



WINTER 2025

COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S  ASSOCIATION®

Western New York Chapter
800.272.3900 | alz.org/WNY

CONTENTS

Winter has come to Western New York and although we have some great options to help us get through these chilly months – skating, skiing, watching the Sabres – we know it also can be a hazardous time for those living with or caring for someone with Alzheimer’s or dementia. Help keep your loved ones safe by making sure they are dressed appropriately for the weather, keeping walkways clear to avoid slips and falls, and taking steps to prevent wandering, which can be a serious danger as the temperature drops.

If the wintry weather keeps you from attending our programs, check out the virtual education and support groups you can join online from the comfort of your own home. See pages 9-11 to see what is available from January through March. This winter’s education, support and social programs are listed by county on pages 12-24, if you can join us in person.

No matter the weather, the Alzheimer’s Association is always here if you ever need support - in person, virtually and through our 24/7 helpline at **800.272.3900**.

News	3
Care Consultations	4
Special Program.....	6
Early Stage	8
Virtual Programs	9
Allegheny County	12
Cattaraugus County	13
Chautauqua County	14
City of Buffalo	16
Erie County	17
Genesee County	20
Niagara County	21
Orleans County.....	23
Wyoming County	24

NEWS

WELCOME TO NEW STAFF



Tanya Hernandez joined the Western New York Chapter in October in the new position of bilingual program manager. A credentialed advocate for more than 20 years, Tanya has served as the family policy advisor for Families Together in New York State (FTNYS), working to ensure equity for all system-involved families, and as executive director at Olive Tree Family Services, where she developed programs rooted in JEDI (Justice, Equity, Diversity, and Inclusion) values. Fluent in both English and Spanish, Tanya

is passionate about ensuring that bilingual families have the resources they need to navigate the challenges of Alzheimer's and other dementias. Her expertise in family engagement, program development and community collaboration will be invaluable as we work to expand our reach and impact across all communities.

NEVER MISS CHAPTER NEWS OR EVENTS

Although we highlight as much information as possible in our Community Programs & Services Guide, it's impossible to include it all. But we have two great, online ways for you to stay up-to-date on the latest news and events from the our Chapter and the national Alzheimer's Association office.

Sign up for our E-Newsletter! The E-Newsletter includes topics such as local events, national initiatives and research updates and is delivered straight to your email inbox every Wednesday. Visit alz.org/e-news to sign up – it takes less than a minute – and never miss the latest news.

Follow us on social media! We regularly post information about classes and events – including live links to register – on our Facebook, Instagram, LinkedIn and X accounts. We also share research updates, profiles and helpful tips from our national office to help you stay informed.

[f 4alzwny](https://www.facebook.com/4alzwny) [@wnyalz](https://www.instagram.com/@wnyalz) [X @WNYAlz](https://twitter.com/@WNYAlz) [in Alzheimer's Association WNY](https://www.linkedin.com/company/alzheimers-association-wny)

CARE CONSULTATIONS

Living with Mild Cognitive Impairment (MCI), Alzheimer's disease or other dementia is a life-encompassing experience that spans generations. Everyone has a role: spouses, siblings, children of all ages, and friends each play a part in the care team. It requires thought, strategy, and most importantly, a plan.

Care Consultations from the Alzheimer's Association are more than just a meeting with a dementia expert. Your consultant works 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 don't teach or tell you what to do. We coach you to find acceptable solutions, focused on improving your quality of life and building a support team. Plus, the service is **free**.

Consultations are available in four ways:

- Live Chat: Click the "Live Chat: green button on our website from 8am to 8pm, Monday through Friday. [alz.org/help-support](https://www.alz.org/help-support)
- Phone: Call **800.272.3900** for a phone consultation 24/7.
- Zoom: Email program.wny@alz.org to schedule a Zoom consultation for you and/or your family.
- In-person: Call **716.626.0600 ext. 313** to schedule an appointment in our Amherst office or a location in your community.

**Looking for a roadmap?
Getting started is easy
with ALZNavigator!**



Choose a topic, answer a few questions and view your personalized action plan. As your situation changes, your action plan can change too. Add topics, edit your answers and get new resources to help you face new challenges. Whether you're a caregiver, a person living with dementia or someone concerned about memory loss, find the support you need. ALZNavigator will guide you to customized resources and tools you need today and throughout each step of the disease — all in one place. [alz.org/alznavigator](https://www.alz.org/alznavigator)

CARE CONSULTATIONS

FREE LEGAL CONSULTATIONS



CENTER FOR
**ELDER
LAW &
JUSTICE**

Concerned about managing personal care and property, healthcare coverage, your decision-making ability or that of your loved one, appointing a healthcare agent, knowing the signs of abuse or exploitation, and planning for the long-term costs of care? Individuals living with Mild Cognitive Impairment or a type of dementia and their caregivers can call **716.853.3087** or email Daniel Geyer at dgeyer@elderjusticenyc.org at the Center for Elder Law & Justice to schedule a free legal consultation.

ECMC DRIVER EVALUATION VOUCHERS

We can make a referral to the ECMC Driver Evaluation Program at no cost to you, and a licensed occupational therapist will conduct an in-clinic and behind-the-wheel assessment and make recommendations.

RESPIRE SERVICES/COMMUNITY SOCIAL PROGRAMS

Through grant funding from the New York State Department of Health, limited respite options such as social adult day programs, consumer directed, and skilled nursing hours are available for caregivers, through Offices for the Aging in Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming Counties. To learn more about temporary respite relief eligibility and options in your area, contact your local Office for the Aging. Phone numbers are listed on the back of this guide.

Monthly volunteer-led respite services are also available and offer 1:1 social companionship, meaningful activities and active engagement for individuals living with dementia. Respite also allows care partners an opportunity to recharge their batteries and reduce stress, and can help those with dementia remain at home as long as possible. To find a program



near you, scan the QR code to visit the Community Resource Finder, click Community Services and search Adult Day Care Centers. A full list can also be obtained by emailing us at program.wny@alz.org, or visiting our website at alz.org/wnyrespite.

City of Buffalo Community Forum on Dementia

February 8
12:30-2:30pm

Saint Martin de Porres Church
555 Northampton St., Buffalo



How can we help caregivers and persons living with dementia in the City of Buffalo? Share your thoughts at our Community Forum!

Enjoy light refreshments and share feedback with representatives from Erie County service providers and the Alzheimer's Association.

Call 800.272.3900 to register.



Living with Early Stage Dementia and MCI

Three-part series
Feb. 11, 18 & 25 | 3-5pm

6400 Sheridan Dr., Suite 320, Amherst

After a diagnosis of mild cognitive impairment or early stage dementia, families face many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help?

Join us for this series of education programs and support group meetings for answers to these questions and more.

PRE-SCREENING AND REGISTRATION ARE REQUIRED.

**Call 716.626.0600 ext. 313 or email program.wny@alz.org
for more information.**



**EMPOWERED
AGING
IN THE
BLACK
COMMUNITY**
CONFERENCE & RESOURCE FAIR

Saturday
**Feb.
22**
12:30
TO
3:30 PM



Emcee:
Claudine Ewing
WGRZ-TV



Featured speaker:
Pastor George Nicholas
Buffalo Center for
Health Equity



Featured speaker:
Ariel Clay, ANP - BC
Hospice & Palliative
Care Buffalo

Plus a panel of local experts & caregivers!

**Frank E.
Merriweather
Library,
Buffalo**
Or Via Zoom

*Resource Fair opens
at 12pm
Refreshments available*

**Register online at
bit.ly/AlzBlackAging25
or call 800.272.3900**



MCI AND EARLY STAGE DEMENTIA PROGRAMS

The Alzheimer's Association WNY Chapter offers a variety of programs for individuals experiencing early stage Alzheimer's disease, Mild Cognitive Impairment (MCI) and related dementias.

Our Early Stage Program is multi-faceted. Please contact Amara May, director of program research, at almay@alz.org if you have any questions and/or would like to become more involved.

- **Disease Education: Living with MCI and Dementia in the Early Stages Education Series:** We provide classes for care partners and individuals diagnosed with Mild Cognitive Impairment or any form of early stage dementia. Our next 3-part hybrid series will begin in February and focuses on providing answers and planning tips, and strategies to help you live your best life with this disease and to meet others going through similar experiences.
- **Social Events:** We facilitate monthly programs to have fun, stay busy and get connected to others going through similar experiences with their diagnosis. Programs are free and include Art Today with the Buffalo AKG Art Museum, Interactive Music Program presented by Maple City Music Therapy, Lunch Bunch, BINGO Night, Massage Therapy and Chair Pilates. Some programs are held in-person and some are held via Zoom.
- **Support Group:** We hold a monthly support group for those who are experiencing mild cognitive impairment or the beginning stage of Alzheimer's and related dementias. Here, they can process and share in a safe space with their peers the range of emotions and challenges that can come with a diagnosis.
- **Online Chat Room:** [alzconnected.org](https://www.alzconnected.org) for those living with the disease and their care partners.

VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

LOCAL PROGRAMS YOU CAN JOIN ONLINE

Healthy Living for Your Brain and Body

Thursday, January 9, 2pm

Tips for Tough Conversations

Thursday, February 13, 2pm

Empowered Aging in the Black Community

Saturday, February 22, 12:30pm

Managing Money

Thursday, March 13, 2pm

Call 800.272.3900 to register and get a link.

ONLINE-ONLY PROGRAMS

Keep your Resolutions!

Staying Healthy through the Holidays

Wednesday, January 8, 12pm

Featuring an Upstate NY Nutritionist

Register at bit.ly/AlzHealthyLifeJan2025

Ask the Expert: Setting up for Success with Dementia Homecare

Wednesday, January 22, 12pm

Register at bit.ly/AlzHomecareJan2025

Advancing the Science: The Latest in Alzheimer's Research

Wednesday, February 12, 3pm

Learn about recent discoveries including the U.S. POINTER study evaluating the impact of lifestyle changes on brain health among people of color.

Register at bit.ly/AlzScienceFeb25

Home Safe Home - Creating a Dementia-Friendly Environment

Thursday, March 6, 2pm

Register at bit.ly/AlzSafeHomeFeb25

VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

SUPPORT GROUPS

The following groups meet using Zoom. To register and learn how to join the sessions, please call **1.800.272.3900** or visit alz.org/CRF. New to virtual meetings? Call us for a free one-on-one lesson at **716.626.0600 ext. 313**.

Specialty Groups

Black/African American Care Partners

3rd Thursday of the month, 5:30-7:30pm

IDD/Down Syndrome with Alzheimer's

2nd Monday of the month, 7-8pm

Daughters

2nd Wednesday of the month, 5-6:30pm

4th Monday of the month, 6:30-7:30pm

Frontotemporal Dementia Care Partners

2nd Wednesday of the month, 6-7pm

Lewy Body Dementia Care Partners

1st Tuesday of the month, 6-7pm

LGBTQ+ Care Partners

3rd Saturday of the month, 11am-12:30pm

LGBTQ Caregiver Support Group

3rd Tuesday of the month, 2-3:30pm

LGBTQA+ Dementia Caregiver Meetup

4th Thursday of the month, 1-2pm

Loved One in a Memory Care Facility

4th Thursday of the month, 6-7pm

Mens

1st and 3rd Monday of the month, 7-8pm

Wives/Partners

2nd Wednesday of the month, 2-3pm Early Stage,

3:30-4:30pm Middle/Late Stage

VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

Younger-Onset Care Partners

1st and 3rd Monday of the month, 6:30-7:30pm

Grupo de Apoyo virtual en Español

Cafe con Leche

Primer sabado de cada mes, 10:30am-12pm

Para registrarse por favor llamar al 800.272.3900.

General Caregiver Support Groups

via phone or Zoom

1st Wednesday of the month, 6-7pm

(in partnership with Dent Neurologic)

After the Long Goodbye:

A Group for Recently Bereaved Care Partners

This 6-session group is offered in collaboration with the Wilson Support Center (an affiliate of Hospice Buffalo). The group will meet every other Tuesday evening beginning January 21, 2025. Pre-screening and registration are required at bit.ly/AlzGrief. Space is limited. For more information, please call

716.626.0600 ext. 313 or email program.wny@alz.org

VIRTUAL BOOK CLUBS

Joyful Moments Book Club

Join us by phone or Zoom on the first Wednesday of the month from 1:30-3pm.

To register, call **716.626.0600 ext. 313** or email Lynn.Oyer@alleganyco.gov

Evening Book Club

For new care partners and those seeking new solutions to the challenges of caring for a loved one with dementia, join us via Zoom every other Tuesday beginning January 28 to discuss Living in the Moment by Elizabeth Landsverk, MD, with Heather Millar. To register (or for more information), please visit bit.ly/BookClubWNY. Space is limited, so don't delay!

ALLEGANY COUNTY

For questions / registration call 800.272.3900

EDUCATION

Communicating Effectively

Tuesday, February 25, 11am

Cuba Library, 39 E Main St., Cuba

Supporting Independence

Tuesday, March 18, 1pm

Allegany Office for the Aging, 6085 NY-19, Belmont

SUPPORT GROUPS

Belmont Caregiver Support Group

3rd Tuesday of the month, 1-2:30pm

Allegany Office for the Aging

6085 NY Rte. 19

Living with
MCI&Dementia
in the **Early Stages**
see page 8

Joyful Moments Book Club

1st Wednesday of the month, 1:30-3pm

Join via Zoom or phone. To register call 716.626.0600 ext. 313

or email Lynn.Oyer@alleganyco.gov.

OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Lynn Oyer at the Allegany County Office for the Aging at **585.268.9390**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

CATTARAUGUS COUNTY

For questions / registration call 800.272.3900

EDUCATION

Understanding Alzheimer's Disease and Dementia

Thursday, January 15, 5pm

Eden Heights of Olean, 161 S. 25th St., Olean

10 Warning Signs

Thursday, February 27, 10am

Seneca Nation Library, 830 Broad St., Salamanca

Building Foundations of Caregiving

Tuesday, March 25, 1pm

Gowanda Free Library, 56 Main St., Gowanda

Also available via Zoom!

SUPPORT GROUPS

Gowanda Caregiver Support Group

3rd Wednesday of the month, 6-7pm

Gowanda Free Library, 56 W Main St.

OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Kayla Chesebro at the Cattaraugus County Department of Aging at **716.373.8032**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

CARE CONSULTATION & FREE CAREGIVING TOOLS

Call to learn more about free safety and caregiver tools and to set up an in-person meeting near you. See page 4 for details.

CHAUTAUQUA COUNTY

For questions / registration call 800.272.3900

EDUCATION

Supporting Independence

Wednesday, January 29, 11am

Jamestown Office for Aging Services, 2nd Floor
The Chautauqua Center, 107 Institute St., Jamestown

Supporting Independence

Wednesday, February 5, 11am

Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk

Exploring Care and Support Services

Wednesday, February 26, 11am

Jamestown Office for Aging Services, 2nd Floor
The Chautauqua Center, 107 Institute St., Jamestown

Exploring Care and Support Services

Wednesday, March 5, 11am

Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk

SUPPORT GROUPS

North County Dine n' Dish

2nd Tuesday of the month, 9:30-11am

Domus Fare, 41 W Main St.

Jamestown Caregiver Support Group

2nd and 4th Tuesday of the month, 12:15-1:45pm

The Chautauqua Center, 107 Institute St.

Free respite may be available. Call 716.626.0600 ext. 313 for details.

Westfield Caregiver Support Group

1st Tuesday of the month, 6-7pm

Patterson Library, 40 S. Portage St.

OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Chautauqua County Office for Aging Services at **716.753.4471**.

See pages 9-11 for virtual support groups, book clubs and education programs. For information on community social programs in your area, visit our website at alz.org/wnyrespite.



**CARE CONSULTATION &
FREE CAREGIVING TOOLS**

Call to learn more about free safety and caregiver tools and to set up an in-person meeting near you. See page 4 for details.

CITY OF BUFFALO

For questions / registration call 800.272.3900

EDUCATION

EMPOWERED CAREGIVER SERIES

Attend whichever sessions you'd like or come for the whole series!

All sessions will be held at the Delavan Grider Community Center, 877 E. Delavan Ave., Buffalo.

Building Foundations of Caregiving

Friday, February 7, 12pm

Understanding Alzheimer's and Dementia

Wednesday, February 19, 6pm

Communicating Effectively

Friday, February 28, 11am

Responding to Dementia-Related Behaviors

Friday, March 7, 11am

Exploring Care and Support Services

Wednesday, March 12, 6pm

SUPPORT GROUPS

2nd Friday of the month, 10:30-11:30am

Delavan Grider Community Center, 877 E Delavan Ave.

3rd Thursday of the month, 5:30-7pm

Frank E. Merriweather Jr. Library, 1324 Jefferson Ave.

OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Erie County Department of Senior Services at

716.858.8526.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

ERIE COUNTY

For questions / registration call 800.272.3900

EDUCATION

Healthy Living for Your Brain and Body

Tuesday, January 9, 2pm

Annunciation School, 7580 Clinton St., Elma *or online*

Thursday, February 20, 10am

Cheektowaga Senior Center, 3349 Broadway, Cheektowaga

Sunday, March 16, 11:30am

St. Paul's Lutheran Church, 68 Eagle St., Williamsville

Understanding Alzheimer's and Dementia

Wednesday, January 15, 11am

Kenmore Library, 160 Delaware Rd., Kenmore

Know the 10 Warning Signs

Sunday, January 19, 11:30am

St. Paul's Lutheran Church, 68 Eagle St., Williamsville

Wednesday, January 29, 1pm

Amherst Senior Center, 370 John James Audubon Pkwy., Amherst

Thursday, February 20, 2pm

Kenmore Library, 160 Delaware Rd., Kenmore

Tuesday, March 4, 11:30am

Independent Health Family YMCA, 150 Tech Dr., Amherst

Building Foundations of Caregiving

Tuesday, January 28, 1pm

Clarence Senior Center, 4600 Thompson Rd., Clarence

Friday, March 14, 11am

Kenmore Library, 160 Delaware Rd., Kenmore

Tips for Tough Conversations

Tuesday, February 13, 2pm

Annunciation School, 7580 Clinton St., Elma *or online*

Sunday, March 16, 11:30am

St. Paul's Lutheran Church, 68 Eagle St., Williamsville

Tuesday, March 25, 1pm

Clarence Senior Center, 4600 Thompson Rd., Clarence

ERIE COUNTY

For questions / registration call 800.272.3900

Supporting Independence

Tuesday, February 25, 1pm

Clarence Senior Center, 4600 Thompson Rd., Clarence

Managing Money: A Caregiver's Guide to Finances

Thursday, March 13, 2pm

Annunciation School, 7580 Clinton St., Elma *or online*

Responding to Dementia Related Behaviors

Wednesday, March 26, 11am

Amherst Senior Center, 370 John James Audubon Pkwy., Amherst

SUPPORT GROUPS

SPECIALTY GROUPS

These groups meet in-person and virtually simultaneously. In-person meetings are held at our Chapter Office at 6400 Sheridan Dr., Suite 320, Amherst. Join in whatever way is most convenient.

Daughters

2nd Wednesday of the month, 5-6:30pm

Wives/Partners

**2nd Wednesday of the month, 2-3pm Early Stage,
3:30-4:30 Middle-Late Stage**

Frontotemporal Dementia Caregivers

2nd Wednesday of the month, 6-7pm

GENERAL CAREGIVER GROUPS

Amherst

2nd Tuesday of the month, 6-7pm

Dent Neurologic Institute, main entrance board room, 3980 Sheridan Dr.

Depew

3rd Monday of the month, 10-11am

Lord of Life Lutheran Church, 1025 Borden Rd.

ERIE COUNTY

For questions / registration call 800.272.3900

East Aurora

4th Wednesday of the month, 10:30-11:30am

Baker Memorial United Methodist Church, 345 Main St.

**Free respite may be available. Call Michele Engasser at 716.652.0500 for details.*

Hamburg

2nd Wednesday of the month, 10:30-11:30am

Hamburg United Methodist Church, 116 Union St.

**Free respite may be available. Call Lisa Rood at 716.941.5703 for details.*

Kenmore

4th Wednesday of the month, 10:30-11:30am

Kenmore United Methodist Church, 32 Landers Rd.

**Free respite may be available. Call Michelle Spencer at 716.875.5091 for details.*

City of Tonawanda

1st Thursday of the month, 10:30-11:30am

City of Tonawanda Senior Center, 35 Main St.

Orchard Park

2nd Thursday of the month, 6-7pm

Dent Neurologic Institute, 200 Sterling Dr.

Living with
MCI & Dementia
in the **Early Stages**
see page 8

OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact Erie County Department of Senior Services at **716.858.8526**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.

CARE CONSULTATION & FREE CAREGIVING TOOLS

Call to learn more about free safety and caregiver tools and to set up an in-person meeting near you. See page 4 for details.

GENESEE COUNTY

For questions / registration call 800.272.3900

EDUCATION

Supporting Independence

Tuesday, January 28, 2pm

Genesee County Office for the Aging, 2 Bank St., Batavia

SUPPORT GROUPS

Batavia Caregiver Support Group

3rd Thursday of the month, 1-2 pm

Genesee County Office of the Aging, 2 Bank St.

Living with
MCI & Dementia
in the **Early Stages**
see page 8

OFFICE FOR THE AGING

Free dementia caregiver support and respite hours are available based on eligibility and availability. Contact the Genesee County Office for the Aging at **585.343.1611**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on community social programs in your area, visit our website at alz.org/wnyrespite.



NIAGARA COUNTY

For questions / registration call 800.272.3900

EDUCATION

10 Warning Signs

Wednesday, January 22, 10:30am

Lockport Family YMCA, 5833 Snyder Dr., Lockport

The Impact of Alzheimer's and Dementia in Our Community

Thursday, January 23, 2pm

North Tonawanda Public Library, 505 Meadow Drive, North Tonawanda

10 Ways to Love Your Brain

Thursday, February 6, 5:30pm

Lockport Memorial Hospital, 6001 Shimer Dr., Lockport

The Impact of Alzheimer's and Dementia in Our Community

Thursday, February 13, 10:30am

Lewiston Public Library, 305 S 8th St., Lewiston

Understanding Alzheimer's and Dementia

Wednesday, March 5, 1pm

Lockport Family YMCA, 5833 Snyder Dr., Lockport

Healthy Living for Your Brain and Body

Thursday, March 13, 5:30pm

Wilson High School, 374 Lake St., Wilson



No family should have to navigate the challenges of dementia alone.

In late March, the Alzheimer's Association WNY Chapter and the Niagara County Department of Health will hold an open Dementia Community Forum. Join us in North Tonawanda to learn about Alzheimer's disease, dementia and memory loss. This forum is an opportunity to bring together members of the community affected by the disease and dedicated staff and volunteers to talk about resources, programs and services to support families.

Details, including the time and location, will be announced shortly. All are welcome! Caregiver resources will be provided.

Please contact Courtney Sipes at CLSipes@alz.org for more information or for the link to register.

NIAGARA COUNTY

For questions / registration call 800.272.3900

SUPPORT GROUPS

Lewiston

2nd Wednesday of the month, 10:30-11:30am

First Presbyterian Church, 505 Cayuga St.

Lockport

2nd Tuesday of the month, 10:30-11:30am

Trinity Lutheran Church, 67 Saxon St.

Free respite may be available. Call Laurie Bauch at 716.434.5982 for details.

North Tonawanda

3rd Wednesday of the month, 1-2pm

Ralph Wilson Adult Day Services, 3780 Commerce Ct. #100

** Free respite may be available during the group. Email Kristen at kjopp@kaleidahealth.org for details.*

OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Cathy Hummel at the Niagara County Office for the Aging at **716.438.3030**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on free social programs in your community, visit our website at alz.org/wnyrespite.

ORLEANS COUNTY

For questions / registration call 800.272.3900

EDUCATION

Healthy Living for your Brain and Body

Tuesday, January 14, 3pm

Lee-Whedon Library, 620 West Ave., Medina

Tips for Tough Conversations

Wednesday, February 19, 2pm

Orleans County Office for the Aging, 14016 NY-31, Albion

Exploring Care and Support Services

Wednesday, March 19, 6pm

Hoag Library, 134 S Main St., Albion

OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact the Orleans County Office for the Aging at **585.589.3191**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on free social programs in your community, visit our website at alz.org/wnyrespite.

Living with
MCI & Dementia
in the Early Stages
see page 8

CARE CONSULTATION & FREE CAREGIVING TOOLS

Call to learn more about free safety and caregiver tools and to set up an in-person meeting near you. See page 4 for details.

WYOMING COUNTY

For questions / registration call 800.272.3900

EDUCATION

Building Foundations of Caregiving

Tuesday, February 18, 2pm

Wyoming County Office of the Aging, 8 Perry Ave., Warsaw

Understanding Alzheimer's and Dementia

Thursday, March 13, 11am

Hope Lutheran Church, 2 E. Main St., Arcade

SUPPORT GROUPS

Warsaw Caregiver Support Group

1st Monday of the month, 10-11am

Wyoming County Office of the Aging, 8 Perry Ave.

OFFICE FOR THE AGING

Free caregiver support and respite hours are available based on eligibility and availability. Contact Tanya Ludwig at the Wyoming County Office for the Aging at **585.786.8833**.

See pages 9-11 for virtual support groups, book clubs and education programs.

For information on free social programs in your community, visit our website at alz.org/wnyrespite.

Living with
MCI & Dementia
in the **Early Stages**
see page 8



THE LONGEST DAY

ALZHEIMER'S ASSOCIATION

PICK AN ACTIVITY • RAISE FUNDS • HELP #ENDALZ!



Julia and her husband, Matt, fundraise on Facebook as they play original music.

"Being a part of TLD has been a gift—not only to the Alzheimer's community through fundraising and awareness, but to my own creative spirit. In our society and culture, it can be so challenging to make time for activities that simply bring us joy. TLD forces me to spend one entire day once a year doing something I'm passionate about. I'm proud of every aspect of participating in this fantastic event."

~ Julia Figliotti Riley

"Being a part of TLD has been a gift—not only to the Alzheimer's community through fundraising and awareness, but to my own creative spirit. In our society and culture, it can be so challenging to make time for activities that simply bring us joy. TLD forces me to spend one entire day once a year doing something I'm passionate about. I'm proud of every aspect of participating in this fantastic event."

~ Julia Figliotti Riley



Maestro Tours raises funds through raffles at their travel open houses.

Join in this year's The Longest Day fundraisers! Contact Kiernan Hayward at kthaywardz@alz.org or 716.241.3050 to learn more and get started.



Thank you!

To everyone who walked, volunteered, donated or cheered us on!

The Walk to End Alzheimer's would not exist without you.

Our 2025 dates will be announced soon. Visit alz.org/walk to learn more.



WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION





What Is Alzheimer's Advocacy?

Find out January 7!

When: 8:00-8:30 p.m.

Where: Zoom

RSVP: bit.ly/NYSAlzInterest



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**Reach the Alzheimer's Association 24/7
at 800.272.3900.**

You can also contact our partners in your local
Office for the Aging:

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Cattaraugus County - 716.373.8032

Chautauqua County - 716.753.4582

Erie County - 716.858.8526

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Niagara County - 716.438.3030

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ALZHEIMER'S ASSOCIATION®

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