



Central New York Chapter

800.272.3900

alz.org/cny

WINTER/EARLY SPRING 2024

Programs and Services Catalog



CONTACT US

Reach us at:

Alzheimer's Association
5015 Campuswood Dr.
Suite 102
East Syracuse, NY
13057

Office Phone

315.472.4201

24-Hour Helpline

800.272.3900

On the Web

alz.org/cny

On Social Media



[facebook.com/
alzcnycny](https://facebook.com/alzcnycny)



[twitter.com/
alzcnycny](https://twitter.com/alzcnycny)



[instagram.com/
alzcnycny](https://instagram.com/alzcnycny)



[instagram.com/
alzcnycny](https://linkedin.com/company/alzcnycny)

© 2024 Alzheimer's Association
All rights reserved

This publication is offered as a community resource and does not replace any service offered by the Alzheimer's Association.

The Alzheimer's Association does not endorse any third-party product, service or agency mentioned in this publication.

This publication and the programs described are made possible, in part, by a grant from the New York State Department of Health.

TABLE OF CONTENTS

PAGE 3 | Executive Director Message

A note from our new Executive Director.

PAGE 4 | Care Consultations and Respite Care

Care assessment, planning, and respite.

PAGE 5 | Black and Women's History Months

Populations disproportionately impacted by Alzheimer's or other dementia.

PAGES 6-7 | Support Groups

Caregiver and specialty support groups both virtual and in-person.

PAGES 8-12 | Wandering Support

Receive a free MedicAlert® membership with wandering support.

PAGE 13 | The Longest Day and Walk to End Alzheimer's

Raise awareness and funds to further the fight to end Alzheimer's.

PAGES 14-15 | Social Engagement Programs

Connect with ALZTogether.

PAGE 16 | Education Programs

Opportunities to learn more about Alzheimer's or other dementia.

PAGE 17 | Save the Date

Upcoming community forum and caregiver conference.

PAGES 18-19 | 50 Meaningful Activities

Simple and fun ways to engage.

PAGE 20 | Volunteer

Join the fight to end Alzheimer's.

WELCOME KATE



In August 2023, the Central New York Chapter welcomed Kate Flannery as their new Executive Director. Kate has an extensive voluntary health background in the Syracuse community as well as Upstate New York. Before coming to the Alzheimer's Association, she served as Executive Director, Office of Community Engagement Planning at Syracuse University (SU), where she was responsible for developing and maintaining relationships between SU and community partners. Prior to that

Kate served as Executive Director for Susan G. Komen for 13 years, first for Central New York then moving into a role where she oversaw 6 affiliates covering 49 counties in Upstate New York. During her career, she also served in leadership positions at the Rape Crisis Center, Vera House, and Francis House, all in Syracuse, NY. A Licensed Social Worker with a Masters from Syracuse University and Bachelor's from Le Moyne College, Kate has a profound interest in caregiver programs and support.

During her time with the Association Kate has been meeting with constituents and community partners and has said, "Since I have joined the Central New York Chapter of the Alzheimer's Association, I have had the privilege of working with a premier group of professionals who are dedicated to serving our community through care consultations, support groups, educational programs and social engagement opportunities. Please don't hesitate to reach out to 1-800-272-3900 for any additional information or support which is available 24/7."

STAY UP TO DATE WITH OUR WEEKLY E-NEWSLETTER

The Alzheimer's Association's E-News combines stories of nationwide interest with stories that have local focus. Every Wednesday, you'll receive the latest information on Alzheimer's care and support, advances in research, as well as inspirational stories and resources for people living with the disease and their caregivers. Sign up takes less than a minute at alz.org/e-news.



Care Consultations

High quality dementia care requires planning. Let our experts be your guide.

Care Consultations are not just a meeting with a care professional. We work with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is FREE. To schedule a phone, video or in-person meeting, call 315.472.4210 ext. 227 or email cny-programs@alz.org.

Respite Care

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's or other dementia continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver. Respite care can help caregivers by providing time to relax, run errands, or go to appointments. Caregivers can receive respite funds from their county's Office for the Aging (OFA), made possible by a grant to the Alzheimer's Association. Interested caregivers must meet eligibility requirements of their county's respite program. The Central New York Chapter maintains relationships with OFAs in its 14-county service area, providing caregivers a direct connection to the resources each OFA provides. For more information, please contact 315.472.4201, ext. 227.

FEBRUARY IS BLACK HISTORY MONTH



Black Americans and Alzheimer's Disease



Black Americans are about **2 times** as likely as White Americans to have Alzheimer's and other dementias, but they are less likely to receive a diagnosis.



1/2 say that they have experienced discrimination while seeking care for a person living with Alzheimer's.



Nearly 2/3 believe medical research is biased against people of color.

MARCH IS WOMEN'S HISTORY MONTH



Women and Alzheimer's Disease



In the U.S., more than **10 million** women are either living with Alzheimer's or caring for someone who has it.



Over **60%** of Alzheimer's and dementia caregivers are women.



Almost **2/3** of Americans living with Alzheimer's are women.



Support Groups

OPEN TO ALL DEMENTIA CAREGIVERS

Advance screening and registration is required for ALL support groups before attending. Please call 315.472.4201 ext. 227 to be screened and obtain Zoom link and/or location information.

VIRTUAL

Group

Chapterwide Support Group #1
 Chapterwide Support Group #2
 Clinton Caregiver Support Group
 Lowville Caregiver Support Group
 Norwich Caregiver Support Group
 Owego Caregiver Support Group

Day of Month and Time

2nd Wednesday at 1:30 p.m.
 4th Monday at 5 p.m.
 Last Wednesday at 1 p.m.
 3rd Thursday at 10 a.m.
 3rd Thursday at 6 p.m.
 3rd Tuesday at 1:30 p.m.

IN-PERSON

Group

Auburn Caregiver Support Group
 Baldwinsville Caregiver Support Group
 Canton Caregiver Support Group
 Cortland Caregiver Support Group
 Ithaca Caregiver Support Group
 Johnson City Caregiver Support Group
 North Syracuse Caregiver Support Group
 Oswego Caregiver Support Group
 Rome Caregiver Support Group
 Skaneateles Caregiver Support Group
 Syracuse Caregiver Support Group
 Watertown Caregiver Support Group

Day of Month and Time

1st Thursday at 2 p.m.
 2nd Tuesday at 6:30 p.m.
 1st Tuesday at 6:30 p.m.
 3rd Wednesday at 12:30 p.m.
 1st Wednesday at 5:30 p.m.
 3rd Wednesday at 4 p.m.
 3rd Tuesday at 3 p.m.
 4th Wednesday at 6 p.m.
 2nd Tuesday at 5 p.m.
 Last Thursday at 2 p.m.
 1st Thursday at 1 p.m.
 4th Tuesday at 4:30 p.m.

Specialty Caregiver Groups (All Held Virtual)

| Group | Day of Month and Time |
|---|----------------------------|
| Long Term Care Caregiver Support Group Support group for family caregivers of people living with dementia in a long-term care residence. | 2nd Wednesday at 10 a.m. |
| Partner/Spousal Caregiver Support Group Support group for partners/spouses of people living with dementia. | 4th Thursday at 3 p.m. |
| Younger-Onset Caregiver Support Group Support group for caregivers of people living with younger-onset (under 65 years old) Alzheimer's disease or other dementia. | 2nd Wednesday at 5:30 p.m. |

Don't see what you need? The Alzheimer's Association offers a variety of specialty support groups virtually nationwide. For example:

- Black/African American Caregivers
- LGBTQ+ Caregivers
- Recently Bereaved Caregivers
- Groups in languages other than English (i.e. Spanish, Arabic, Mandarin-Chinese, Haitian-Creole)

Please call 800.272.3900 or visit alz.org/crf to get a full listing.

Early Stage/Caregiver Time-Limited Support Group

The Alzheimer's Association, Central New York Chapter is pleased to offer an early stage support group designed specifically for those in the early stage of the disease and their care partner. During this seven-week group, participants will have an opportunity for emotional, educational, and social support with peers in a safe and confidential space.

| Winter Session | | Spring Session | |
|----------------------------------|--|----------------------------------|--|
| Virtual (via Zoom) 10-11 a.m. | In-Person (Syracuse) 4:30-5:30 p.m. | Virtual (via Zoom) 10-11 a.m. | In-Person (Syracuse) 4:30-5:30 p.m. |
| Monday, January 8 | Wednesday, January 10 | Monday, April 1 | Wednesday, April 3 |
| Tuesday, January 16 | Wednesday, January 17 | Monday, April 8 | Wednesday, April 10 |
| Monday, January 22 | Wednesday, January 24 | Monday, April 15 | Wednesday, April 17 |
| Monday, January 29 | Wednesday, January 31 | Monday, April 22 | Wednesday, April 24 |
| Monday, February 5 | Wednesday, February 7 | Monday, April 29 | Wednesday, May 1 |
| Monday, February 12 | Wednesday, February 14 | Monday, May 6 | Wednesday, May 8 |
| Tuesday, February 20 | Wednesday, February 21 | Monday, May 13 | Wednesday, May 15 |

Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: [My Two Elaines](#) by Martin J. Schreiber. This group will meet on four consecutive Thursday mornings, beginning March 7 and ending March 28, from 10-11 a.m. The book will be provided at no cost to registrants. Space is limited to 10 participants. **Advance screening and registration are required before February 22 to allow for mailing of book/materials.**



WANDERING SUPPORT



Alzheimer's disease causes people to lose their ability to recognize familiar places and faces. It is common for a person living with dementia to wander or become lost or confused about their location, and it can happen at any stage of the disease. **Six in 10 people living with dementia will wander at least once;** many do so repeatedly. Although common, wandering can be dangerous — even life threatening — and the stress of this risk weighs heavily on caregivers and family.

The MedicAlert® Foundation is a nationwide emergency response service that facilitates the safe return of individuals living with Alzheimer's disease or other dementia who wander or have a medical emergency. A MedicAlert® membership plan with 24/7 Wandering Support also provides peace of mind to dementia caregivers in the event that an unexpected incident, such as an automobile accident or sudden hospitalization, affects their immediate ability to fulfill caregiving duties.

Families residing in Central New York (Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga and Tompkins counties) are eligible for new and renewal enrollments at no cost to the person living with dementia and their caregiver, courtesy of a grant from the New York State Department of Health Caregiver Support Initiative.

To take advantage of this free program, scan the QR code above or remove the included application, complete form and return to the Central New York Chapter office by mail (5015 Campuswood Dr. Suite 102 East Syracuse, NY 13057) or email (cny-programs@alz.org). Please note that an application must be completed for both the person living with dementia and their caregiver. If you have any questions, please call our office at 315.472.4201, ext. 227.



MEDICALERT NEW ENROLLMENT FORM

Please complete one form for the caregiver and one form for the person living with dementia

RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

PERSON WEARING THE MEDICAL ID (All fields required)

FIRST NAME _____

LAST NAME _____

PHONE _____

MOBILE / HOME (CIRCLE ONE)

ADDRESS _____

APT # _____

CITY _____

STATE _____

ZIP CODE _____

EMAIL ADDRESS _____

BIRTHDATE (MM/DD/YYYY) _____

GENDER (CHECK ONE)

FEMALE MALE Prefer not to say

Prefer to self-describe: _____

ENROLLEE IS (CHECK ONE):

Person Living With Dementia

*Caregiver for: _____

FULL NAME _____

DATE OF BIRTH _____

INFORMATION FOR YOUR EMERGENCY HEALTH RECORD

***All fields must be completed**

*MEDICAL CONDITIONS & DEVICES

For example: Alzheimer's, memory impaired, diabetes, insulin pump, pacemaker
If this does not apply, please write "None."

*ALLERGIES

List all known food, drug or other allergies
If this does not apply, please write "None."

IDENTIFYING INFORMATION

HEIGHT (FT.-IN.) _____

WEIGHT (LBS.) _____

EYE COLOR:

Blue Brown Black Green Hazel Other

HAIR COLOR:

Bald Black Blonde Brown Gray Other Red

OTHER IDENTIFYING FEATURES:

Hearing Aid Contacts Beard Mustache Wig Dentures
 Glasses Cane Mole* Scar* Tattoo Birthmark*

If you selected a choice with an asterisk, please list its/their location(s) here:

RACE:

American Indian/Native Alaskan Asian or Pacific Islander Black
 Hispanic White Other Not Specified

ETHNICITY:

African American Asian Caucasian Chinese
 Hispanic Indian Japanese Jewish Korean
 Other Portuguese Russian Vietnamese

LANGUAGE/ACCENT:

English (US/Canada) English (UK) Spanish French
 Italian Korean Chinese Vietnamese Portuguese
 Polish Russian Hindi Arabic

WHAT IS INCLUDED WITH YOUR FREE MEMBERSHIP*

- 24/7 Emergency Response Team
- Emergency Health Profile
- Emergency Contact Notification
- Personalized Jewelry
- 24/7 Wandering Support
- Personal Profile for Each Enrollee
- Portrait Photo (selfie) for Emergency Identification
- Printable Health Profile

*ALL MEMBERSHIPS ARE PAID FOR IN FULL THROUGH A GRANT BY THE NEW YORK STATE DEPARTMENT OF HEALTH CAREGIVER SUPPORT INITIATIVE. CAREGIVERS AND THEIR LOVED ONE LIVING WITH DEMENTIA LIVING IN THE CENTRAL NEW YORK AREA MAY BOTH BE ENROLLED AND RENEWED AT NO COST ON A YEARLY BASIS IN PERPETUITY DEPENDENT ON AVAILABILITY OF GRANT FUNDING

USE THIS SPACE TO PROVIDE ADDITIONAL NECESSARY INFORMATION

RELEASE - SIGN & DATE BELOW

Important: By accepting membership in MedicAlert Foundation, for yourself as a member or caregiver and/or as caregiver on behalf of the member named above (collectively, "you"), you authorize MedicAlert to release all medical and other confidential information about you in emergencies and to other health care personnel you designate. Read the full consent at www.medicalert.org/consent.

SIGNATURE OF MEMBER OR REPRESENTATIVE DATE

PLEASE RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

***NOTE:** If the person you are a caregiver for is enrolled in MedicalAlert, your ID will include "Caregiver for" and the member ID of that person.

EMERGENCY CONTACT

FIRST AND LAST NAME _____

RELATIONSHIP TO ENROLLEE _____

PHONE (MOBILE / HOME (CIRCLE ONE)) _____

SECONDARY PHONE (MOBILE / HOME (CIRCLE ONE)) _____

***MEDICATIONS**
List all medications, including inhalers
If this does not apply, please write "None."

***Please use provided area on second page if additional space is needed for this section, or attach additional documentation*

SELECT YOUR PREFERRED JEWELRY BELOW

***SELECT ONE JEWELRY OPTION PER ENROLLMENT FORM**

CLASSIC STEEL BRACELET WITH COLOR

Purple (A639)



Sizes available: 4" - 10" in 1/2" increments

Size needed: _____

SPORT SILICONE BRACELET

Violet (A013)



Sizes available: Sm: 5" - 6", Med: 6" - 7", Lg: 7" - 8"

Size needed: _____

CLASSIC STEEL NECKLACE WITH CURB CHAIN

Purple (A730)



Comes on a 26" or 30" curb chain

Size needed: _____

LARGE CLASSIC STEEL BRACELET WITH COLOR

Purple (A729)

Sizes available: 4" - 10" in 1/2" increments

Size needed: _____



LACED UP SHOE TAG

Steel/Red (A661)



SIZING INFORMATION

It's important your MedicalAlert® emblem fits comfortably around your wrist. To determine your size, snugly wrap a tape measure around your wrist. Note the measurement, then add half an inch. This is the size MedicalAlert bracelet you'll need.

PLEASE RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

THE LONGEST DAY[®]

ALZHEIMER'S ASSOCIATION



The Longest Day[®] is the day with the most light - the summer solstice. The Longest Day participants fight the darkness of Alzheimer's and all other dementia through a fundraising activity of their choice on a day that works for them. With sports tournaments, card games, parties, baking and more, participants raise funds to advance the care, support and research efforts of the Alzheimer's Association.

On June 20, stand up to the darkness of Alzheimer's. Together, the strength of our light will outshine the darkness of Alzheimer's. Start now. Select your activity at alz.org/thelongestday.

This is why we walk

JOIN US!



alz.org/cnywalk

WALK TO END ALZHEIMER'S ALZHEIMER'S ASSOCIATION





ALZTogether: JOINT SOCIAL ENGAGEMENT PROGRAMS

The need for staying connected through activities and social engagement is important. ALZTogether social engagement programs offer a fun and comfortable way for both a

person living in the early stage of Alzheimer's or other dementia and their care partner to engage with each other, and connect with others in similar situations. This is done through a variety of social events and community-based activities by promoting social interaction and companionship. **Please call 315.412.4201 ext. 227 for screening and registration to obtain location/joining information.**

IN-PERSON PROGRAMS

Wednesday March 13, 1–2 p.m.

Tour of the Northeast Classic Car Museum, 24 Rexford Street, Norwich

The Northeast Classic Car Museum collects, preserves and exhibits vehicles related to the evolution of transportation, with particular emphasis on the role of the automobile and its impact on American culture. The Museum has over 200 vehicles from 1899 through the early 1980s on display in five connected buildings.

Tuesday March 19, 11 a.m.–Noon

Tour of Community Folk Art Center, 805 East Genesee Street, Syracuse

Join us for an in-person tour of the Community Folk Art Center. The CFAC is a vibrant cultural and artistic hub committed to the promotion and development of artists of the African Diaspora. Part of the Department of African American Studies at Syracuse University, CFAC is a beacon of artistry, creativity, and cultural expression within the Syracuse community, the region, and the world.

Wednesday March 27, 1–2 p.m.

Make A Memory Kit with the Broome County Library, 185 Court Street, Binghamton

Memory Kits are a way to preserve and share memories for individuals who have dementia and their caregivers. Join us as we create a DIY Memory Kit which can serve to spark memory and soothe anxiety. Containers and materials for decorating will be supplied. Participants are asked to bring at least two items that are special to them to put in their Memory Kit, and we will have a chance for participants to share what they brought.

Thursday April 11, 11 a.m.–Noon

“Between Worlds: Stories of Artists and Migration” Exhibit at Munson Arts Institute, 310 Genesee Street, Utica

Over the past century, the world has experienced an unprecedented migration of people due to geopolitical forces, economic crises and opportunities, and climate

change. Between Worlds showcases powerful artwork that offers new perspectives on migration narratives. The exhibition features artists working in the United States who have immigrated from other countries, experienced the Great Migration, or whose African or Indigenous ancestors were forced to move from their homelands.

Tuesday April 16, 11 a.m.–1 p.m.

Cooking Demonstration with Chef Kuukua of Asempe Kitchen, Cornell Cooperative Extension, 615 Willow Avenue, Ithaca

Join in-person as Chef Kuukua of Asempe Kitchen takes us on a journey through Ghana, West Africa. She will give a live demonstration of some traditional West African dishes. Participants will then have an opportunity to sample the food prepared. Please mention any food allergies when registering. Limited to 16 participants.

VIRTUAL PROGRAMS

Thursday January 4, 11 a.m.–Noon

Tour of The Phelps Mansion Museum

Join us as we step back in time and virtually explore one of Binghamton's most historic homes. The Phelps Mansion Museum was built for Sherman David Phelps, a wealthy Binghamton businessman and fifth mayor of the City of Binghamton. When the Phelps Mansion was built, it was the last in a row of elegant homes on the east end of Court Street. The home was built in 1870 and designed by local architect Isaac Gale Perry.

Thursday January 18, 1–2 p.m.

Mindful Moments in Winter with Baltimore Woods Nature Center

Join us virtually as we admire the scenery of the season right outside your window and share the natural beauty of our Baltimore Woods preserve. Inspired by the winter landscapes we'll draw our awareness inward to practice simple breathing exercises and gentle stretching from a chair to calm the body and mind.

Thursday February 1, 2–3 p.m.

Mindful Moments in Winter with Baltimore Woods Nature Center

Join us virtually as we admire the scenery of the season right outside your window and share the natural beauty of our Baltimore Woods preserve. Inspired by the winter landscapes we'll draw our awareness inward to practice simple breathing exercises and gentle stretching from a chair to calm the body and mind.

Thursday February 15, 1–2 p.m.

Zoo to You Winter Tour with the Rosamond Gifford Zoo

The Rosamond Gifford Zoo's Zoo to You program works to increase awareness of the natural world and encourage participants to be environmentally conscious. Please join us virtually as a member of the education team will show us animals such as birds, reptiles and invertebrates, and discuss animal adaptations, habitats and endangered species.

Thursday April 4, 1–2 p.m.

Model Train Tour with the Roberson Museum and Science Center

Join us virtually as we travel back in time and explore all things trains! Get a bird's-eye view of a time when the railroad used to pass through the Southern Tier, and the industries this transportation industry helped build up. 15

EDUCATION PROGRAMS

Alzheimer's and dementia don't come with an instruction manual, but there are resources available to help. Use these free education programs to learn more about what to expect and how to prepare for the future. **Please call 800.272.3900, scan the QR code with your phone or visit alz.org/crf to get dates and location information.** You can also access education programs online, 24 hours a day, through the Alzheimer's Association Education Center by visiting **training.alz.org**.



Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

This program offers helpful tips on how to have honest and caring conversations about common concerns when someone begins to show signs of dementia. Intended for anyone who cares for someone living with Alzheimer's disease or other dementia.

Understanding Alzheimer's and Dementia

This program defines the difference between Alzheimer's and dementia, covers the stages and risk factors, current research and treatments available for symptoms. Intended for those interested in learning more about Alzheimer's disease and other dementia.

Understanding and Responding to Dementia Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively. Intended for anyone who cares for someone living with Alzheimer's disease or other dementia.

Effective Communication Strategies

This program explores strategies to decode the verbal and behavioral messages delivered by the person living with dementia, and ways to connect and communicate at each stage of the disease. Intended for anyone who cares for someone living with Alzheimer's disease or other dementia.

Managing Money: A Caregiver's Guide to Finances

This program offers tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. It is never too early to put financial plans in place. Intended for anyone who provides care for someone living with Alzheimer's disease, other dementia or any chronic illness.

New Advances in Alzheimer's Treatments

Learn about Aducanumab, a new advancement in Alzheimer's treatment. This program will provide an overview of how Aducanumab works, who are the intended candidates to receive the treatment, availability, and more. Intended for anyone interested in learning more about treatment options.



SAVE THE DATE!

Madison County Community Forum

Wednesday, April 24 | 3:30-5:30 p.m.

Crouse Community Center Adult Day Program

1035 Community Way | Morrisville, NY 13408

Join us for a listening session on Alzheimer's disease, dementia and memory loss. We want to hear from you! Attend this Community Forum to share your experience with Alzheimer's disease and discuss how the Alzheimer's Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease. This Community Forum is presented in partnership with the Crouse Community Center Adult Day Program.

Dementia Care Conference is Back

Wednesday, May 22 | 8 a.m.-4 p.m.

The OnCenter

800 South State Street | Syracuse, NY 13202

The Alzheimer's Association, Central New York Chapter is pleased to announce the return of Dementia Care Conference. After a 3 year absence, we are happy to be bringing back this full day in-person caregiver experience, to be held in Syracuse at The OnCenter on Wednesday, May 22, 2024. More details to follow about how to register for the event.

50 MEANINGFUL ACTIVITIES

A person living with Alzheimer's or other dementia doesn't have to give up the activities that they love. Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation. What do they like to do? What are they able to do? What are they in the mood for today? Here are a few ideas to get started!

Do something outside.

- Take a walk
- Plant flowers
- Water plants
- Feed the birds
- Rake leaves
- Go to the park
- Sit on a bench or a swing
- Watch dogs at a dog park
- Play catch or toss a ball
- Play horseshoes
- Visit a beach or forest preserve
- Sweep the porch or patio
- Set up a picnic on the lawn or in the backyard
- Sit on the porch and drink coffee, hot chocolate or lemonade

Do something personal.

- Give the person a hand massage with lotion
- Brush his or her hair
- Give the person a manicure
- Take photos of the person and make a collage
- Encourage the person to talk more about subjects they enjoy
- Make a family tree poster board

Celebrate family holiday traditions.

- Bake holiday desserts
- Color eggs
- Create holiday greeting cards
- Listen to favorite holiday music
- Watch a favorite holiday movie
- Play a piano or guitar and sing holiday songs

Do something inside.

- Listen to the person's favorite music
- Look at family photo albums
- Prepare afternoon tea
- Watch a favorite sport on television
- Model with play dough
- Play checkers or dominoes
- Name the presidents
- Look at photos in a photography book or magazine
- Identify states on a U.S. map
- Complete a puzzle together
- Read from one of their favorite books
- Watch a favorite movie or sitcom
- Watch a sporting event
- Ask the person about his or her childhood, siblings, school, pets or first car
- Read the newspaper together or read it to them
- Play a card game

Do something in the kitchen.

- Bake holiday desserts
- Color eggs
- Create holiday greeting cards
- Listen to favorite holiday music
- Watch a favorite holiday movie
- Play a piano or guitar and sing holiday songs

It doesn't matter if the activity needs to be done or if it is done well. If it doesn't work, you can always try something else. Be patient and you will figure out what works.

Return address:
5015 Campuswood Dr.
Suite 102
East Syracuse, NY 13057

alz.org/cny

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SYRACUSE, NY
PERMIT NO. 1773

MAKE A DIFFERENCE: VOLUNTEER WITH THE ALZHEIMER'S ASSOCIATION



Join the fight against Alzheimer's disease by becoming an Alzheimer's Association volunteer. We are looking for individuals inspired by our mission. To get started sign up at alz.org/volunteer, email cny-volunteer@alz.org or call 315.472.4201. As a volunteer you can:

- Advocate for those affected by Alzheimer's and other dementia
- Raise awareness, provide education, and expand educational offerings in the community
- Facilitate support groups in a safe environment
- Connect members of your community with free resources
- Support fundraising through recruitment, planning, coaching and collaboration
- Invite others to join the cause