



Central New York Chapter

**WINTER/EARLY SPRING 2025**

**Programs and Services Catalog**



## CONTACT US

### Reach us at:

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### Office Phone

315.472.4201

### 24-Hour Helpline

800.272.3900

### On the Web

[alz.org/cny](http://alz.org/cny)

### On Social Media



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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](http://alz.org/e-news).

**SAVE THE DATE**  
**MAY 28, 2025**

**NEW LOCATION:**  
DOUBLE TREE  
EAST SYRACUSE



## **DEMENTIA CARE CONFERENCE 2025**

**FOR  
MORE  
INFORMATION  
CALL  
315.472.4201**

**ALZHEIMER'S  ASSOCIATION®**

**800.272.3900 | alz.org®**

## **Virtual Empowered Caregiver Series**

Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this virtual education series. All programs will be held on Wednesday evenings from 5-6 p.m.

Topics in the program series include:

- January 8 - Building Foundations of Caregiving
- January 22 - Supporting Independence
- February 5 - Communicating Effectively
- February 19 - Responding to Dementia-Related Behaviors
- March 5 - Exploring Care & Support Services



Scan QR code or call 800.272.3900 to register.



# Care Consultations

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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 315.472.4201 ext. 227 or email [cny-programs@alz.org](mailto:cny-programs@alz.org).

# Respite Care

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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.

## JANUARY IS THE START OF A NEW YEAR



Happy New Year! As you ponder your 2025 New Year's resolutions, the Alzheimer's Association is encouraging everyone to include activities to reduce the risk of cognitive decline. Research shows that healthy lifestyle interventions may reduce the risk of cognitive decline and help reduce the risk of dementia.

There are nearly 7 million Americans age 65 and older living with Alzheimer's. The Alzheimer's Association offers these five tips to reduce the risk of cognitive decline:

- Exercise regularly
- Maintain a heart-healthy diet
- Get proper sleep
- Stay socially and mentally active
- Keep your heart healthy

## APRIL IS NATIONAL VOLUNTEER MONTH

During the month of April, we recognize our amazing volunteers who dedicate their time and energy to strengthen, empower and inspire our communities. Volunteers are the key to making a difference in the lives of people facing Alzheimer's and dementia. When you volunteer with the Alzheimer's Association, you join a network of passionate people who are working to fight this devastating disease, honor loved ones, and bring care and support to those who need it. Thank you to all that support our mission.





# 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 1:30 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

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

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

- IDD/Down Syndrome with Alzheimer's
- 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](http://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 6	Wednesday, January 8	Monday, April 7	Wednesday, April 9
Monday, January 13	Wednesday, January 15	Monday, April 14	Wednesday, April 16
Tuesday, January 21	Wednesday, January 22	Monday, April 21	Wednesday, April 23
Monday, January 27	Wednesday, January 29	Monday, April 28	Wednesday, April 30
Monday, February 3	Wednesday, February 5	Monday, May 5	Wednesday, May 7
Monday, February 10	Wednesday, February 12	Monday, May 12	Wednesday, May 4
Tuesday, February 18	Wednesday, February 19	Monday, May 19	Wednesday, May 21

## Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: Creating Moments of Joy by Jolene Brackey. This group will meet on four consecutive Thursday mornings, beginning March 6 and ending March 27, 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 24 to allow for mailing of book/materials.**



# WANDERING SUPPORT

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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](mailto: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:

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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](http://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](mailto: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.

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

## EMERGENCY CONTACT

FIRST AND LAST NAME \_\_\_\_\_

RELATIONSHIP TO ENROLLEE \_\_\_\_\_

PHONE (MOBILE / HOME (CIRCLE ONE)) \_\_\_\_\_

SECONDARY PHONE (MOBILE / HOME (CIRCLE ONE)) \_\_\_\_\_

## SELECT YOUR PREFERRED JEWELRY BELOW

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

### CLASSIC STEEL BRACELET WITH COLOR

Purple (A659)



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 (A720)



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](mailto:cny-programs@alz.org)

# VOLUNTEERS NEEDED!

Are you able to spend a few hours a month helping people living with dementia and their caregivers?



## Make a difference as a

### COMMUNITY EDUCATOR

Community Educators provide Alzheimer's Association education programs to community audiences.

### COMMUNITY REPRESENTATIVE

Community representatives raise awareness of Alzheimer's Association programs and act as liaisons to local groups

### SUPPORT GROUP FACILITATOR

Support group facilitators create safe, open environments where people can share their feelings and learn to manage the experience of caring for or living with dementia.

Interested in learning more?  
Contact Pamela Gratton at  
[pbgratton@alz.org](mailto:pbgratton@alz.org) or 315.472.4201  
or apply online at [alz.org/volunteer](http://alz.org/volunteer)

 **ALZHEIMER'S  
ASSOCIATION**  
Central New York Chapter



## ALZTogether: JOINT SOCIAL ENGAGEMENT PROGRAMS

The need for staying connected through activities and social engagement is important. **ALZTogether social engagement programs offer a FREE, 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 315.472.4201 ext. 227 for screening and registration to obtain location/joining information.**

### VIRTUAL

#### **Thursday, January 9, 2-3 p.m.**

##### **Tour of Herbert F. Johnson Museum of Art**

Join us for a virtual tour at the Herbert F. Johnson Museum of Art, located on the beautiful Cornell University campus. This tour will explore the work and life of photographer Margaret Bourke White, whose work defined the 20th century for many readers of LIFE magazine. A pioneering photojournalist, Bourke White captured images from the Great Depression to WWII.

#### **Thursday, January 23, 10-11 a.m.**

##### **Winter Observations of Nature with Baltimore Woods Nature Center**

Join us virtually for a mindful winter walk with Environmental Educator Lizzy Suzedell, observing nature at Baltimore Woods Nature Center, and exploring the varied and astounding ways plants and animals survive the cold Central New York winters.

#### **Tuesday, February 4, 2-3 p.m.**

##### **Wildlife Stories with the Binghamton University Nature Preserve**

Join us virtually as Dylan Horvath, Steward of Natural Areas at Binghamton University Nature Preserve, shares his favorite stories and experiences from wildlife research, working with birds, salamanders, bats, wolverines, and more.

### IN-PERSON

#### **Friday, February 21, 10-11 a.m.**

##### **Exploring the Five Senses Through the Seasons at Liverpool Public Library, 310 Tulip Street, Liverpool**

Join us as we explore the winter season through sight, sound, smell, taste, and touch. Observing the world with our senses bolsters our cognitive function and mental health.

#### **Thursday, March 6, 1- 2:30 p.m.**

##### **Tour of Golden Artist Colors, Inc., 188 Bell Road, New Berlin**

Golden Artist Colors produces high-quality art materials for artists around the world and

they want to take you on a colorfully unique tour! Learn about the history of the company, paint manufacturing right on the factory floor, and see how much handmade detail goes into all they do for professional artists. Everyone attending must wear closed toe shoes and safety glasses (which will be provided if someone isn't already wearing glasses). Registration is limited.

**Tuesday, March 18, 11 a.m.-Noon**

**Making Maple Syrup at Massey's Ranch, 20605 Combs Road, Watertown**

Join us to take a tour of Massey Ranch's sugar shanty. We will learn how maple syrup is made from tapping trees to the sugaring process, to the finished product during the height of maple season in the North Country. During this time, you will get to try some samples and go home with your own maple syrup from Masseys Ranch!

**Tuesday, March 25, 1-2 p.m.**

**Animal Artifacts at Ross Park Zoo, 60 Morgan Road, Binghamton**

Come explore at the Ross Park Zoo with an exclusive look at extraordinary animal artifacts! This hour-long presentation with one of their knowledgeable educators provides a chance to see, touch, and feel some incredible artifacts including skulls, feathers, furs, and more! Constituents are welcome to visit the zoo exhibits after the presentation, should they wish, at their leisure.

**Thursday, April 3, 1-2 p.m.**

**Guided Tour at the Safe Haven Holocaust Refugee Shelter Museum, 22 Barbara Donahue Drive, Oswego**

Join us to tour the only Safe Haven in the United States during World War II. We will learn about the 982 refugees from World War II who were allowed into the United States as "guests" of President Franklin D. Roosevelt. These refugees were housed at Fort Ontario in Oswego, New York, from August 1944 until February 1946. Registration is limited.

**Thursday, April 10, 11 a.m.-Noon**

**Nicandri Nature Center Turtle Talk, 19 Robinson Bay Road, Massena**

Join us at the Eugene L. Nicandri Nature Center located in Robert Moses State Park in Massena, NY, owned and funded by the New York Power Authority. We will learn about turtles native to the area and get to meet some of them living at the center. After, you can enjoy and explore any of their 6-mile trail systems on your own!

**Thursday, April 24, 1:30- 2:30 p.m.**

**The Richardson-Bates House Museum Tour, 135 East 3rd Street, Oswego**

Join us to tour one of New York State's most intact house museums. We will learn about one of Oswego's most prominent families and get a glimpse of their lives. Let the history come alive through the period rooms where 90% of the family's original furnishings and collections still live on today from 1946. We will also learn about Dr. Mary Edwards Walker, a Civil War surgeon, advocate for women's right to vote, labor and dress reformist, and abolitionist - the first woman to receive the U.S. Congressional Medal of Honor. Registration is limited and attendees must be able to go up 1 flight of stairs as there is no elevator at this time.

**Tuesday, April 29, 11 a.m.-Noon**

**I Scream, You Scream, We All Scream for Ice Cream at Gannon's Isle Ice Cream, 1525 Valley Drive, Syracuse**

Join us as we learn about the history of ice cream and hear the story of how Gannon's began, after which we will enjoy a scoop! Space is limited to 20 participants.

**ALL PROGRAMS ARE FREE TO ATTEND!**



# EDUCATION PROGRAMS

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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](http://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 **[www.training.alz.org](http://www.training.alz.org)**.

## **Understanding Alzheimer's and Dementia**

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

## **10 Warning Signs of Alzheimer's**

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

## **Healthy Living for Your Brain & Body**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Incorporate these recommendations into building a plan for aging.

## **New Advances in Alzheimer's Treatments**

This course will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more.

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

This course gives caregivers tips and strategies for having difficult - but important - conversations about driving, visiting the doctor, and legal and financial planning.



### **Building Foundations of Caregiving: The Empowered Caregiver**

This course explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress.

### **Supporting Independence: The Empowered Caregiver**

This course focuses on helping the person living with dementia take part in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

### **Communicating Effectively: The Empowered Caregiver**

This course teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

### **Responding to Dementia-Related Behaviors: The Empowered Caregiver**

This course details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

### **Exploring Care and Support Services: The Empowered Caregiver**

This course examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

### **Managing Money: A Caregiver's Guide to Finances**

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning. It teaches caregivers how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

## **Approaching Alzheimer's: First Responder Training**

### **MAKE YOUR FIRST RESPONSE THE RIGHT RESPONSE.**

If you encounter a person living with dementia in the community, would you know how to appropriately adjust your approach? As a first responder, it's critical to understand how to best approach situations involving someone living with dementia. Approaching Alzheimer's: First Responder Training is a free program that will help prepare paramedics, police, firefighters and other emergency personnel to respond to common calls involving a person living with dementia. If you are interested in scheduling a training call 315.472.4201 ext. 227.

# 10 Benefits of Volunteering for Individuals

Whether you are driven by a desire to make a difference in your community or eager to explore new horizons, volunteering offers many benefits beyond the act of giving. From reducing loneliness and boosting your skill set to fostering a sense of purpose and expanding your network, the benefits of volunteering are immense. Listed below are 10 benefits of volunteering that will leave you inspired and ready to start on a journey of community service.

## 1. Reduces loneliness

Volunteering is a great way to combat the loneliness that affects many people. By actively engaging in community service, volunteers form meaningful connections with others, foster friendships, and combat social isolation. The shared sense of purpose and belonging within volunteer groups provides a supportive network, helping individuals build relationships that alleviate feelings of loneliness and positively impact their overall well-being.

## 2. Improves job skills

Volunteering goes beyond the act of giving. It is also an opportunity for personal and professional growth because volunteers develop diverse skills through practical experience. From leadership and teamwork to problem-solving and communication, volunteering provides a platform to develop these vital new skills, making individuals more attractive to potential employers and boosting their overall career prospects.

## 3. Connection to the community

Volunteering fosters a deep sense of connection to the community one serves, strengthening the bond with residents and cultivating solidarity and a collective commitment to community well-being. Through active involvement in community-driven initiatives, volunteers develop a profound understanding of local needs, challenges, and available resources. By becoming integral members of the community, volunteers collaborate to drive positive transformations and uplift the lives of those they help.

## 4. Feel a sense of purpose

Engaging in volunteer work helps give individuals a sense of purpose and fulfillment. Whether working for environmental conservation, helping the disadvantaged, or supporting educational programs, volunteering enables individuals to participate in activities that align with their values to create a profound sense of purpose. By contributing their time and skills to causes they care about, volunteers experience a deep understanding of meaning and satisfaction.

## 5. Meet new people

Volunteering is an effective way to expanding one's social circle and meeting new people from diverse backgrounds. Volunteer groups attract individuals with a shared passion for a cause, providing the ideal ground for building lasting friendships. Through collaboration, shared experiences and a common goal, volunteers forge connections that often extend beyond the volunteer setting, enriching their personal and professional networks.

## **6. Drive community improvements**

Volunteers play a vital role in driving positive change within their communities. By actively engaging in projects and initiatives, volunteers contribute to improving local infrastructure, environmental sustainability, and social welfare. Their collective efforts create a tangible impact, transforming neighborhoods, enhancing public spaces, and addressing pressing community issues. Volunteering empowers individuals to drive change and make a lasting difference in the place they call home.

## **7. Improves physical and mental health**

Engaging in volunteer activities has been linked to improved physical and mental health. Volunteering promotes an active lifestyle with many opportunities involving physical exertion and outdoor activities. Volunteer work and the act of giving back can reduce stress levels and promote a positive mindset. Volunteering also provides a sense of social support and belonging which can help foster resilience and combat feelings of depression and anxiety.

## **8. Gets you out of your comfort zone**

Engaging in volunteer work encourages individuals to explore uncharted territories, pushing the boundaries of their comfort zones. It presents opportunities to embrace new challenges and experiences and foster the development of resilience, adaptability, and a mindset geared towards growth. By confronting fears, overcoming obstacles, and venturing into the unfamiliar, volunteers can unlock untapped potential within themselves. Stepping outside the confines of familiarity allows for personal growth and transformation, empowering volunteers to recognize their true capabilities and broaden their horizons.

## **9. Increased empathy and understanding**

Volunteering provides an opportunity to develop empathy and foster a deeper understanding of the world around us. Engaging in meaningful service exposes individuals to diverse cultures, backgrounds, and perspectives. This experience enables volunteers to empathize with the challenges others face which nurtures compassion and the ability to connect on a profound level. Through acts of kindness and support, volunteers bridge the gap between different communities, promoting unity and social cohesion.

## **10. Personal growth and self-discovery**

Participating in volunteer work offers individuals a way to embark on a journey of personal growth and self-discovery. It is an opportunity to discover one's passions, interests and values which can lead to a profound understanding of their strengths, principles, and aspirations. This process of self-discovery has the potential to uncover hidden talents, improve self-confidence, and cultivate emotional resilience.

Excerpt from the Rosterfy article "18 Benefits of Volunteering to Get You Inspired" by Rochelle Gunn (May 30, 2023)

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