



SUMMER 2017

JULY • AUGUST • SEPTEMBER

alzheimer's  association[®]

Rochester & Finger Lakes Region

Community

Programs and Services

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Community Resource Finder

Get easy online access to a comprehensive listing of Alzheimer's and Dementia Resources, Community Programs and Services.

- Programs and Events**
- Housing Options**
- Care at Home**
- Medical Services**
- Community Services**
- Dementia Diagnosis Services**

Start your search today at:

CommunityResourceFinder.org

our core services

Founded in 1981, our local organization serves individuals and families affected by Alzheimer's disease and related dementia. We provide the following programs and services in our ten county region. Translation services can be requested for all programs and services.

24-Hour Helpline: The Alzheimer's Association 24/7 helpline provides reliable information and support to people with memory loss, as well as care partners, health care professionals, and the public. Our knowledgeable staff can help you understand dementia and Alzheimer's disease and their treatment options; provide general information about aging; and teach skills in providing quality care and making legal/financial decisions.

Care Consultations: Our professional staff is dedicated to helping you and your family navigate your journey with Alzheimer's disease. During a care consultation, we can help assess your needs and discuss care planning, home safety and other concerns.

Community Education: Learn more about Alzheimer's disease through our free community education courses in English and Spanish. These classes are designed to address topics including understanding the basics of dementia and effective communication. Private in-home sessions are also available upon request.

Information and Referral: Individuals and caregivers can look to us for informational literature as well as important referrals to a variety of community resources such as elder law attorneys, geriatric care managers, home care agencies, and senior living facilities.

Respite Services: Respite care provides care partners a temporary break from caregiving, while the person with Alzheimer's disease continues to receive care in a safe and supportive environment. Using respite services can support and strengthen your ability to be a caregiver.

Social Activities: A person with Alzheimer's disease doesn't have to give up the activities he or she loves. We offer several free opportunities each month to gather with others who have Alzheimer's disease and their loved ones.

Support Groups: Alzheimer's Association support groups offer care partners or persons with Alzheimer's disease the opportunity to meet with others at a regularly scheduled meeting in a safe, confidential environment. Trained volunteer facilitators are paired with professional staff to lead all groups.

INFORMATION

Registration is required for all education sessions, social activities, conferences and expert presentations. Sessions may be canceled if no one is registered within one week of each program.

Registration is not required for support groups. Support groups are generally intended for care partners unless otherwise designated for those living with dementia.

All programs and services are free for people living with Alzheimer's and their family care partners.

Respite for your loved one during a support group or education program can be requested. One week's notice is required.

Free transportation may be available for events with one week's notice.

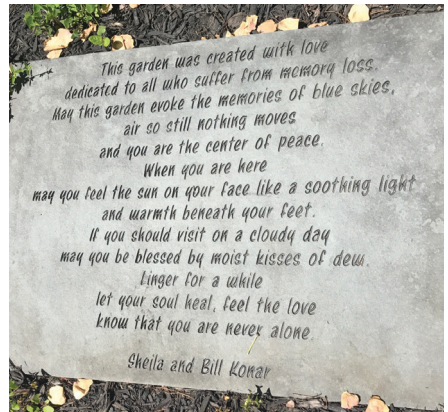
The Alzheimer's Association offers translation services for programs with notice.

These programs are supported, in part, by a grant from the New York State Department of Health, Monroe County Office of Aging, University of Rochester, Burton Gordon and Family, Konar Family Foundation and the Daisy Marquis Jones Foundation.

Alzheimer's Association Memory Garden

Looking for a way to honor your loved one? Families can purchase a brick in the Memory Garden at Monroe Community Hospital for \$100 and participate in a ceremony on Tuesday, September 19 to memorialize those who have been through this journey.

Bricks can be purchased to honor anyone living with the disease, affected by it, caregivers or those who have passed. For more information, please call 800.272.3900.



Ann Lib Kozel Counseling Program

Our counselors are dedicated to helping you and your family navigate your journey with Alzheimer's disease and other dementias.



To schedule an appointment or for more information contact:

Orleans County Residents 585.760.5400

All Other County Residents 800.272.3900

This service is supported by funding from
The New York State Department of Health and
The Ann Lib and Bernard Kozel Family Foundation.

Brain Training to Promote Health in Spousal Dementia Caregivers

Caring for a spouse with dementia can be very stressful.

Researchers at the University of Rochester are exploring ways to help caregivers effectively manage stress and enhance health.

This study is seeking **caregivers** of a spouse with dementia to participate in an in-home program designed to promote cognitive health. All study procedures can be done at home – no travel required.

You may be eligible if you are 60-80 years old and are the primary caregiver for your spouse (or significant other) who has dementia and lives with you.

To learn more, please call Jeff Swan at 585.275.6835 or email mindbody@urmc.rochester.edu.



Social Activities

We offer free opportunities each month to gather with others who have Alzheimer's disease and their loved ones. Each month has a theme and locations and dates are listed in the county section. The upcoming themes for the summer months are:

July:	Bingo
August:	Gardening
September:	Painting

Workforce Development

The Alzheimer's Association provides training and education to staff of healthcare organizations to support a gold standard of excellence in dementia care. A variety of topics and support services are available to all levels of staff including environmental, dining services, social work, nursing, management and leadership. Long term care organizations, hospitals, clinics, pharmacies and other healthcare providers are encouraged to participate. We provide comprehensive training for healthcare professionals in an easy-to-follow progression. Custom plans are available.



Foundations

This option covers the most essential information for direct care professionals including the basics of the disease with immediately applicable techniques to utilize in daily work.

Building Skills

Build skills to improve communication and effectively manage challenging behaviors in dementia care.

Consultation

A team of Alzheimer's Association staff visit the organization, conduct observations and submit a report of findings and recommendations.

Thank you to the following organizations who are building a dementia-capable workforce by completing training sessions with the Alzheimer's Association.

The following list reflects organizations that have completed training sessions since November 2016:

1 Training Completed

- | | |
|--|--------------------------------------|
| Absolut Care Three Rivers | Latta Road West Nursing Home |
| Alpine Manor Home for Adults | Legacy at Cranberry Landing |
| Applertidge Senior Living | Lifetime Care |
| ARC of Monroe | Maryville Home for Adults |
| Arnot Health,
St. Joseph's Hospital | Medina Memorial Hospital |
| Brighton Manor | Morgan Estates |
| Clinton Crest Manor | Newark Manor |
| Country Valley Home | Orchard Manor |
| Creekview Nursing &
Rehabilitation Center | Rushville Community
Health Center |
| Finger Lakes Health
Medical Center | Shore Winds |
| Hamilton Manor | SUNY Brockport
Nursing Program |
| Highland Hospital | The Village at Unity |
| Hornell Gardens | Wedgewood Nursing Home |
| Latta Road East Nursing Home | Woodbrook Assisted Living |

2-3 Trainings Completed

- | | |
|--|--|
| Ashton Place Senior Living | M.M. Ewing Continuing
Care Center |
| Avon Nursing Home | Quail Summit |
| Clark Meadows | Seneca Lake Terrace Assisted
Living & Memory Care |
| Elcor Nursing
& Rehabilitation Center | St. Mark's Terrace |

4+ Trainings Completed

- Crimson Ridge
Jewish Senior Life
Livingston County Center for Nursing & Rehab

Early Stage Orientation Series Offers an Introduction 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.

Audience: Those living in the early stages of Alzheimer's or dementia and their loved ones.

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**

Registration is required. To register or find out more about this program, please call 800.272.3900. This quarter, the Early Stage Orientation Series will be offered in locations in Monroe and Chemung counties.

A Matter of Balance

Each session of the Early Stage Orientation Series will be followed by a special presentation called A Matter of Balance presented by Lifespan.

This is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. For details or to register, please call Lifespan at 585.244.8400 ext. 208.

CLASS DESCRIPTIONS

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

Community Education

Dementia Conversations

This program is designed to help you talk with your entire family, including the person with signs of dementia, about some challenging and often uncomfortable topics related to Alzheimer's and dementia. **Audience: Care Partners.**

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. **Audience: Care Partners**

Understanding and Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Audience: Care Partners

The Basics: Understanding Alzheimer's Disease

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. **Audience: All**

Personalized Education Sessions

The Alzheimer's Association will tailor a personal, in-home education session to meet the needs of your family, friends, neighbors and loved ones. Anyone in your support network is encouraged to participate via telephone, virtually and in person. To learn more about the available options and to schedule a session, call 800.272.3900. Residents of Orleans County please call 585.760.5400.



5th Annual Southern Tier Caregiver Retreat

Thursday, November 9
Horseheads Elks Lodge
6 Prospect Hill Road, Horseheads
9:00 am - 2:00 pm

Caring for a family member or friend with Alzheimer's disease or another form of dementia is a journey with many crossroads. At each intersection, you find tougher questions, deeper dilemmas and strength you didn't know you had.

Our caregiver retreat can be a rest stop on that journey. It is an opportunity for caregivers to take a few hours for themselves, to laugh, reflect, learn and restore. Caregivers will be treated to complementary breakfast and lunch, as well as to a chair massage from local massage therapists. The day will also feature information about taking steps to build support for this journey.

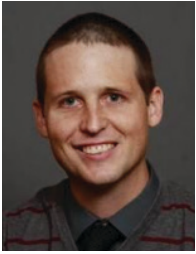
This event is free for caregivers and is presented in conjunction with Horseheads Elks Lodge B.P.O.E. #2297.

Please call
800.272.3900
for more
information.



EXPERT PRESENTATION SERIES

Held on the 4th Monday of each month, the community education Expert Presentation Series connects all ten counties with experts, specialists and Alzheimer's Association staff to provide information on topics related to Alzheimer's disease and other dementias. Locations are available in all ten counties. See your county page for a location near you.



Monday, July 24

3:00–5:00 p.m.

Pharmacology Research for Alzheimer's Disease

Michael Hasselberg, Ph.D.

Assistant Professor of Psychiatry and Clinical Nursing
University of Rochester

Audience: All



Monday, August 28

3:00–5:00 p.m.

Optimizing Time with Your Healthcare Provider

Elizabeth J. Santos, M.D., MPH, DFAPA

Associate Professor of Psychiatry
University of Rochester

Audience: All



Monday, September 25

3:00–5:00 p.m.

Diagnosing and Treating Alzheimer's Disease

David Gill, M.D.

Neurologist and Medical Director
Memory Center at Unity

Audience: All



Monday, October 23

3:00–5:00 p.m.

Understanding Behaviors and Care Partner Stress

Carol Podgorski, Ph.D.

Director, Finger Lakes Center of Excellence in Alzheimer's Disease
University of Rochester

Audience: Care Partners

CHEMUNG COUNTY

– SUPPORT GROUPS –

Horseheads *1st Thursday of the Month.....2:00–3:30 p.m.
Appleridge Senior Living • 168 Miller St., Horseheads

Horseheads3rd Thursday of the Month.....12:15–1:15 p.m.
Courtyards at Bethany Village • 3005 Walkins Rd., Horseheads

Van Etten3rd Tuesday of the Month.....3:30–4:30 p.m.
Van Etten Community Center • 6 Gee St., Van Etten

Virtual Support Group.....1st Tuesday of the Month.....6:00–7:00 p.m.
For Young-Onset Caregivers
Connect with others through your phone or computer.
Call 716.626.0600 to register for the Virtual Support Group.

*** A support group for Individuals Living with Alzheimer’s Disease meets at the same time at this location. Registration is required prior to attending the first of these special sessions.**

– SOCIAL ACTIVITIES –

Art Reflects

Participate in hands-on arts activities, such as self-hardening clay sculpture, canvas painting and mask making. Each activity will be centered on the participants’ self-portraits.

Third Thursday of the month
1:30–3:00 p.m. Community Arts of Elmira
413 Lake St., Elmira

Van Etten Social Activities

Third Thursday of the month
11:00 a.m.–12:00 p.m. Van Etten Community Center
6 Gee St., Van Etten

*For themes, see page 6.

3rd Annual Alzheimer’s Picnic

Please bring your appetites, your table service and a dish to pass. We will provide hamburgers, hot dogs and beverages. Bring musical instruments and games!

Wednesday, August 2
11:30 a.m.–1:30 p.m. Harris Hill Park
557 Harris Hill Rd., Elmira

Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –

FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25

3:00 - 5:00 PM

The Courtyards at Bethany Village

3005 Watkins Rd. • Horseheads

See page 11 for details.

– COMMUNITY EDUCATION –

Steele Memorial Library	101 E. Church St., Elmira
Effective Communication Strategies	Tue, July 11 6:00–7:00 p.m.
The Basics: Understanding Alzheimer’s Disease	Tue, Aug. 8 6:00–7:00 p.m.
Understanding Dementia Related Behavior	Tue, Sept. 12 6:00–7:00 p.m.

– EARLY STAGE ORIENTATION SERIES –

BETHANY VILLAGE • 3005 WATKINS RD. • HORSEHEADS

Thursdays • Sept. 13 - Nov. 1 • 4:00–6:00 p.m.

For more information, please see page 8.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer’s Association Care Coordinator by calling 800.272.3900.

Bethany Village
3005 Watkins Rd, Horseheads

Van Etten Town Hall
6 Gee St., Van Etten

- FINGER LAKES ALZHEIMER’S CAREGIVER INSTITUTE-

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Chemung County.....2nd Tuesday of the Month.....1:00–3:00 p.m.
Chemung County Office for the Aging
425 Pennsylvania Ave., Elmira

LIVINGSTON COUNTY

– SUPPORT GROUPS –

Dansville.....1st Monday of the Month.....6:30–8:00 p.m.
Dansville Public Library • 200 Main St., Dansville

Geneseo.....4th Monday of the Month.....1:00–2:00 p.m.
Geneseo United Methodist Church • 4520 Genesee St., Geneseo

Virtual Support Group.....1st Tuesday of the Month.....6:00–7:00 p.m.
For Young-Onset Caregivers
Connect with others through your phone or computer.
Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

Goodwill of the Finger Lakes

Third Monday of the Month
1:00–2:00 p.m.

Goodwill of the Finger Lakes
4119 Lakeville Rd., Geneseo

*For themes, see page 6.

– COMMUNITY EDUCATION –

Lima Library.....1872 Genesee St., Lima
Understanding Dementia Related Behavior Thu, July 6 6:00–7:00 p.m.
The Basics: Understanding Alzheimer’s Disease Thu, Aug. 3 6:00–7:00 p.m.
Effective Communication Strategies Thu, Sept. 7 6:00–7:00 p.m.

NOYES Conference Center.....111 Clara Barton St, Dansville
The Basics: Understanding Alzheimer’s Disease Tue, July 25 6:00–7:00 p.m.
Understanding Dementia Related Behavior Tue, Aug. 22 6:00–7:00 p.m.
Dementia Conversations Tue, Sept. 26 6:00–7:00 p.m.

Don’t just hope for a cure.

Help us find one.

alz.org/trialmatch | 800.272.3900

Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –

**FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25**

3:00 - 5:00 PM

Goodwill of Finger Lakes

4119 Lakeville Rd, • Geneseo

See page 11 for details.



– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer's Association Care Coordinator by calling 800.272.3900.

Office for the Aging

3 Murray Hill Dr., Mt. Morris

Goodwill

4119 Lakeville Rd., Geneseo

Town of Avon

23 Genesee St., Avon

Noyes Memorial Hospital

111 Clara Barton St., Dansville

– FINGER LAKES ALZHEIMER'S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Livingston County OFA.....-every Thursday of the Month..... 9:30 a.m.–3:00 p.m.
3 Murray Hill Rd., Mt. Morris

MONROE COUNTY

– SUPPORT GROUPS –

Brighton.....3rd Wednesday of the Month.....6:00–7:00 p.m.
The Landing of Brighton • 1350 Westfall Rd., Rochester

Brighton.....1st Thursday of the Month.....5:30–6:30 p.m.
Legacy at Clover Blossom • 100 McAuley Dr., Rochester

Brighton *.....3rd Monday of the Month.....5:30–6:30 p.m.
Marian's House • 2980 S. Clinton Ave., Brighton

Brighton.....4th Wednesday of the Month.....3:00–4:00 p.m.
Marian's House • 2980 S. Clinton Ave., Brighton
This support group is for men living with dementia.

Brockport.....2nd Thursday of the Month.....7:00–8:30 p.m.
Brockport Free Methodist Church • 6787 4th Section Rd., Brockport

Churchville.....2nd Tuesday of the Month.....11:00 a.m.–12:00 p.m.
Legacy at Parklands • 2000 Park Creek Ln., Churchville

Fairport.....1st Tuesday of the Month.....12:30–2:00 p.m.
Church of the Assumption • 20 East Ave., Fairport

Gates.....3rd Tuesday of the Month.....5:30–7:00 p.m.
Seabury Woods • 110 Dalaker Dr., Rochester

Greece.....3rd Wednesday of the Month.....6:30–7:30 p.m.
Greece Community and Senior Center • 3 Vince Tofany Blvd., Greece

Greece.....2nd Thursday of the Month.....1:30–2:30 p.m.
Legacy at Park Crescent • 1000 Providence Circle, Greece

Henrietta.....4th Wednesday of the Month.....6:30–8:00 p.m.
Pieters Family Life Center • 1025 Commons Way, Rochester
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

Penfield.....3rd Wednesday of the Month.....11:00 a.m.–12:00 p.m.
 Legacy at Willow Pond • 40 Willow Pond Way, Penfield

Pittsford.....2nd Wednesday of the Month.....1:00–2:00 p.m.
 The Highlands at Pittsford • 100 Hahnemann Trail, Pittsford

Rochester.....2nd Wednesday of the Month.....3:00–4:30 p.m.
 Gay Alliance • 100 College Ave. #100, Rochester
This is an LGBTQ and Allies support group.

Rochester.....3rd Friday of the Month.....12:00–1:00 p.m.
 Maplewood YMCA • 25 Driving Park Ave., Rochester

Rochester *.....1st Thursday of the Month.....1:00–2:00 p.m.
 Monroe Community Hospital, 3rd floor Education Center
 435 East Henrietta Rd., Rochester

Rochester.....3rd Tuesday of the Month.....6:00–7:30 p.m.
 Monroe Community Hospital, 3rd floor Education Center
 435 East Henrietta Rd., Rochester

Rochester.....1st Monday of the Month.....6:00–7:00 p.m.
 New Progressive Cathedral • 384 Chili Ave., Rochester
Exceptions to 1st Monday of the month - July 10th and September 11th

Rochester.....4th Tuesday of the Month.....5:00–6:00 p.m.
 St. Ann's Community, Boardroom • 1500 Portland Ave., Rochester

Rochester.....4th Monday of the Month..... 11:00 a.m.–12:00 p.m.
 St. Bernard's Complex, Building 5 • 2260 Lake Ave., Rochester
Care partners may bring their loved one with dementia to the day program at St. Bernard's for free while they attend the support group meeting.

Webster.....3rd Wednesday of the Month.....3:30–4:30 p.m.
 Webster Presbyterian Church • 550 Webster Rd., Webster

*** A support group for Individuals Living with Alzheimer's Disease meets at the same time at this location. Registration is required prior to attending the first of these special sessions.**

– 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.

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.

Memorial Art Gallery

500 University Ave.

Rochester

2:00–3:30 p.m.

First Tuesday of the month

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



Art with Heart

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

Pieters Family Life Center

1025 Commons Way, Rochester

11:00 a.m.–12:30 p.m.

Monday, July 10

Monday, August 7

Monday, September 4



Registration is required. Please call 800.272.3900.

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

1:00–2:00 p.m. Tuesdays & Thursdays
Sept. 12–Oct. 24 (six weeks)
No class September 21

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

To register or schedule your assessment, please call: 585.461.2000 ext. 831.

Melodies and Memories

Melodies and Memories promotes health and wellness through a variety of musical experiences. Attendees 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 monthly sessions.

Pieters Family Life Center
1025 Commons Way, Rochester

11:00 a.m.–12:00 p.m.
Fourth Wednesday of the month

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**. No late admittants. Please arrive 20 minutes before start of program.

Grieg's Piano Concerto & Cinderella

Thursday, Sept. 21
9:00 a.m.–12:00 p.m.
Eastman Theatre
26 Gibbs St., Rochester



MONROE COUNTY

- CONNECTIONS -

All Monroe County Connections Outings Begin at Monroe Community Hospital and Transportation leaves 30 minutes before the start times listed below.

435 East Henrietta Road, Rochester, NY

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.

Registration is required. To register call 800.272.3900. These activities are free!

Boat Tour July 6 11:30 a.m.–2:00 p.m.
Cruise through history and experience the Erie Canal.

Lighthouse Tour and Abbots July 13 10:45 a.m.–2:30 p.m.
Enjoy a special treat of Abbot's custard after the Charlotte Lighthouse tour.

Rochester Red Wings Game August 9 1:00–4:00 p.m.
Enjoy America's favorite pastime and cheer on the Rochester Red Wings.

Picnic at MCH August 17 12:00–1:30 p.m.
Join us for a picnic in our beautiful Memory Garden.

Mount Hope Cemetery Tour September 12 11:15 a.m.–2:30 p.m.
Learn about the extensive history surrounding America's first municipal Victorian cemetery.

- ASBURY FIRST MEMORY LOSS CHOIR -

Asbury First United Methodist Church (AFUMC) would like to invite members of your community to participate in a special chorus of individuals living with memory loss together with their care partners. Participants meet once a week to sing together—hymns, show tunes, folk songs, choral music, and more. To learn more about this opportunity, please call Mary Berk 585-271-1050. All are welcome and it is not necessary to have any musical experience to participate. We all have a song in our heart!

Wednesdays from 11:30 am-12:30 pm
Asbury First United Methodist Church
1050 East Avenue, Rochester
Wesley Hall of Building 1040



Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –

FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25

3:00 – 5:00 PM

The Brightonian

1919 Elmwood Ave. • Rochester

The Highlands at Pittsford

100 Hahnemann Trail • Pittsford

Hill Haven Nursing and Rehabilitation

1550 Empire Blvd. • Webster

Lifespan

1900 S. Clinton Ave. • Rochester

See page 11 for details.

– EARLY STAGE ORIENTATION SERIES –

meets once a week for eight consecutive weeks at:

LIFESPAN • 1900 S. Clinton Ave. • Rochester

Tuesdays • July 18 – Sept. 5 • 3:00–5:00 p.m.



An introduction to living with Alzheimer's disease, you and a loved one can learn more about your dementia diagnosis. For more information, please see page 8.

Audience: Persons recently diagnosed with Alzheimer's or dementia, care partners and loved ones.

– FINGER LAKES ALZHEIMER'S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Monroe County.....3rd Tuesday of the Month.....11:00 a.m.–3:00 p.m.
Gay Alliance of the Genesee Valley
100 College Ave. #100, Rochester

– COMMUNITY EDUCATION –

For class descriptions, please see page 9.

Legacy at Clover Blossom	100 McAuley Dr., Rochester
Effective Communication Strategies	Tue, July 11 2:00–3:00 p.m.
Understanding Dementia Related Behavior	Tue, Aug. 8 2:00–3:00 p.m.
The Basics: Understanding Alzheimer’s Disease	Tue, Sept. 12 2:00–3:00 p.m.

Legacy at Cranberry Landing	300 Cranberry Landing, Rochester
Understanding Dementia Related Behavior	Wed, July 26 2:00–3:00 p.m.
The Basics: Understanding Alzheimer’s Disease	Wed, Aug. 23 2:00–3:00 p.m.
Dementia Conversations	Wed, Sept. 27 2:00–3:00 p.m.

Legacy at Erie Station	1545 Erie Station Rd., Henrietta
The Basics: Understanding Alzheimer’s Disease	Wed, July 19 11:00 a.m.–12:00 p.m.
Dementia Conversations	Wed, Aug. 16 11:00 a.m.–12:00 p.m.
Understanding Dementia Related Behavior	Wed, Sept. 20 11:00 a.m.–12:00 p.m.

Legacy at Grand Vie	2140 Five Mile Line Rd., Penfield
Understanding Dementia Related Behavior	Thu, July 13 1:30–2:30 p.m.
Effective Communication Strategies	Thu, Aug. 10 1:30–2:30 p.m.
The Basics: Understanding Alzheimer’s Disease	Thu, Sept. 14 1:30–2:30 p.m.

Legacy at Park Crescent	1000 Providence Circle, Greece
The Basics: Understanding Alzheimer’s Disease	Wed, July 5 1:00–2:00 p.m.
Understanding Dementia Related Behavior	Wed, Aug. 2 1:00–2:00 p.m.
Effective Communication Strategies	Wed, Sept. 6 1:00–2:00 p.m.

Legacy at Parklands	2000 Park Creek Ln., Churchville
The Basics: Understanding Alzheimer’s Disease	Wed, July 12 6:00–7:00 p.m.
Effective Communication Strategies	Wed, Aug. 9 6:00–7:00 p.m.
Understanding Dementia Related Behavior	Wed, Sept. 13 6:00–7:00 p.m.

Legacy at Willow Pond	40 Willow Pond Way, Penfield
Dementia Conversations	Tue, July 11 5:30–6:30 p.m.
The Basics: Understanding Alzheimer’s Disease	Tue, Aug. 8 5:30–6:30 p.m.
Understanding Dementia Related Behavior	Tue, Sept. 12 5:30–6:30 p.m.

Phillis Wheatley Community Library	33 Dr. Samuel McCree Way, Rochester
Effective Communication Strategies	Thu, July 6 5:30–6:30 p.m.
The Basics: Understanding Alzheimer’s Disease	Wed, Aug. 2 5:30–6:30 p.m.
Understanding Dementia Related Behavior	Wed, Sept. 6 5:30–6:30 p.m.

Registration is required. Please call 800.272.3900.

Seymour Library	161 East Ave., Brockport
The Basics: Understanding Alzheimer's Disease	Thu, July 27 2:00–3:00 p.m.
Effective Communication Strategies	Thu, Aug. 24 2:00–3:00 p.m.
Understanding Dementia Related Behavior	Thu, Sept. 28 2:00–3:00 p.m.

Webster Public Library	980 Ridge Rd., Webster
The Basics: Understanding Alzheimer's Disease	Thu, July 6 6:00–7:00 p.m.
Effective Communication Strategies	Thu, Aug. 3 6:00–7:00 p.m.
Dementia Conversations	Thu, Sept. 7 6:00–7:00 p.m.

- CARE PARTNER EDUCATION SERIES -

Monroe Community Hospital
435 E. Henrietta Road, Rochester

Begins Thursday, August 17
4:00 - 5:30 pm

- COMMUNITY AWARENESS -

The following Community Awareness Events will be held at:

Lifespan

1900 S Clinton Ave., Rochester

For more information, please call 800.272.3900.

Know the 10 Signs

The warning signs of Alzheimer's disease are often dismissed as the side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, learn the 10 Warning Signs of Alzheimer's and separate myth from reality. **Audience:** All

July 12 • August 9 • September 13

Healthy Living for Your Brain and Body

The program begins with an overview of how humans age and how the brain works. It is then organized to provide information about current research (what we know) and practical strategies (what we can do) in the following four areas: physical health and exercise, diet and nutrition, cognitive activity, social engagement. **Audience:** Care Partners

July 25 • August 22 • September 26

– SUPPORT GROUPS –

Canandaigua 1st Thursday of the Month 1:00–2:30 p.m.
Canandaigua VA Medical Center, Building 3, Room 13
400 Fort Hill Ave., Canandaigua

Canandaigua 2nd Wednesday of the Month 4:00–5:00 p.m.
Quail Summit
5102 Parrish Street Ext., Canandaigua

Clifton Springs 3rd Tuesday of the Month 5:30–6:30 p.m.
Ashton Place
190 Ashton Pl., Clifton Springs

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

Victor 2nd Thursday of the Month 11:00 a.m.–12:00 p.m.
Legacy at Fairways
681 High St., Victor

Virtual Support Group 1st Tuesday of the Month 6:00–7:00 p.m.
For Young-Onset Caregivers
Connect with others through your phone or computer.
Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

Ontario ARC, Eberhardt Center First Tuesday of the month
2975 County Road 48 1:00–2:00 p.m.
Canandaigua

Ontario Center Second Wednesday of the month
3062 County Complex Dr. 2:00–3:00 p.m.
Canandaigua

*For themes, see page 6.

Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –
FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25
3:00 - 5:00 PM

Ontario ARC
3071 County Complex Dr. • Canandaigua
See page 11 for details.

– COMMUNITY EDUCATION –

Legacy at Fairway		681 High St., Victor
Understanding Dementia Related Behavior	Thu, July 13	1:00–2:00 p.m.
The Basics: Understanding Alzheimer’s Disease	Thu, Aug. 10	1:00–2:00 p.m.
Effective Communication Strategies	Thu, Sept. 14	1:00–2:00 p.m.
Victor Farmington Library		15 W. Main St., Victor
Understanding Dementia Related Behavior	Thu, July 20	4:00–5:00 p.m.
The Basics: Understanding Alzheimer’s Disease	Thu, Aug. 17	4:00–5:00 p.m.
Dementia Conversations	Thu, Sept. 21	4:00–5:00 p.m.
Wood Public Library		134 N. Main St., Canandaigua
The Basics: Understanding Alzheimer’s Disease	Tue, July 18	5:30–6:30 p.m.
Dementia Conversations	Tue, Aug. 15	5:30–6:30 p.m.
Understanding Dementia Related Behavior	Tue, Sept. 19	5:30–6:30 p.m.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer’s Association Care Coordinator by calling 800.272.3900.

Ontario ARC - Victor
91 Maple Ave., Victor

Ontario ARC - Geneva
607 S Exchange St., Geneva

Ontario County Office for the Aging
3019 County Complex Drive, Canandaigua

Naples Library
118 S Main St., Naples

ORLEANS COUNTY

– SUPPORT GROUPS –

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

Hoag Library
134 S. Main St., Albion

Kendall 3rd Thursday of the Month 1:00–2:00 p.m.

Concordia Lutheran Church
1769 Kendall Rd., Kendall

Lyndonville 1st Friday of the Month 11:00 a.m.–12:00 p.m.

Lyndonville Presbyterian Church
107 N. Main St., Lyndonville

Virtual Support Group 1st Tuesday of the Month 6:00–7:00 p.m.

For Young-Onset Caregivers
Connect with others through your phone or computer.
Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

Albion Free Methodist Church Fourth Wednesday of the month

25 S. Platt St. 11:00 a.m.–12:00 p.m.
Albion

Orleans County YMCA Second Monday of the month

306 Pearl St. 1:00–2:00 p.m.
Medina

*For themes, see page 6.

– COMMUNITY EDUCATION –

GLOW YMCA 306 Pearl St., Suite 2, Medina
Know the 10 Signs Wed, Aug. 23 3:00–4:00 p.m.

Hoag Library 134 South Main St., Albion

Effective Communication Strategies Wed, July 26 6:00–7:00 p.m.

Understanding Dementia Related Behavior Wed, Aug. 23 6:00–7:00 p.m.

The Basics: Understanding Alzheimer's Disease Wed, Sept. 27 6:00–7:00 p.m.

Registration is required. Please call 585.760.5400.

– EXPERT PRESENTATIONS –

**FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25**

3:00 - 5:00 PM

Lee-Whedon Memorial Library

620 West Ave. • Medina

See page 11 for details.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer's Association Care Coordinator by calling 800.272.3900.

Medina Medical Building

100 Ohio St., Medina

Orleans County Administration Bldg.

Conf. Rm.

14016 Route 31, Albion

Kendall Town Hall, Conference Room

1873 Kendall Rd., Kendall

Get easy online access to a comprehensive listing of Alzheimer's and Dementia Resources, Community Programs and Services.

Programs and Events

Housing Options

Care at Home

Medical Services

Community Services

Dementia Diagnosis Services

Start your search today at:

CommunityResourceFinder.org

MEDIC ALERT + SAFE RETURN

The MedicAlert® + Alzheimer's Association Safe Return® alliance provides a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or who have a medical emergency.



The member's personal health record lists medical conditions, medications & allergies and can be updated 24 hours a day through a private online account or by calling the toll-free number during business hours.

- 6 out of 10 people with dementia will wander. 99% of those enrolled in MedicAlert + Safe Return are returned safely, compared to the less than 50% of those not enrolled.
- **The Alzheimer's Association will cover the cost of the enrollment fee and the jewelry for the individual with Alzheimer's disease and their care partner.**

If you would like to take advantage of this program, please visit the nearest location where a Care Coordinator will be available to assist with the enrollment process. Please be aware that the following information will be needed to complete the enrollment: drug allergies, list of medications, contact information for an emergency contact. For more information or if you have any questions, please call 800.272.3900.

Don't just hope for a cure.

Help us find one.

alz.org/trialmatch | 800.272.3900

SCHUYLER COUNTY

– SUPPORT GROUPS –

Watkins Glen.....2nd Tuesday of the Month.....3:00–4:00 p.m.
Schuyler County Office for the Aging • 323 Owego St. #7, Montour Falls

– EXPERT PRESENTATIONS –

**FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25
3:00 - 5:00 PM**

Watkins Glen Public Library
610 S Decatur St. • Watkins Glen

See page 11 for details.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer's Association Care Coordinator by calling 800.272.3900.

First Presbyterian Church of Hector

5511 NY 414, Hector

Schuyler County Office for the Aging

323 Owego St., Montour Falls

Watkins Glen Public Library

610 S. Decatur St., Watkins Glen

– FINGER LAKES ALZHEIMER'S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Schuyler County.....2nd Tuesday of the Month.....9:00 a.m.–12:00 p.m.
Schuyler County Office for the Aging • 323 Owego St. #7, Montour Falls

– SUPPORT GROUPS –

Ovid 4th Friday of the Month 11:00 a.m.–12:00 p.m.

Ovid Federation Church
7137 Main St., Ovid

Seneca Falls 1st Thursday of the Month 4:00–5:00 p.m.

Seneca Falls Public Library
47 Cayuga St., Seneca Falls

Virtual Support Group 1st Tuesday of the Month 6:00–7:00 p.m.

For Young-Onset Caregivers

Connect with others through your phone or computer.

Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

Seneca County OFA Second Friday of the month

1 Dipronio Dr. 2:00–3:00 p.m.

Waterloo

*For themes, see page 6.

– COMMUNITY EDUCATION –

Seneca Falls Public Library 47 Cayuga St., Seneca Falls

The Basics: Understanding Alzheimer's Disease Thu, July 20 3:00–4:00 p.m.

Effective Communication Strategies Thu, Aug. 17 3:00–4:00 p.m.

Understanding Dementia Related Behavior Thu, Sept. 21 3:00–4:00 p.m.

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

ALZHEIMER'S navigator®

alzheimer's association®

alzheimersnavigator.org

Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –

**FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25**

3:00 - 5:00 PM

Seneca Nursing and Rehabilitation Center

200 Douglas Dr. • Waterloo

See page 11 for details.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer's Association Care Coordinator by calling 800.272.3900.

Seneca Falls Library

47 Cayuga St., Seneca Falls

Ovid Public Library

7169 North Main St., Ovid

Seneca County Office for the Aging

1 DiPronio Dr., Waterloo

Ovid Federated Church

7137 Main St., Ovid

– FINGER LAKES ALZHEIMER'S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Seneca County..... 3rd Friday of the Month..... 9:30 a.m.–12:20 p.m.

Seneca County Office for the Aging

1 Dipronio Dr., Waterloo

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800.272.3900 | alz.org®

STEBEN COUNTY

– SUPPORT GROUPS –

Bath.....2nd Monday of the Month.....10:30–12:00 a.m.

Steuben Center, Second Floor Classroom
7009 Rumsey St., Bath

Corning.....3rd Tuesday of the Month.....3:00–4:30 p.m.

Corning Senior Center - Greenhouse Meeting Room
1 Park Ln., Corning

Hornell.....2nd Thursday of the Month.....1:30–3:00 p.m.

Hornell Senior Center
20 Broadway Mall, Hornell

Virtual Support Group.....1st Tuesday of the Month6:00–7:00 p.m.

For Young-Onset Caregivers

Connect with others through your phone or computer.

Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

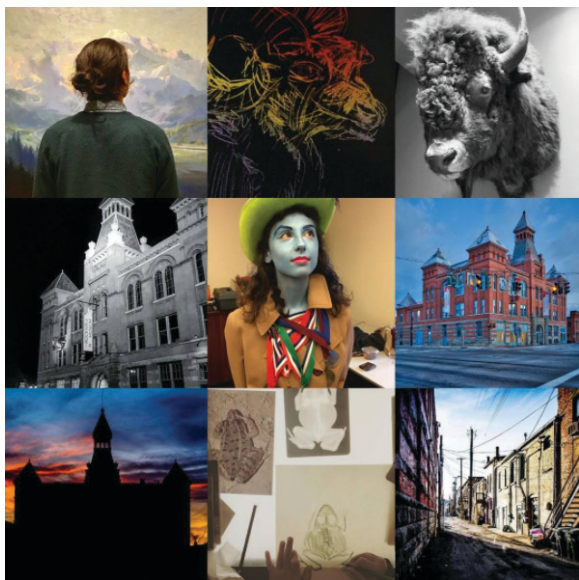
Meet Me at the Museum

Join us for an exclusive tour and a chance to spend time with others in the beauty of the The Rockwell Museum in Corning.

Registration is required.

The Rockwell Museum

111 Cedar St.
Corning
1:30–3:00 p.m.
Monday, Sept. 11



Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –

FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25

3:00 - 5:00 PM

Steuben Center for Rehabilitation and Healthcare

7009 Rumsey Street Extension • Bath, NY 14810

See page 11 for details.

– COMMUNITY EDUCATION –

Fred and Harriett Library	21 William St., Hammondsport	
Understanding Dementia Related Behavior	Wed, July 5	2:00–3:00 p.m.
Effective Communication Strategies	Mon, Aug. 7	2:00–3:00 p.m.
The Basics: Understanding Alzheimer’s Disease	Tue, Sept. 5	2:00–3:00 p.m.
Southeast Steuben Library	300 Nasser Civic Ctr., Corning	
The Basics: Understanding Alzheimer’s Disease	Mon, July 17	4:00–5:00 p.m.
Understanding Dementia Related Behavior	Mon, Aug. 21	4:00–5:00 p.m.
Effective Communication Strategies	Mon, Sept. 18	4:00–5:00 p.m.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer’s Association Care Coordinator by calling 800.272.3900.

Hammondsport Library
21 William St., Hammondsport

Corning Senior Center
1 Park Ln., Corning

Hornell Senior Center
20 Broadway Mall, Hornell

– FINGER LAKES ALZHEIMER’S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Steuben County	1st Thursday of the Month.....	1:30–3:30 p.m.
Corning YMCA.....	2nd & 4th Tuesday of the Month.....	9:00 a.m.–3:00 p.m.
127 Center Way, Corning		

WAYNE COUNTY

– SUPPORT GROUPS –

Lyons.....2nd Tuesday of the Month.....6:00–7:00 p.m.
Wayne County Nursing Home, 2nd Floor Retreat Room
1529 Nye Rd., Lyons

Virtual Support Group.....1st Tuesday of the Month.....6:00–7:00 p.m.
For Young-Onset Caregivers
Connect with others through your phone or computer.
Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

Wayne ARC, Macedon

927 Victor Rd.....Third Wednesday of the month
Macedon.....1:00–2:00 p.m.

*For themes, see page 6.

– COMMUNITY EDUCATION –

Williamson Free Public Library	6380 Route 21, Suite 1, Williamson
The Basics: Understanding Alzheimer’s Disease	Tue, July 18 6:00–7:00 p.m.
Effective Communication Strategies	Tue, Aug. 15 6:00–7:00 p.m.
Understanding Dementia Related Behavior	Wed, Sept. 20 6:00–7:00 p.m.

- THE POWERFUL TOOLS FOR CAREGIVERS -

This program is an evidence-based education program presented by Lifespan offering a unique combination of elements. The scripted curriculum and the intricately detailed training material, have guaranteed its consistency and quality. The program utilizes a train-the-trainer method of dissemination.

Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life. The 6-week scripted curriculum has been shown to improve:

Self-Care Behaviors, Management of Emotions,
Self-Efficacy, Use of Community Resources

July 20 - August 31
4:00 - 5:30 p.m.

For details or to register, please call Lifespan at 585.244.8400 ext. 208.

Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –
FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25
3:00 - 5:00 PM

Williamson Public Library
6380 NY-21 • Williamson

See page 11 for details.



– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer's Association Care Coordinator by calling 800.272.3900.

Wayne County Office for the Aging
1519 Nye Rd., Suite 300, Lyons

– FINGER LAKES ALZHEIMER'S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Wayne County..... 1st Tuesday of the Month..... 9:30 a.m.–12:20 p.m.
Wayne County Office for the Aging..... NO HOURS IN JULY
1519 Nye Rd. #300, Lyons

Wayne County OFA..... 1st & 3rd Mondays of the Month..... 9:30 a.m.–3:30 p.m.
1519 Nye Rd., Lyons

– SUPPORT GROUPS –

Dundee 1st Tuesday of the Month 4:00–5:00 p.m.
Dundee Elementary School – Public Meeting Room
55 Water St., Dundee

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

Virtual Support Group 1st Tuesday of the Month 6:00–7:00 p.m.
For Young-Onset Caregivers
Connect with others through your phone or computer.
Call 716.626.0600 to register for the Virtual Support Group.

– SOCIAL ACTIVITIES –

Yates County Office for the Aging Fourth Thursday of the month
417 Liberty St. 2:00–3:00 p.m.
Penn Yan

*For themes, see page 6.

– COMMUNITY EDUCATION –

Penn Yan Public Library	214 Main St., Penn Yan
Understanding Dementia Related Behavior	Tue, July 11 5:30–6:30 p.m.
The Basics: Understanding Alzheimer’s Disease	Tue, Aug. 8 5:30–6:30 p.m.
Effective Communication Strategies	Tue, Sept. 12 5:30–6:30 p.m.

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

ALZHEIMER’S navigator®

alzheimer’s  association®

alzheimersnavigator.org

Registration is required. Please call 800.272.3900.

– EXPERT PRESENTATIONS –
FOURTH MONDAY OF EACH MONTH
JULY 24, AUGUST 28, SEPTEMBER 25
3:00 - 5:00 PM

The Living Well
121 East Elm St. • Penn Yan
See page 11 for details.

– CARE CONSULTATION –

Make an appointment for an in-person meeting with an Alzheimer’s Association Care Coordinator by calling 800.272.3900.

The Living Well
121 East Elm St., Penn Yan

Yates County Office for the Aging
417 Liberty St., Penn Yan

– FINGER LAKES ALZHEIMER’S CAREGIVER INSTITUTE –

Representatives from Lifespan are available by appointment by calling 585.313.8721 and walk-ins are welcome.

Yates County.....1st Thursday of the Month..... 9:00 a.m.–12:00 p.m.
Yates County Office for the Aging
415 Liberty St., Penn Yan

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Help us find one.

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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.

- | | |
|---|--------------------------|
| Los Conflictos de la Dinámica Familiar | jueves, 27 de julio |
| Centro de Oro- 817 E. Main St., Rochester | 10:00–11:00 a.m. |
| Los Comportamientos | jueves, 31 de agosto |
| Centro de Oro- 817 E. Main St., Rochester | 10:00–11:00 a.m. |
| Las Estrategias de la Comunicación | jueves, 28 de septiembre |
| Centro de Oro- 817 E. Main St., Rochester | 10:00–11:00 a.m. |

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.

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

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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 • Orleans
Schuyler • Seneca • Steuben • Wayne • Yates

Main Office
435 East Henrietta Road
Rochester, NY 14620

Southern Tier Office
3005 Watkins Road
Horseheads, NY 14845

24/7 Helpline
Main Office

800.272.3900
585.760.5400

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