

ALZHEIMER'S ASSOCIATION

Rochester and Finger Lakes Chapter

January 2025

Programs and Services



The Alzheimer's Association, Rochester and Finger Lakes Region Chapter offers a variety of care and support programs to those impacted by Alzheimer's or another dementia.

All programs listed below are free of charge.

Register today by calling our 24/7 Helpline at 800.272.3900 or by visiting our Community Resource Finder at alz.org/CRF.

This publication is supported in part by grants from the New York State Department of Health, New York State Office for the Aging, Monroe County Office for the Aging, and the Health Resources and Services Administration & University of Rochester. All programs and services offered by the Alzheimer's Association are free to the public.

IN-PERSON FREE EDUCATION PROGRAMS

Managing Money and Financial Planning

Penfield Public Library
Tuesday, January 7
10:00 - 12:00 PM

Healthy Living for Your Brain and Body

Brighton Memorial Library
Wednesday, January 8
2:00 - 3:00 PM

Healthy Living for Your Brain and Body

Pittsford Community Library
Thursday, January 9
1:00 - 2:00 PM

Understanding Alzheimer's and Dementia

Livonia Public Library
Friday, January 10
11:00 - 12:00 PM

Dementia Conversations

Wood Library
(Canandaigua)
Wednesday, January 15
11:00 - 12:00 PM

Healthy Living for Your Brain and Body

Big Flats Community Center
Wednesday, January 15
11:15 - 3:00 PM

The Empowered Caregiver: Building Foundations of Caregiving

Perinton Community Center
Wednesday, January 15
1:00 - 2:00 PM

The Empowered Caregiver: Exploring Care and Support Services

Penfield Public Library
Thursday, January 16
6:30 - 8:00 PM

Dementia Conversations

Greece Town Hall
Friday, January 17
12:00 - 1:00 PM

Understanding Alzheimer's and Dementia

Watkins Glen Public Library
Tuesday, January 21
12:00 - 1:00 PM

The Empowered Caregiver: Building Foundations of Caregiving

Seneca County Office for the Aging (Waterloo)
Tuesday, January 21
2:00 - 3:00 PM

Understanding Alzheimer's and Dementia

Penn Yan Public Library
Tuesday, January 21
4:30 - 5:30 PM

Understanding Alzheimer's and Dementia

Broadway Mall (Hornell)
Wednesday, January 22
11:15 - 12:15 PM

Dementia Conversations

Ontario, NY Parks and Recreation Department
Thursday, January 23
10:30 - 11:30 AM

The Empowered Caregiver: Building Foundations of Caregiving

Williamson Public Library
Thursday, January 23
2:00 - 3:00 PM

Healthy Living for Your Brain and Body

Wadsworth Library (Geneseo)
Thursday, January 23
3:00 - 4:00 PM

Healthy Living for Your Brain and Body

Fairport Public Library
Friday, January 24
12:30 - 1:30 PM

The Empowered Caregiver: Communicating Effectively

Avon Village Office
Wednesday, January 29
10:30 - 11:30 AM

Programs and Services Overview

Chili Community Center
Wednesday, January 29
1:00 - 2:00 PM

The Empowered Caregiver: Communicating Effectively

Wildbriar Estates (Livonia)
Thursday, January 30
11:00 - 12:00 PM

10 Warning Signs

Avon Free Library

Thursday, January 30

2:00 - 1:30 PM



Rochester & Finger Lakes
Region Chapter

Save the Date

**The 15th Annual
Dr. Lemuel and Gloria Rogers
African American Health Symposium**

Thursday, April 3, 2025

9 AM - 3 PM

Eisenhart Auditorium at the
Rochester Museum and Science Center
657 East Avenue, Rochester, NY 14607

Family & Friends Private Education Session

If you, and your family and friends, would like to discuss one of our education topics during a private session in-person or by phone/webinar, please call 800.272.3900 and request to schedule a Family & Friends Education Session.

PROGRAMAS EDUCATIVOS en ESPANOL (Por ZOOM o por TELEFONO)



Todos Programas Educativos son Gratis
Para Registrarse: Llame a nuestra Linea de Ayuda:
1.800.272.3900, visite ALZ.ORG/CRF



EARLY STAGE SOCIAL ENGAGEMENT ACTIVITIES

The Rochester and Finger Lakes Chapter offers **FREE** activities for individuals with early-stage Alzheimer's disease or another form of dementia and their care partners. Pre-screening is required. Please call 1-800-272-3900 to register.



ALZHEIMER'S ASSOCIATION®

EARLY STAGE SOCIAL ENGAGEMENT

PROGRAMS

WINTER 2025



16/

JAN

12 - 1 PM

STRASENBURGH PLANETARIUM- BEATLES IN LASER LIGHT

Twist and Shout along to this classic laser show. This show was produced in-house at the Strasenburgh Planetarium. Songs include "I Want to Hold Your Hand" and "Strawberry Fields Forever."



23/

FEB

1 - 3:30 PM

THE WIZ AT WEST HERR AUDITORIUM THEATRE/RBTL

This groundbreaking twist on The Wizard of Oz changed the face of Broadway—from its iconic score packed with soul, gospel, rock, and 70s funk to its stirring tale of Dorothy's journey to find her place in a contemporary world.



11/

MAR

10 - 11 AM

TOUR OF THE ROCHESTER MUSEUM AND SCIENCE CENTER

The mission of the RMSC (Rochester Museum & Science Center) is to create a better world through inspiring curiosity, exploration and engagement across history, science, culture and the natural world.

THESE PROGRAMS ARE FOR INDIVIDUALS LIVING WITH ALZHEIMER'S DISEASE OR ANOTHER DEMENTIA AND THEIR CARE PARTNER/COMPANION/FAMILY/FRIEND. REGISTRATION IS LIMITED TO TWO TICKETS PER PERSON - ONE PERSON WITH EARLY-STAGE DEMENTIA AND ONE CAREGIVER.

FOR MORE
INFORMATION OR TO
REGISTER:

1.800.272.3900
alz.org/rochesterny

THIS PROGRAM IS FUNDED BY A GRANT FROM THE JOHN F. WEGMAN FUND OF ROCHESTER AREA COMMUNITY FOUNDATION.

SUPPORT GROUP DESCRIPTION

Caregiver Support Groups create a safe, confidential, supportive environment or community, and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

CAREGIVER SUPPORT GROUPS

Hornell, Steuben

Hornell Public Library
Thursday, January 2
12:30 – 1:30 PM

Dansville, Livingston

Dansville Public Library
Monday, January 6
1:00 – 2:00 PM

Watkins Glen, Schuyler

St. James'
Episcopal Church
Monday, January 6
6:00 – 7:00 PM

Perinton, Monroe

Perinton Community
Center
Tuesday, January 7
10:00 – 11:30 AM

Victor, Ontario

Victor Farmington
Library
Tuesday, January 7
11:00am – 12:00 PM

Fairport, Monroe

Fairport Public Library
Tuesday, January 7
12:30 – 2:00 PM

Canandaigua, Ontario

Wood Library
Tuesday, January 7
2:00 – 3:00 PM

Virtual Lewy Body Dementia*

Wednesday, January 8
2:00 – 3:00 PM
**Rescheduled due to New Year's
Day Holiday**

Irondequoit, Monroe

Irondequoit Public Library
Wednesday, January 8
6:00 – 7:00 PM

Virtual Frontotemporal Dementia

Friday, January 10
1:00 – 2:00 PM

Waterloo, Seneca

Seneca County Office
for the Aging
Friday, January 10
2:00 – 3:00 PM

Pittsford, Monroe

Brookdale Pittsford
Tuesday, January 14
11:00 – 12:00 PM

Geneva, Ontario

Geneva Presbyterian
Church
Tuesday, January 14
1:00 – 2:00 PM

Virtual Session

Tuesday, January 14
4:00 – 5:00 PM

Macedon, Wayne

Macedon Public Library
Tuesday, January 14
6:30 – 7:30 PM

Horseheads, Chemung

First Presbyterian Church
Wednesday, January 15
11:00 – 12:00 PM

SUPPORT GROUPS CONTINUED

Greece, Monroe

Greece Baptist Church
Wednesday, January 15
3:00 – 4:00 PM

Webster, Monroe

Webster Senior Center
Wednesday, January 15
3:30 – 5:00 PM

Corning, Steuben

Corning Senior Center
Thursday, January 16
2:00 – 3:00 PM

Virtual Black/African American

Thursday, January 16
5:30 – 7:00 PM

Newark, Wayne

Newark Public Library
Tuesday, January 21
5:45 – 6:45 PM

Ovid, Seneca

Edith B. Ford
Memorial Library
Wednesday, January 22
5:45 – 6:45 PM

Brighton, Monroe

Alzheimer's Association
Office
Thursday, January 23
1:00 – 2:00 PM

Geneseo, Livingston

Interfaith Center
Thursday, January 23
1:00 – 2:00 PM

Virtual Loved Ones in ALF/LTC

Thursday, January 23
4:00 – 5:30 PM

Elmira, Chemung

Steele Memorial Library
Saturday, January 25
1:30 – 2:30 PM

Penn Yan, Yates

Penn Yan Public Library
Monday, January 27
4:00 – 5:00 PM

Men's Morning Virtual

Tuesday, January 28
10:00 – 11:00 AM

Dundee, Yates

Dundee Library
Tuesday, January 28
4:00 – 5:00 PM

Women: Wives and Partners Virtual

Tuesday, January 28
4:00 – 5:30 PM

Brockport, Monroe

Seymour Library
Tuesday, January 28
6:30 – 8:00 PM



For more information or to register,
Call 800.272.3900

Las Consultas de Cuidado de la Alzheimer's Association son conversaciones personales y privadas para usted y su familia con nuestros profesionales capacitados en el conocimiento del Alzheimer u otras demencias. Estamos aquí para ayudarle a usted y a su ser querido a navegar las decisiones difíciles y las incertidumbres que rodean el vivir con el Alzheimer u otra demencia. Podemos proporcionar consejos sobre cómo involucrarse en actividades significativas y ofrecer dirección sobre estrategias de comunicación y cambios de comportamiento. Nuestro personal ayudará a evaluar sus necesidades y proporcionar asistencia y planificación personalizada. Usted no está solo en este camino. Por favor, llámenos en cualquier momento para programar una cita. Estamos disponibles 24/7 en nuestra Línea de Ayuda: 800.272.3900.

ONE-ON-ONE SUPPORT

Care Consultations from the Association are personal and private conversations for you and your family with our trained professionals in Alzheimer's or another dementia. We are here to help you and your loved one navigate difficult decisions and uncertainties around living with Alzheimer's or another dementia. We can provide tips on how to engage in meaningful activities and offer guidance with communication techniques and behavior changes. Our staff will help to assess your needs and provide personalized assistance and planning. You are not alone in this journey. Please call us anytime to schedule a meeting. We are here 24/7 at 800.272.3900



ALZHEIMER'S  ASSOCIATION®

800.272.3900 | [alz.org](https://www.alz.org)®