementia for this program. The activities are free to individuals with dementia, and there may be a small fee for family member or friend. The trips begin at Monroe Community Hospital, 435 East Henrietta Road, Rochester. Registration is required. To register, call 800.272.3900.

### **May 1, 1-3 p.m. • Eastman School of Music**

Attend the student degree recital for Edward Park, piano. Free.

### **May 20, 12:30-2 p.m. • Wild Wings at Mendon Ponds Park**

Learn about the eagles, hawks and owls that live in this sanctuary. Free.

### **June 3, 1:30-3:30 p.m. • Wolf Day at Seneca Park Zoo**

Learn about wolves and how we can protect them. Free.

### **June 19, 12:30-3 p.m. • Rochester Red Wings game**

Watch the home team take on the Pawtucket Red Sox. Free.

### **July 15, 10:30 a.m.-noon or 12:30-2 p.m. • Guided tour of Mt. Hope Cemetery**

Join us for in the morning or in the afternoon. The tour will be conducted by motor coach, but there will be some walking. Free.

### **July 29, 1-3:30 p.m. • Ontario Beach Park**

Enjoy and afternoon at the beach! Free.

### **Aug. 5, 1:30-3:30 p.m. • Stone-Tolan Historic Site**

Visit the oldest place in Monroe County and learn about life in Brighton between 1790 and 1820. Free.

### **Aug. 19, 1:30-3:30 p.m. • China Buffet**

Head out to lunch with your fellow travelers. \$8.63 for a family member or friend.



# SOCIAL ACTIVITIES

## 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.

Meet Me at the MAG includes a concert on the Baroque Italian organ and will explore works of art from the Gallery's special exhibitions and its permanent collection. The afternoon concludes with a small reception. Come as often as you'd like, and explore something new each month. Registration is required. To register, call 800.272.3900.



**When:** 2:30 to 4 p.m. on the first Tuesday of the month.

**Where:** Memorial Art Gallery, 500 University Ave., Rochester 14607.

## 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 of Western Art in Corning. Each month, the tours alternate between the museums. Meet Me at the Museum runs on the second Monday of the month from February to May and September to December. Registration is required. To register, call 800.272.3900.



**When:** 1:30 to 3 p.m., May 12.

**Where:** Rockwell Museum of Western Art, 111 Cedar St., Corning.

# SOCIAL ACTIVITIES

## Melodies and Memories

Sing, play instruments and talk about music during these twice-monthly gatherings with board-certified music therapist Lauren C. Faggiano.

This group is open to individuals with dementia and their caregivers. Registration is requested. To register, call 800.272.3900.

**When:** 2:30 to 3:30 p.m. on the second Friday of the month and 11 a.m. to noon on the fourth Wednesday of the month.

**Where:** Pieters Family Life Center, 1025 Commons Way, Rochester.



## Art with Heart

Reminisce and explore your artistic side with this art-making program for individuals with dementia and their caregivers. Explore techniques from painting to printmaking at these sessions, which are held in two locations each month. No art experience is necessary. Registration is required. To register, call 800.272.3900.



**Pieters Family Life Center with art therapist Sharon Scott**

**When:** 11 a.m. to 12:30 p.m. on the first and third Mondays of the month.

**Where:** Pieters Family Life Center, 1025 Commons Way, Rochester 14623.

**595 Blossom Road with art therapist Shannon Halligan**

**When:** Noon to 1:30 p.m. on the third Friday of the month.

**Where:** 595 Blossom Road, Suite 318, Rochester 14610.

# EDUCATION

## Neighbor Next Door Caregiver Education Series



The Neighbor Next Door Caregiver Education Series offers classes for caregivers, family and friends of those with Alzheimer's disease and other forms of dementia.

All classes in this series are free, but registration is requested.

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.

To register for a class or to arrange respite care, call 800.272.3900 or go online to [alz.org/rochesterny](http://alz.org/rochesterny).

### In Monroe County

These programs are made possible in part by grants from the John F. Wegman Fund and the Charles J. & Burton S. August Family Foundation. They are presented in partnership with the Monroe County Library System.

#### Brighton Memorial Library

2300 Elmwood Ave., Brighton.

##### Being a Healthy Caregiver

May 8 • 6:30 – 8 p.m.

##### Making the Most of a Home Visit

May 29 • 10:30 a.m. – noon

##### Personal Care

June 12 • 6:30 – 8 p.m.

##### Meaningful Activities

June 17 • 10:30 a.m. – noon

#### Chili Public Library

3333 Chili Ave., Chili.

##### Know the 10 Warning Signs

May 28 • 7 – 8:30 p.m.

##### Managing Challenging Behaviors

June 25 • 7 – 8:30 p.m.

# EDUCATION

## Fairport Public Library

1 Fairport Village Landing, Fairport.

### Depression and Dementia

May 10 • 10:30 a.m. – noon

### Personal Care

June 14 • 10:30 a.m. – noon

## Gates Public Library

902 Elmgrove Road, Gates.

### Living with Alzheimer's Disease, Middle Stage, Part 1

May 15 • 6:30 – 8 p.m.

### Living with Alzheimer's Disease, Middle Stage, Part 2

June 19 • 6:30 – 8 p.m.

## Greece Public Library

2 Vince Tofany Blvd., Greece.

### Driving and Dementia

May 22 • 6:30 – 8 p.m.

### Being a Healthy Caregiver

June 26 • 6:30 – 8 p.m.

## Irondequoit Public Library — Pauline Evans Branch

45 Cooper Road, Irondequoit.

### Managing Challenging Behaviors

May 8 • 7 – 8:30 p.m.

### Driving and Dementia

June 19 • 7 – 8:30 p.m.

## Mendon Public Library

22 N. Main St., Honeoye Falls.

### Home Safety

May 14 • 6:30 – 8 p.m.

### Nutrition and Dementia

June 11 • 6:30 – 8 p.m.

## Monroe Community Hospital

435 East Henrietta Road, Rochester.

### Understanding Alzheimer's Disease

May 14 • 6:30 – 8 p.m.

June 11 • 6:30 – 8 p.m.

July 9 • 6:30 – 8 p.m.

Aug. 13 • 6:30 – 8 p.m.

## Penfield Public Library

1985 Baird Road, Penfield.

### Role Changes and Transitions

May 22 • 7 – 8:30 p.m.

### Nutrition and Dementia

June 26 • 7 – 8:30 p.m.



# EDUCATION

## **Pittsford Community Library**

24 State St., Pittsford.

### **Driving and Dementia**

May 20 • 6:30 – 8 p.m.

### **Conversations: Family Dynamics and Conflicts**

June 17 • 6:30 – 8 p.m.

## **Seymour Public Library**

161 East Ave., Brockport.

### **Personal Care**

May 21 • 6:30 – 8 p.m.

### **Being a Healthy Caregiver**

June 18 • 6:30 – 8 p.m.

## **The Village at Unity**

1471 Long Pond Road, Greece.

### **Elder Law**

May 20 • 6:30 – 8 p.m.

### **The Basics: Memory Loss, Dementia and Alzheimer's Disease**

June 17 • 6:30 – 8 p.m.

## **Webster Public Library**

980 Ridge Road, Webster.

### **Nutrition and Dementia**

May 1 • 6:30 – 8 p.m.

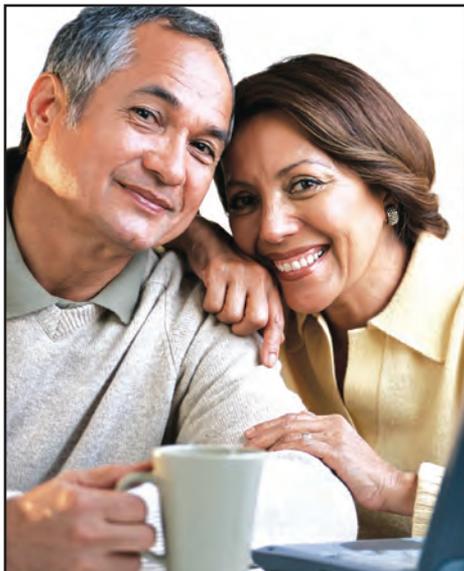
### **Being a Healthy Caregiver**

June 5 • 6:30 – 8 p.m.

## **Classes in Spanish**

Monthly caregiver education classes are taught in Spanish at the Centro de Oro senior center, 817 E. Main St., Rochester. The classes are presented in partnership with Catholic Family Center and Ibero American Action League.

These classes are free but registration is requested. To learn more, call 800.272.3900.



# EDUCATION

## In Livingston County

All classes in this series are free, but registration is requested. To register, call 800.272.3900 or go online to [alz.org/rochesterny](http://alz.org/rochesterny).

### Avon Free Library

143 Genesee St., Avon.

#### Know the 10 Warning Signs

May 9 • 10:30 a.m. – noon

#### Communication

June 13 • 10:30 a.m. – noon

### St. Matthew's Church

6591 Richmond Mills Road, Livonia

#### Managing Challenging Behaviors

May 20 • 6:30 – 8 p.m.

#### Personal Care

June 17 • 6:30 – 8 p.m.

### Dansville Public Library

200 Main St., Dansville

#### Personal Care

May 8 • 6:30 – 8 p.m.

### Wadsworth Library

24 Center St., Geneseo

#### Personal Care

May 5 • 6:30 – 8 p.m.

#### The Basics: Memory Loss, Dementia and Alzheimer's Disease

June 2 • 6:30 – 8 p.m.



## Special presentations

If your organization would like to learn more about Alzheimer's disease or other forms of dementia, we can offer a presentation tailored to the needs of your audience.

To learn more, contact Nanette Friedman, education coordinator, at 585.760.5473.

# EDUCATION

## In Ontario County

All classes in this series are free, but registration is requested. To register, call 800.272.3900 or go online to [alz.org/rochesterny](http://alz.org/rochesterny).

### Wood Library

134 N. Main St., Canandaigua

#### Being a Healthy Caregiver

May 5 • 6:30 – 8 p.m.

#### The Basics: Memory Loss, Dementia and Alzheimer's Disease

June 9 • 6:30 – 8 p.m.

#### Women and Alzheimer's Disease

June 25 • 6:30 – 8 p.m.



### Naples Library

118 S. Main St., Naples

#### Communication

May 14 • 6:30 – 8 p.m.

#### Managing Challenging Behaviors

June 11 • 6:30 – 8 p.m.

## Our Caregiver Center online

Find more information about Alzheimer's disease and other forms of dementia in our online Caregiver Center at [www.alz.org/care](http://www.alz.org/care).

The Caregiver Center includes information about legal and financial planning, stress management and planning tools such as Alzheimer's Navigator and message boards at AlzConnected.

# EDUCATION

## In Chemung and Schuyler Counties

All classes in this series are free, but registration is requested. To register, call 800.272.3900. These classes are offered in partnership with the Southern Tier Library System and Steuben County Office for the Aging. They are made possible by funding from the New York State Office for Aging and the Administration on Aging.

### **Chemung County Office for the Aging**

425 Pennsylvania Ave., Elmira

#### **Communication**

June 12 • 2 – 4 p.m.

### **Van Etten Library**

83 Main St., Van Etten

#### **Communication**

May 7 • 5:30 – 7 p.m.

### **Horseheads Free Library**

83 Main St., Van Etten

#### **Understanding Alzheimer's Disease**

May 13 • 5:30 – 7 p.m.

### **Watkins Glen Library**

610 S. Decatur St., Watkins Glen

#### **Understanding Alzheimer's Disease**

May 14 • 2 – 4 p.m.



**Alzheimer's disease creates questions.  
We can guide you to answers.**

[alzheimersnavigator.org](http://alzheimersnavigator.org)

ALZHEIMER'S **navigator**

alzheimer's  association

alzheimer's  association

# CONFERENCES

## Teepa Snow to speak at Navigating the Journey, a caregiver conference, June 9 in Pittsford

This year's caregiver conference will feature nationally renowned author and advocate Teepa Snow, who will share her insights on communication, behavior, and the difference between letting go and giving up.

Snow is one of America's leading educators on dementia with over 30 years of experience in geriatrics as an occupational therapist. Her education, work experience, medical research and firsthand caregiving experiences have all influenced her unique dementia care philosophy.

As an advocate for people with dementia, it is her personal mission to help families and professionals understand the experience of living with such challenges. During this day-long conference, she will help

guide us on our journey with Alzheimer's and other forms of dementia.

Join us for this day of learning from 9 a.m. to 4 p.m. on June 9 at Burgundy Basin Inn in Pittsford.



### Register today

Reserve your seat today. Tickets are \$30 for family caregivers and \$50 for professionals. For tickets, call 800.272.3900 or go online to [alzjourney.eventbrite.com](http://alzjourney.eventbrite.com).

Volunteering for a clinical trial is one of the most immediate ways you can make a difference. Find out how you can get involved through TrialMatch, our free clinical studies matching service.

alzheimer's  association®  
trialmatch™

[alz.org/trialmatch](http://alz.org/trialmatch) | 800.272.3900

A CURE IS THE GOAL.  
YOU ARE THE HOPE.



# CONFERENCES

## Early-stage conference in Rochester on Sept. 8

Save the date for our fifth-annual early-stage conference. This year, it will be held at the Rochester Museum & Science Center from 9:30 a.m. to 2:30 p.m. on Sept. 8.

The conference, created by individuals with dementia, will feature expert speakers, a panel discussion and the opportunity to network with resources in the community.

The conference includes lunch. It is free to individuals with a demen-

tia diagnosis. Registration for caregivers is \$15 and \$50 for professionals. More details about the event will be coming soon.

Spend the day with those who understand and leave empowered for the journey that lies ahead.

If you would like to be involved in planning the conference or volunteering, contact Early Stage Coordinator Julie Luther at 585.760.5416 or [jluther@alz.org](mailto:jluther@alz.org).

## Caregiver Retreat returns to Horseheads Nov. 13

Mark your calendars for our 2014 Caregiver Retreat in Horseheads, a daylong opportunity for respite and education in the Southern Tier.

The event, generously sponsored by the Horseheads Elks Lodge #2297, will feature presentations on how to make the most of the caregiver-patient-doctor relationship, living with dementia while caring for a loved one with the disease, and legal and financial planning.

The Caregiver Retreat is a free program and is open to anyone caring for a loved one with Alzheimer's or another form of dementia.

Additional details about the day's activities will be coming in the next few weeks. Stay tuned for the



*Attorney Don Mustico, back by popular demand, will discuss legal and financial planning.*

updates on [alz.org/rochesterny](http://alz.org/rochesterny) and in the next edition of our program catalog, due out in September.

# ADVOCACY

## Become an advocate and speak out on behalf of the many local families living with Alzheimer's

An Alzheimer's Advocate is someone who is willing to speak out for all who are affected by Alzheimer's disease and other forms of dementia.

Advocates send letters to their legislators, visit public officials and share information about the impact of Alzheimer's with other community leaders.

"By speaking out, you can help local officials really understand what families face and how their support for proposed legislation and additional research funding can help," says Kelly Harris, director of administration and public policy for the Rochester & Finger Lakes Region.

Many of our local advocates are caregivers or are living with the diagnosis, and they make a difference in many ways.

"Advocates can take actions large and small," Harris says. "They can visit their local Congressional office, or they can send an email to



*Our advocates travel to Albany every spring.*

their representatives. Both actions are important and can be effective in helping policymakers understand that funding research and support for families affected by Alzheimer's is crucial."

To learn more about becoming an advocate, contact Harris at 585.760.5405 or [kharris@alz.org](mailto:kharris@alz.org).

## Did you know?

This year, the total national cost of caring for people with Alzheimer's and other dementias will reach \$214 billion, not including unpaid caregiving by family and friends valued at more than \$220 billion.

Learn more at [www.alz.org/facts](http://www.alz.org/facts).

# SPECIAL EVENTS

## Celebrate with us during our gala, A Night at the Museum on May 9 in Rochester

Join us May 9 for an evening of fine art, live jazz and exquisite food at A Night at the Museum Gala 2014.

Dance to music by Four on the Floor Jazz and enjoy a three-course dinner in the elegance of the ballroom at the Memorial Art Gallery in Rochester.

The gala will include a silent auction featuring day passes to any Disney resort, Finger Lakes bed-and-breakfast packages and more.

Proceeds support the programs and services we provide to individuals and families in our region.

### Reserve your seat

A Night at the Museum will be held from 6 to 10 p.m. Friday, May 9, at the Memorial Art Gallery, 500 University Ave., Rochester.

Tickets are \$150 per person, or \$1,500 per table.

To purchase tickets, contact Special Events Coordinator Vanessa Pschirrer at 585.760.5472 or [vpschirrer@alz.org](mailto:vpschirrer@alz.org).

## Host your own event to support the programs and services of the Alzheimer's Association

You can create your own unique fundraising experience to support the fight against Alzheimer's disease by hosting a third-party event.

The events can be as creative as you like. You can mark a birthday or other celebration of someone special in your life with a tribute donation. You could host a dinner party and ask guests to donate what they would have spent on a meal and drinks at a restaurant. Or you could

have fun  
do Good  
end alzheimer's  
benefiting the alzheimer's association

have a garage sale and donate half the proceeds.

To learn more, contact Vanessa Pschirrer at 585.760.5472 or [vpschirrer@alz.org](mailto:vpschirrer@alz.org).

# SPECIAL EVENTS

## Get involved in June to mark the inaugural Alzheimer's & Brain Awareness Month

For the first time, June will be known as Alzheimer's & Brain Awareness Month. It is an opportunity to help our communities understand the impact the Alzheimer's and other forms of dementia have and how they can be involved in the fight.

In the Rochester and Finger Lakes region, we have a number of activities planned for the month. They include:

- Navigating the Journey, our caregiver conference on June 9 at the Burgundy Basin Inn in Pittsford. The event is open to family caregivers, as well as to professionals. See Page 18 for details.
- The Longest Day, a 16-hour relay event on June 21 to honor the strength and endurance of those who are living with dementia and their caregivers. Teams are signing up now, and they will be participating in activities that include running, walking, knitting and crafting. Learn how you can get involved at [www.alz.org/thelongestday](http://www.alz.org/thelongestday).
- You can also show your support by going purple during the month of June. Pick a day for

**ALZHEIMER'S  
& BRAIN**  
awareness month

alzheimer's  association®



*Village Yarn Shop team members spent The Longest Day knitting, spinning and crocheting.*

your family, friends and co-workers to wear purple. Take a picture and share it with us on Facebook and Twitter. Or, host a purple-themed picnic with purple napkins, plates and tablecloth. You could even show your colors with the flowers you plant — pansies, impatiens or petunias, for example

# SPECIAL EVENTS



Members of Capt. Joe's Corps, who participated in the Walk to End Alzheimer's in Brockport in 2013.



## Join us!

Registration is now open for the 2014 Walk to End Alzheimer's. Sign up your team today and encourage your friends to support you.

To register, visit [alz.org/walk](http://alz.org/walk) today! If you have questions, contact Vanessa Pschirrer at 585.760.5472.

**Saturday, Sept. 13: Canandaigua**

Granger Homestead & Carriage Museum

**Saturday, Sept. 20: Mendon**

Mendon Ponds Park

**Saturday, Sept. 27: Elmira**

Eldridge Park

**Saturday, Oct. 11: Rochester**

Historic Corn Hill Neighborhood

**Saturday, Oct. 18: Brockport**

The College at Brockport

**Saturday, Oct. 25: Geneseo**

Village Park, Main Street

# WE CAN HELP

**800.272.3900**

Our 24/7 Helpline can connect you with:

- Information and referral in more than 170 languages and dialects.
- Registration for local events.
- Decision-making support.
- Crisis assistance.
- Counseling for individuals and families.



## Sign up for our weekly e-newsletter

Stay up to date on the latest in research, programs and services locally and nationally with our free weekly e-newsletter. Sign up at [alz.org/rochesterny](http://alz.org/rochesterny).

## About our chapter

The Alzheimer's Association, Rochester & Finger Lakes Region Chapter, serves individuals and families facing Alzheimer's disease and other forms of dementia in Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates counties.

**Main office:** 435 East Henrietta Road, Rochester NY 14620  
585.760.5400

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

