



New York City Chapter

800.272.3900
alz.org/nyc

SUMMER 2024
FREE EDUCATION, SUPPORT PROGRAMS,
AND SERVICES



**IN-PERSON AND VIRTUAL PROGRAMS AND SERVICES OPTIONS
ARE NOW AVAILABLE**

Vea nuestros programas y servicios en español aquí

請查看我們的教育課程和服務

여기에서 한국어 프로그램 및 서비스를 확인하세요.



<https://linktr.ee/alzprograms>

THIS IS WHY WE WALK.



At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments. We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease. Register today at act.alz.org/nycwalks.

Staten Island

Saturday, October 5, 2024

Wolfe's Pond Park

Queens

Saturday, October 26, 2024

Billie Jean King National Tennis Center

Brooklyn

Sunday, October 27, 2024

Korean War Veterans Plaza

Manhattan

Saturday, November 16, 2024

Central Park - Naumburg Bandshell



WALK TO END ALZHEIMER'S™

ALZHEIMER'S ASSOCIATION®

Register Today!



Scan the QR Code or visit
act.alz.org/nycwalks

2024 NATIONAL
PRESENTING SPONSOR

Edward Jones

2024 NATIONAL
DIAMOND TEAMS

 **BROOKDALE**
SENIOR LIVING


SIGMA KAPPA

Edward Jones

2024 NATIONAL
PLATINUM TEAMS

 **LCS**  **SeniorStar**

 **Rotary**

 **ALZHEIMER'S DEMENTIA
ROTARY ACTION GROUP**

America's Choice in Homecare
Visiting Angels
SENIOR HOMECARE BY ANGELS

2024 LOCAL
PRESENTING SPONSORS


CANNATARO
FAMILY CAPITAL PARTNERS

 **MJHS**
HEALTH SYSTEM

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CONTACT US

24/7 HELPLINE

800.272.3900

ALZHEIMER'S ASSOCIATION

NYC CHAPTER

60 E. 42nd St., Suite 2240
New York, NY 10165

ON THE WEB

alz.org/nyc

ON SOCIAL MEDIA



www.facebook.com/alznyc



www.twitter.com/alznycc1



www.instagram.com/alznycc

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<https://linktr.ee/alzprograms>

STAYING SAFE THIS SUMMER

As temperatures rise, extreme heat can have a significant impact on everyone's safety, but these conditions can be especially stressful and confusing for individuals with Alzheimer's and other dementia.

Here are some tips for a safe summer season for everyone:



Stay hydrated. The conventional recommendation to “drink eight glasses of water per day” may not necessarily apply to everyone. Each person has their own hydration needs, and the best rule of thumb is simply to drink water when you're thirsty. Always keep a reusable water bottle nearby.

Limit sun exposure. Even with SPF protection, prolonged direct sunlight can have harmful effects on your skin. Always wear sunscreen and try to keep your sun exposure to the early morning or late afternoon when the sun's rays are less powerful.



Protect your eyes. In addition to dermatological hazards, sun exposure carries the risk of eye damage. Sunglasses don't just complete your stylish summer look; they also protect your eyes. Wear polarized lenses to provide an added layer of safety.

Prevent fires. Whether you're grilling in the backyard or lighting a bonfire in the wilderness, always use extreme caution. Turn off the grill and douse the charcoal or cut off the gas supply after use. Extinguish campfires thoroughly with water; don't just count on them to die out.



Watch for heat stress. Learn the warning signs of heat stress: sudden, profuse sweating; feeling faint or dizzy; weak pulse. Get inside immediately and turn on the AC or move to a cool, dark room. Find a full list of warning signs [here](#).



CARE CONSULTATIONS

In a free care consultation, you meet with a dementia expert from the Alzheimer's Association. Anyone affected by Alzheimer's can schedule a consultation to ask questions, navigate caregiving decisions and family issues, assess current needs and anticipate future care challenges.

Care consultations are unique to your situation but can include:

- Education about Alzheimer's and treatment options
- Development of a care plan
- Safety assessment and planning
- Assistance with finding resources in the community
- Understanding and managing legal and financial issues
- Addressing caregiver stress and developing self-care strategies

**Call 800.272.3900
or email nyccare@alz.org
to schedule an appointment.**

HISPANIC HERITAGE MONTH

Approximately 13% of Hispanics who are 65 or older have Alzheimer's or another dementia. Learn what the Alzheimer's Association is doing to address health disparities and provide support for Hispanic community members living with Alzheimer's or another dementia.

You can learn more about how Alzheimer's and Dementia disproportionately impacts the Hispanic community at www.alz.org/help-support/resources/hispanics-and-alzheimers

For more information about our featured programs, visit www.alz.org/nyc/helping_you/education

VOLUNTEER WITH US



Looking to make a difference in the fight against Alzheimer's disease? Consider becoming a volunteer with the Alzheimer's Association NYC Chapter. Your dedication is vital in reaching and supporting those affected by this disease.

As a volunteer, you can leverage your unique talents to create a meaningful impact in your community while connecting with others who share your passion.

You can:

- Increase awareness of Alzheimer's Association programs and services
- Deliver education presentations
- Forge partnerships with community and faith organizations
- Organize engaging social activities for individuals living with dementia
- Facilitate support groups for dementia caregivers
- Assist with data entry, and more!

To explore program volunteer opportunities, visit www.alz.org/nyc/volunteer or reach out to Cody Medina, Senior Manager, Volunteer & Community, at comedina@alz.org or 929.255.3416.

CAREGIVER SUPPORT GROUPS



Caregiver support groups are for people caring for a loved one with dementia. You do not have to be a primary caregiver to attend.

VIRTUAL

ACT Caregiver Support Group

2nd Thursday of the Month
7 - 8 p.m.

Adult Child Support Group

2nd Tuesday of the Month
6 - 7 p.m.

Bronx Caregivers Connect

1st Friday of the Month
11 a.m. - 12 p.m.

Caregiver Expressions Writing Group

2nd and 4th Friday of the Month
12 - 1 p.m.

Caring and Sharing

2nd Thursday of the Month
2 - 3 p.m.

Caring Apart

For caregivers whose loved one is in a facility.

1st Thursday of the Month
6 - 7 p.m.

Caregivers Link

4th Thursday of the Month
6 - 7 p.m.

Heart-to-Heart Caregiver Support Group

Last Wednesday of the Month
5 - 6 p.m.

LGBTQ+ Caregivers

2nd Thursday of the month
4:30 - 5:30 p.m.

**offered by MN/ND Chapter*

Manhattan Adult Child Caregiver Support Group

3rd Tuesday of the Month
6 - 7 p.m.

Manhattan Caregivers Connect

1st and 3rd Friday of the Month
11 a.m. - 12 p.m.

Self-Care Conversations Caregiver Support Group

2nd Thursday of the Month
6 - 7 p.m.

Young Adult

4th Monday of the Month
6 - 7 p.m.

IN PERSON

Address provided upon registration

Parent Care Support Group
2nd Wednesday of the Month
6 - 7 p.m.
Midtown Manhattan

Midtown Spousal Support
3rd Tuesday of the month
2 - 3 p.m.
Midtown Manhattan

Coming soon...

ALZ Bereavement
Midtown Manhattan

Caribbean Support Group
East Brooklyn

Call 800.272.3900 now to be put on the waitlist.

SPECIAL LANGUAGE CAREGIVER SUPPORT GROUPS - VIRTUAL

Café con Leche (Spanish)
1st Saturday of the Month
10:30 a.m. - 12 p.m.

**Chinese-Mandarin Caregiver
Support Group**
3rd Wednesday of the Month
7 - 8 p.m.



EARLY STAGE SUPPORT GROUPS

Early-stage support groups are for people who are in the early stages of Alzheimer's or another dementia.

SUPPORT GROUP - IN PERSON

Address provided upon registration

Dementia Chat: Early Stage Support Group - Manhattan
Every Monday, 4 - 5 p.m., August 5th, 2024 - September 30th, 2024
Alzheimer's Association - New York City Chapter, New York, NY 10165

Virtual orientation/education for participants and their care partner will be on July 29th from 4:00pm to 5:30pm



VIRTUAL EARLY STAGE SOCIAL ENGAGEMENT PROGRAMS

VIRTUAL WORLD TOURS

Join us in travels from the comfort of your favorite seat in the house and learn about unique wonders of the world. No packing or equipment needed, just a sense of adventure and a readiness to bring joy to the virtual journey.

September 8, 2024, 2 - 2:45 p.m. - South America: Argentina and Brazil

MEET NY THERAPY ANIMALS

Please join New York Therapy Animals for a virtual visit when you and your family/friends will be able to see and interact with our therapy teams, learn some animal facts, as well as share and reminisce about favorite pets.

Your family pets are welcome to attend virtually, too!

The first Wednesday of the month, from 11:30 a.m. - 12 p.m.

July 3, 2024

August 7, 2024

September 4, 2024

FUN WITH PASTELS

Join us to learn simple pastel techniques and discover the fun of working with pastels as an expressive art form. This free program is for all skill levels, including those with no prior art experience. Each week of this four-part series we will explore a different theme for drawing with pastels, such as nature and abstract patterns. Materials will be provided to registrants.

This is a four-part series, meeting every Sunday from 10:30 - 11:30 a.m.

July 14, 2024

July 21, 2024

July 28, 2024

August 8, 2024

**Registration closes July 3, 2024*

STORIES IN THE MOMENT

Connect with others impacted by early-stage Alzheimer's, another dementia, or MCI for this 12-week online dance series. Amplify your voices and discover new ways to tell your stories, through dance and movement, as well as words. Each week, community dance artist Magda Kaczmarek will lead creative explorations to create our own thematic dance stories.

Activities can be done seated or standing. No prior dance experience required.

Every Friday, July 12 - September 27, from 2 - 3 p.m.

PRE-REGISTRATION IS REQUIRED FOR EARLY STAGE PROGRAMS.

Call 800.272.3900 for more information.

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be smoke-free



Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day - walking, dancing, gardening - whatever works.

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.

Manage diabetes



Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.

Eat right



Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

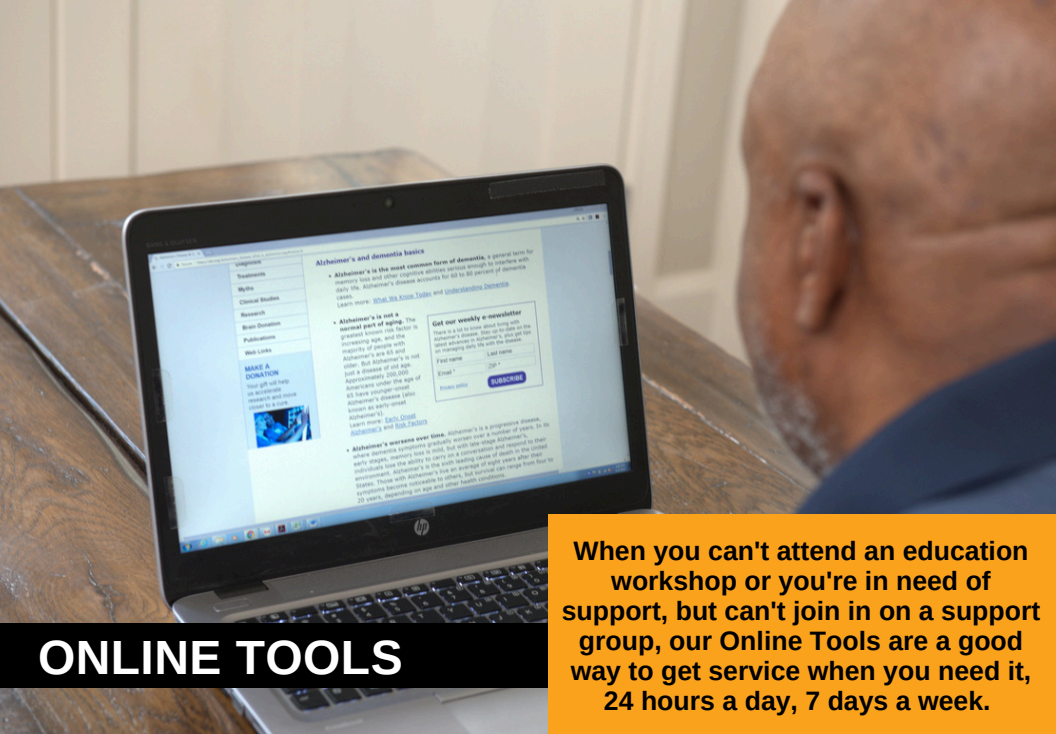


Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list - eating right, physical activity and sleep - can help with maintaining a healthy weight.

Learn more at alz.org/healthyhabits

 **ALZHEIMER'S ASSOCIATION**



ONLINE TOOLS

When you can't attend an education workshop or you're in need of support, but can't join in on a support group, our Online Tools are a good way to get service when you need it, 24 hours a day, 7 days a week.

We understand that you have a busy schedule and may need more flexibility when it comes to getting the services and support you need. The Alzheimer's Association offers many services on our website that can help you, 24/7.

- **E-LEARNING WORKSHOPS** - We offer free online workshops for caregivers and people living with Alzheimer's or another dementia. These workshops help you learn caregiving skills and give you advice. Some workshops are available in Spanish. Visit <https://training.alz.org> to sign up for the education programs that best suit your needs.
- **ALZConnected®** - Join our free, online community for everyone affected by Alzheimer's or other dementias. On ALZConnected, you can ask questions, learn tips and share experiences on message boards and in a live chat room. ALZConnected provides a safe place for people to connect with others in similar situations 24 hours a day, 365 days a year, for free. Visit <https://www.alzconnected.org/> to join now.
- **ALZNavigator™** - Whether you're living with dementia or caring for someone who is — or even if you're just starting to notice memory changes, ALZNavigator™ can guide you to your next steps. Get information and resources on topics such as understanding the disease, managing stress, finding local programs and services, and more. Get started. Build your action plan today at alz.org/alznavigator.



EDUCATIONAL PROGRAMS

VIRTUAL AND IN-PERSON MEETING OPTIONS ARE AVAILABLE

Education is our best weapon in the fight against Alzheimer's disease. Informed caregivers are better caregivers because they know the right questions to ask, their available options and how to make the best decisions for their friends or family members with the disease.

The Alzheimer's Association offers workshops for people living with Alzheimer's disease and their caregivers. The programs are developed by experts and presented by people with extensive training in dementia care and knowledge of the resources available to families in New York City. All programs are FREE.

If you or someone you know is affected by Alzheimer's disease or another dementia, it's time to learn the facts. Learn how memory loss with normal aging and dementia are not the same, the stages of Alzheimer's disease, treatment and much more.

HOW TO SIGN UP

Please sign up at least 5 days in advance for all programs at www.alz.org/crf or call **800.272.3900**. This allows us to contact you in case an emergency forces us to cancel the program.

THE EMPOWERED CAREGIVER SERIES

Join us for The Empowered Caregiver, an education program by the Alzheimer's Association® that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This program features five topics, including building foundations of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors, and exploring care and support services. As part of the program, you will receive activities to apply person-centered care approaches to your own caregiving situation.

While there is added benefit to attending the entire series, you can also choose to attend the individual program modules of most interest to you.

BUILDING FOUNDATIONS OF CAREGIVING

This program will cover topics like the role of a caregiver, how to build your support team and ways to manage caregiver stress.

VIRTUAL - Friday, July 19, 2024, 10 - 11 a.m.

RESPONDING TO DEMENTIA RELATED BEHAVIORS

This discussion will explore dementia's effect on behavior, possible triggers and steps for managing behaviors

IN-PERSON - Thursday, August 22, 2024, 10:30 a.m. - 12 p.m.

CityBlock Health BedStuy, 1259 Bedford Ave, Brooklyn, NY 11216

SUPPORTING INDEPENDENCE

Learn more about dementia's effect on independence, steps to help with daily activities and providing the right amount of support.

VIRTUAL - Friday, August 23, 2024 10 - 11 a.m.

COMMUNICATING EFFECTIVELY

Learn more about dementia's effect on communication, using a person-centered communication approach and tips for communicating well with others.

VIRTUAL - Thursday, September 12, 2024, 3 - 4 p.m.

EXPLORING CARE AND SUPPORT SERVICES*

Guidance for planning care changes, types of care and moving care settings.

VIRTUAL - Friday, September 20, 2024, 10 - 11 a.m.

**We will also offer an in-person session: Monday, July 29, 2024, 10:30 a.m. - 12 p.m.*

CityBlock Health BedStuy, 1259 Bedford Ave, Brooklyn, NY 11216

You can see all of our statewide virtual education offerings - including the Empowered Caregiver - here: https://bit.ly/ALZ_NYS

10 WARNING SIGNS OF ALZHEIMER'S

Early detection of Alzheimer's disease gives you a chance to begin treatment, enroll in clinical studies and plan for the future. This program will discuss the 10 warning signs of Alzheimer's, what to do if you see the signs in yourself or someone you love, getting a diagnosis and treatment options.

TELEPHONE OR WEBINAR

MONDAY, JULY 15, 2024 12 - 1 p.m.

in partnership with Neighborhood Shopp

WEDNESDAY, SEPTEMBER 18, 2024 6 - 7 p.m.

DEMENTIA CONVERSATIONS

Often, talking with family members about changes in memory or behaviors can be challenging and uncomfortable. Learn tips for talking with your family so you can address some common issues that are tough to discuss: and making legal and financial plans for future care.

TELEPHONE OR WEBINAR

WEDNESDAY, JULY 24, 2024 1 - 2 p.m.

in partnership with Sunnyside Community Services

HEALTHY LIVING FOR YOUR BRAIN AND BODY: Tips from the Latest Research

Join us to learn about research in the areas of diet and nutrition, exercise and changes in thinking, remembering and relationships. Use hands-on tools to help you make choices that may keep your brain and body healthy as you age.

TELEPHONE OR WEBINAR

WEDNESDAY, AUGUST 14, 2024 12 - 1 p.m.

in partnership with SNAP

Pre-registration is required.

Please call 800.272.3900 to register and confirm events.

Note that by registering for programs and services, you are also agreeing to receive phone calls, emails or text messages with more information.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

IN-PERSON AND TELEPHONE OR WEBINAR
Alzheimer's Association - New York City Chapter
60 East 42nd Street, New York, NY 10165

THURSDAY, JULY 25, 2024 1 - 2:30 p.m.

TELEPHONE OR WEBINAR

WEDNESDAY, AUGUST 28, 2024 12 - 1:30 p.m.
THURSDAY, SEPTEMBER 26, 2024 6 - 7:30 p.m.

NEW ADVANCES IN ALZHEIMER'S

The Alzheimer's Association is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other dementia. We will discuss the tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias.

TELEPHONE OR WEBINAR

WEDNESDAY, JULY 31, 2024* 10 - 11 a.m.
**This will be paired with an Understanding Alzheimer's and Dementia program*

MONDAY, AUGUST 19, 2024 6 - 7 p.m.
FRIDAY, SEPTEMBER 13, 2024 12 - 1 p.m.

RESEARCH CHAMPIONS:

The Latest on Alzheimer's and Dementia Research

Learn about the landscape of Alzheimer's and dementia science, including the risk factors for Alzheimer's and all other dementia, highlights in early detection and diagnosis, and recent advances in clinical trials, treatments and lifestyle interventions.

TELEPHONE OR WEBINAR

TUESDAY, SEPTEMBER 10, 2024 2 - 3 p.m.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

TELEPHONE OR WEBINAR

MONDAY, SEPTEMBER 23, 2024

10:30 - 11:30 a.m.

WEDNESDAY, JULY 31, 2024*

10 - 11 a.m.

**This will be paired with an New Advances in Alzheimer's program*

ASK THE EXPERT SERIES

AN INTERACTIVE SERIES BRINGING TOGETHER
EXPERTS AND THOSE IMPACTED BY DEMENTIA

Demystifying Article 81 Guardianship Featuring

Deena Schwartz, Esq.

Director of NYS Guardianship Initiatives at Project Guardianship

Guardianship gives a person or organization the authority to make certain decisions for another person.

Guardianship is a serious legal relationship that can only be pursued if there are no alternatives available. In this session, you will learn what Article 81 Guardianship is (and is not!), who it is for, and get an overview of the court process. We will also go over the landscape of alternatives and what to consider when trying to balance safety with decision-making autonomy.

Wednesday, July 24, 2024 from 12 - 1:15 p.m.

VIRTUAL - Register at: <https://bit.ly/ATE0724V>



The Alzheimer's Journey: Grief, Guilt, Memory, Love Featuring

Professor Cindy Weinstein

Eli and Edythe Broad Professor of English at the California Institute of Technology

For many of us who have loved someone who has died of Alzheimer's, the disease happens over the course of many years and the experience of grieving can be a long and difficult one. Often, the grief is also combined with guilt, with memories we wish to hold onto and others we wish we didn't, and with a tremendous amount of love.

Because of the complexity of grief, there is neither one way to grieve nor is there a timeline to be followed. We will discuss the different ways people grieve with the goal of providing support and comfort.

Tuesday, August 20, 2024 from 1 - 2 p.m.

VIRTUAL - Register at: bit.ly/ATE0820Virtual

IN-PERSON (Alzheimer's Association, 60 East 42nd Street, New York, NY 10165) -

Register at: bit.ly/ATE0820



Become a Health Systems Partner



Partnerships for Improved Dementia Care

As a leader and trusted resource in dementia care, the Alzheimer's Association is ready to work with health systems to drive risk reductions, increase early detection and diagnosis of cognitive impairment, and improve care outcomes for people living with dementia.

Opportunities include:

- Sharing screening tools, toolkits, and resources to implement evidence-based strategies
- Analyzing data and current workflows to uncover barriers to quality dementia care
- Building dementia knowledge and care capabilities across staff
- Developing care pathways to identify and link care partners to support
- Addressing risk factors and disparities in dementia care

Learn more about health systems partnerships.
Web: alz.org/professionals/health-systems-clinicians
Email: djphildor@alz.org



"The case studies and discussion that followed gave us great insight, and inspired us with new solutions." –ECHO participant

"I am using the skills and knowledge from this training with caregivers and patients, and I feel more confident working with patients with dementia." - participant

CALLING ALL PRIMARY CARE LEADERS: IMPROVE DEMENTIA CARE IN YOUR COMMUNITY

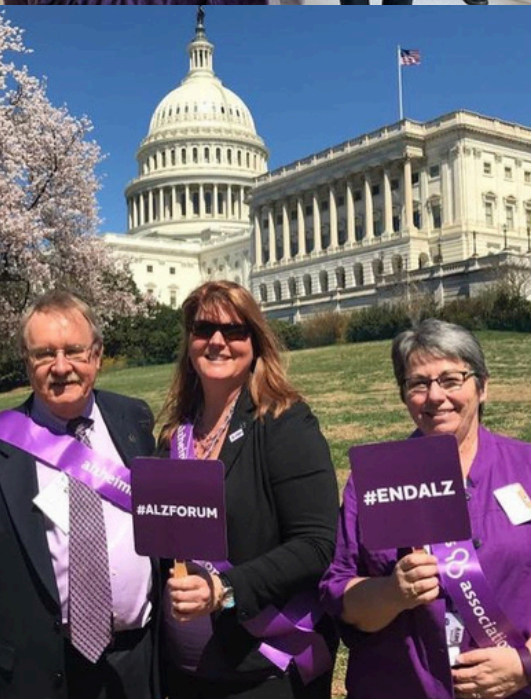
Alzheimer's Association's Project ECHO® for Alzheimer's Disease and Related Dementias (ADRD) is a revolutionary and interactive learning model. Primary care teams (doctors, nurses, social workers, etc.) participate in virtual clinics led by nationally recognized subject matter experts in dementia care. We are looking for leaders interested in engaging with a community of specialists and committed to better serving patients living with ADRD, and their families and care partners in their own community.

By the completion of this program, attendees will:

- Strengthen skills and competence to diagnose and manage patients living with dementia.
- Implement care guidelines for Alzheimer's and dementia detection, diagnosis, disclosure, and follow-up processes.
- Improve communication and access to resources for patients and caregivers.
- Receive continuing education credits at no cost for participation.

To register and/or to learn more, please contact Doris Phildor at djphildor@alz.org.

Join the Fight to End Alzheimer's



**You can help
improve policy
for New Yorkers
affected by
Alzheimer's.**

**Get started by texting NYSALZ to
52866 or visiting AlzImpact.org**



New York City Chapter
60 E. 42nd Street, Suite 2240
New York NY 10165