



FALL 2024

# COMMUNITY PROGRAMS & SERVICES

ALZHEIMER'S  ASSOCIATION®

Western New York Chapter  
800.272.3900 | [alz.org/WNY](https://alz.org/WNY)

# CONTENTS

As this issue of our Community Programs and Services Guide goes out, we are in the middle of Walk season – the most exciting time of the year for the Alzheimer’s Association! The Walk to End Alzheimer’s is the world’s largest event to raise funds and awareness for Alzheimer’s care, support and research. It is the reason we are able to offer our services free of charge to anyone who needs them, along with funding critically important research leading to new treatments and someday, hopefully, a cure. Thank you to everyone who has joined us so far and we look forward to seeing even more of you in the future!

Our Fall 2024 Guide is filled with the many classes and support groups we offer to assist you in your journey as a caregiver or as someone living with Alzheimer’s or another form of dementia. Many more educational opportunities are available through our online Community Resource Finder at [alz.org/crf](https://alz.org/crf).

As always, you can find care and support services 24 hours a day, 365 days a year, by calling our free Helpline at **800.272.3900**. Master’s-level clinicians are waiting to answer your questions and address your concerns – reach out anytime.

|                          |    |
|--------------------------|----|
| News .....               | 3  |
| Care Consultations ..... | 4  |
| Special Program.....     | 6  |
| Early Stage .....        | 8  |
| Virtual Programs .....   | 9  |
| Allegany 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



Kiernan Hayward joined the Western New York Chapter in May as our new development manager. Kiernan is overseeing the Walk to End Alzheimer's in Chautauqua County and the Southern Tier, along with coordinating The Longest Day campaign. A Western New York native and Medaille College graduate, Kiernan is passionate about community engagement, our mission and building new relationships. He was involved with Walk as a participant back in 2012, when he walked alongside his mom.

**Welcome to the WNY team, Kiernan!**

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## BOOK CLUB FACILITATORS NEEDED

Do you enjoy reading? Do you enjoy helping others? Our chapter is seeking compassionate volunteers to facilitate book clubs for people caring for a loved one with dementia.

Under the mentorship of two retired librarians, volunteers will learn how to lead an informative, supportive group. Book clubs are time-limited; they meet for five sessions per book. This is a great opportunity for Walk to End Alzheimer's or Longest Day volunteers to continue to give back during the "off season," or for anyone who loves books and wants to help others.

If you are interested, contact Katelyn Greenwald at [kagreenwald@alz.org](mailto:kagreenwald@alz.org) or **716.626.0600 ext. 2194**.



# 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](mailto: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@elderjusticeny.org](mailto:dgeyer@elderjusticeny.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](mailto:program.wny@alz.org), or visiting our website at [alz.org/wnyrespite](http://alz.org/wnyrespite).

# SPECIAL PROGRAMS

## NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH!

We're celebrating YOU with a series of free virtual classes.

Register with the links below or call **800.272.3900**.

### Supporting Sandwich Generation Caregivers

**Thursday, November 7, 4pm**

Approximately a quarter of all Alzheimer's and dementia caregivers are living their lives "sandwiched" between caring for a loved one with dementia and raising their own children or grandchildren. Join us for a discussion of challenges, tips and strategies led by an experienced sandwich generation caregiver.

Register at [bit.ly/AlzSandwichCareNov7](https://bit.ly/AlzSandwichCareNov7)

### Supporting Caregivers of LGBTQ Individuals with Dementia

**Tuesday, November 12, 12pm**

Explore the intersection of LGBTQ identities with health issues, aging and dementia. Participants will learn to advocate and navigate the healthcare system to ensure quality, LGBTQ-friendly care. This expert-led session will include peer discussion and practical resources.

Register at [bit.ly/AlzLGBTQcareNov12](https://bit.ly/AlzLGBTQcareNov12)

### C.A.R.E. for the Caregiver

**Wednesday, November 13, 12pm**

Caregiving can come with challenges, grief, emotions, struggles, stress. But it can also create great joy. We'll look through the lens of compassion, awareness, resilience and education to explore the caregiver's journey alongside the person with Alzheimer's or dementia. Walk away with a mindset, strategies and resources to support your journey.

Register at [bit.ly/AlzCareNov13](https://bit.ly/AlzCareNov13)





## What Is Alzheimer's Advocacy?

*Find out October 22!*

**When:** 7:00-7:30 p.m.

**Where:** Zoom

**RSVP:** [bit.ly/NYSAdvocacy](https://bit.ly/NYSAdvocacy)



*Presented by the New York State Alzheimer's Advocacy Committee*



# AGING WELL IN THE BLACK COMMUNITY

Join us in  
February in  
Buffalo or  
via Zoom!

Follow us on social media  
for updates!

Featuring guest speakers  
and a free resource fair!



# 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 [amay@alz.org](mailto:amay@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](http://alzconnected.org) for those living with the disease and their care partners.



# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## EDUCATION

### Caregiving Through the Holidays

Thursday, December 5, 12pm

Register at [bit.ly/AlzHolsDec5](https://bit.ly/AlzHolsDec5)

Tuesday, December 10, 5:30pm

Register at [bit.ly/AlzHolsDec10](https://bit.ly/AlzHolsDec10)

The holidays can be both joyous and stressful. When a loved one has dementia, we may need to adapt family traditions to ensure they remain enjoyable and meaningful. Join us to discuss dementia-friendly celebrations, family dynamics and gift ideas.

### 10 Warning Signs

Tuesday, October 22, 11am

Hybrid program in partnership with Gowanda Free Library

### Hispanic Heritage Month Education Series en Español

Para registrarse, llame al 800.272.3900

**September 26, 1pm: Conversaciones con el experto: La experiencia del patient**

**September 27, 10:30am: 10 señales de advertencia de la enfermedad de Alzheimer**

**October 8, 6:30pm: Investigación Clínica sobre Alzheimer: ¿Por Qué es la Voz Latina Esencial?**

Visit [alz.org/newyork](https://alz.org/newyork) to register.

### Lewy Body Dementia Education Series

All programs run on Wednesdays from 12-1pm. Attend any that interest you!

**October 2: The Difference Between Lewy Body and Parkinson's**

**October 9: Medication Management, Sleep and Motor Issues**

**October 16: Responding to Dementia-Related Behaviors**

**October 23: Managing Caregiver Stress**

Visit [bit.ly/LifeWithLewy24](https://bit.ly/LifeWithLewy24) to register.

### Frontotemporal Dementia Education Series

All programs run on Wednesdays from 12-1pm. Attend any that interest you!

**November 6: Overview of Frontotemporal Degenerative Disorders**

**November 13: Cognitive and Behavioral Concerns**

**November 20: Managing Caregiver Stress**

**December 4: Behavioral Management and Medication Options**

Visit [bit.ly/FTDseries2024](https://bit.ly/FTDseries2024) to register.

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## VIRTUAL 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](http://alz.org/CRF). New to virtual meetings? Call us for a free one-on-one lesson at **716.626.0600 ext. 313**.

### **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

### **General Caregiver Support Group**

via phone or Zoom

1st Wednesday of the month, 6-7pm

(in partnership with Dent Neurologic)

### **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, 3-4pm

# VIRTUAL PROGRAMS

For questions / registration call 800.272.3900

## Younger-Onset Care Partners

1st 2nd and 4th 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.

## 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](https://bit.ly/AlzGrief). Space is limited. For more information, please call

**716.626.0600 ext. 313** or email [program.wny@alz.org](mailto: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](mailto: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 October 22 to discuss *Surviving Alzheimer's* by Paula Spencer Scott. To register (or for more information), please visit [bit.ly/BookClubWNY](https://bit.ly/BookClubWNY).

Space is limited, so don't delay!

Space is limited. For more information, please call **716.626.0600 ext. 313**

or email [program.wny@alz.org](mailto:program.wny@alz.org).

# ALLEGANY COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Understanding Alzheimer's Disease and Dementia

**Tuesday, October 8, 1pm**

David A. Howe Public Library, 155 N. Main St., Wellsville

### Building Foundations of Caregiving

**Tuesday, November 19, 1pm**

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

### Supporting Independence

**Tuesday, December 10, 11am**

Cuba Library, 39 E. Main St., Cuba

## SUPPORT GROUPS

### Belmont Caregiver Support Group

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

Allegany Office for the Aging

6085 NY Rte. 19

### 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](mailto: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](http://alz.org/wnyrespite).

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

# CATTARAUGUS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### 10 Warning Signs

**Tuesday, October 22, 11am**

Gowanda Free Library, 56 Main St., Gowanda

Also available via Zoom!

### Managing Money: A Guide for Caregivers

**Tuesday, November 12, 2pm**

Southern Tier Healthcare System, 150 N. Union St., Olean

## SUPPORT GROUPS

### Gowanda Caregiver Support Group

**3rd Wednesday of the month, 6-7pm**

Gowanda Free Library, 56 W Main St.

### Salamanca Caregiver Support Group

**3rd Tuesday of the month, 9:30-10:30am**

Salamanca Area Senior Center, 20 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](http://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

### Communicating Effectively

**Wednesday, October 9, 11am**

Jamestown Office for Aging Services, 3rd Floor Conference Room  
The Chautauqua Center, 107 Institute St., Jamestown

### Communicating Effectively

**Wednesday, October 16, 11am**

Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk

### Responding to Dementia-Related Behaviors

**Wednesday, November 6, 11am**

Jamestown Office for Aging Services, 3rd Floor Conference Room  
The Chautauqua Center, 107 Institute St., Jamestown

### Caregiving Through the Holidays

**Thursday, November 7, 5:30pm**

Comfort Today Adult Day Center, 17 Gifford Ave W., Jamestown

### Responding to Dementia-Related Behaviors

**Wednesday, November 13, 11am**

Dunkirk Senior Center, 45 Cliffstar Court, Dunkirk

### Understanding Alzheimer's and Dementia

**Wednesday, December 4, 11am**

Jamestown Office for Aging Services, 3rd Floor Conference Room  
The Chautauqua Center, 107 Institute St., Jamestown

## SUPPORT GROUPS

### North County Dine n' Dish

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

Meets at a different restaurant in Northern Chautauqua County each month.

Call Jennifer at 716.753.4582 for details.

### 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 \*COMING SOON!\*

Call 716.626.0600 ext. 313 for details.





**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

### Healthy Living for Your Brain and Body & Dementia Question and Answer Session

**Wednesday, October 2, 1pm**

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

### Understanding Alzheimer's and Dementia

**Tuesday, October 15, 12:30-1:30pm**

CAO Masten Resource Center, 1423 Fillmore Ave., Buffalo

### Understanding Alzheimer's and Dementia

**Tuesday, November 5, 1pm**

William-Emslie Family YMCA, 585 William St., Buffalo

### The Empowered Caregiver: Communicating Effectively

**Saturday, November 9, 11am**

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

### The 10 Warning Signs of Alzheimer's

**Tuesday, November 12, 5:30pm**

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

## SUPPORT GROUPS

### Buffalo

**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 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](http://alz.org/wnyrespite).

# ERIE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **Building Foundations of Caregiving**

**Tuesday, October 15, 2pm**

Cheektowaga Senior Center, 3349 Broadway, Cheektowaga

**Wednesday, November 6, 11am**

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

### **Healthy Living for your Brain and Body**

**Monday, October 21, 2pm**

Kenmore Branch Library, 160 Delaware Rd., Kenmore

**Monday, December 9, 1pm**

West Seneca Senior Center, 4620 Seneca St., West Seneca

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

**Thursday, October 17, 1pm**

City of Tonawanda Public Library, 333 Main St., Tonawanda

**Friday, November 8, 10am**

Kenmore Branch Library, 160 Delaware Rd., Kenmore

**Tuesday, November 19, 10:30am**

Hamburg Senior Community Center, 4540 Southwestern Blvd., Hamburg

**Tuesday, December 10, 12:15pm**

Grand Island Golden Age Center, 3278 Whitehaven Rd., Grand Island

### **Supporting Independence**

**Monday, December 9, 2pm**

Kenmore Branch Library, 160 Delaware Rd., Kenmore

**Tuesday, December 17, 2pm**

Cheektowaga Senior Center, 3349 Broadway, Cheektowaga

### **Tips for Tough Conversations**

**Thursday, November 7, 12:45pm**

Grand Island Golden Age Center, 3278 Whitehaven Rd., Grand Island

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

**Sunday, October 20, 12pm**

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

**Tuesday, November 12, 1pm**

Tonawanda Senior Center, 291 Ensminger Rd., Tonawanda

# ERIE COUNTY

For questions / registration call 800.272.3900

## 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, 3-4pm**

#### Frontotemporal Dementia Caregivers

**2nd Wednesday of the month, 6-7pm**

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

## 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.

### 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.*

# ERIE COUNTY

For questions / registration call 800.272.3900

## 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.

## 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](http://alz.org/wnyrespite).





# GENESEE COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### **Building Foundations of Caregiving**

**Wednesday, November 13, 2pm**

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

### **Caregiving Through the Holidays**

**Thursday, December 19, 1pm**

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.

## 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](http://alz.org/wnyrespite).

Living <sup>with</sup>  
MCI & Dementia  
in the Early Stages  
see page 8



# NIAGARA COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Healthy Living for Your Brain and Body

Friday, October 18, 12pm

Niagara Falls Public Library, 1425 Main St, Niagara Falls

### Know the 10 Warning Signs

Thursday, October 24, 2pm

Lockport Memorial Hospital, 6001 Shimer Dr., Lockport

### Understanding Alzheimer's and Dementia

Tuesday, October 29, 11am

John A. Duke Senior Citizens Center, 1201 Hyde Park Blvd., Niagara Falls

## 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](mailto:kjopp@kaleidahealth.org) for details.*

## 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.

# NIAGARA COUNTY

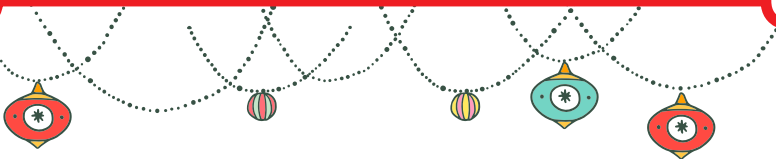
For questions / registration call 800.272.3900

## 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](http://alz.org/wnyrespite).



## CAREGIVING HOLIDAY GATHERING

**Saturday, December 7, 11am**

HART Inc. (inside First Presbyterian Church), 505 Cayuga St., Lewiston

The holidays can be both joyous and stressful. We'll discuss strategies to adapt family traditions to ensure they remain meaningful. Enjoy a build-your-own hot chocolate bar and stroll the Lewiston Christmas Walk afterward! The first 20 registrants will receive free home safety kits! Register at [bit.ly/LewHolidays2024](http://bit.ly/LewHolidays2024) or call **800.272.3900**



# ORLEANS COUNTY

For questions / registration call 800.272.3900

## EDUCATION

### Healthy Living for your Brain and Body

**Wednesday, October 16, 6pm**

Hoag Library, 134 S Main St., Albion

### Exploring Care and Support Services

**Wednesday, November 6, 1pm**

Cornell Cooperative Extension, 12690 State Route 31, Albion

### Know the 10 Warning Signs

**Wednesday, December 18, 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](http://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

Thursday, October 24, 11am

Hope Lutheran Church, 2 E Main St., Arcade

### Supporting Independence

Thursday, November 7, 6:30pm

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](http://alz.org/wnyrespite).

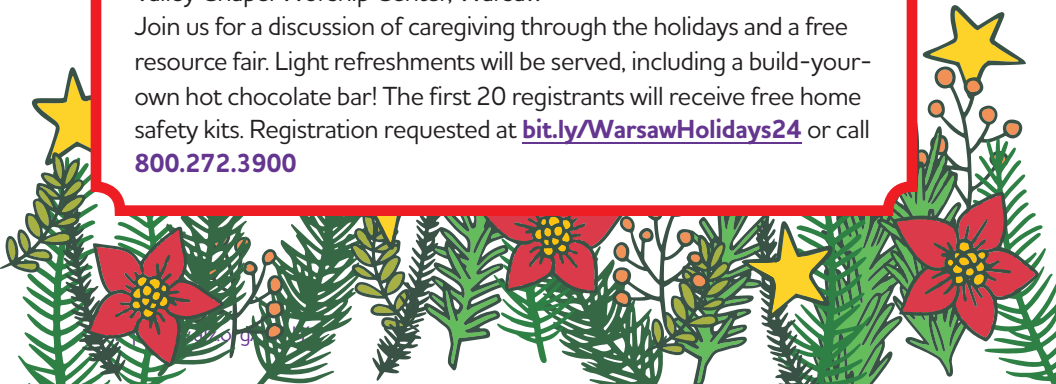
## CAREGIVING HOLIDAY GATHERING

December 4, 11:30am-1pm

Valley Chapel Worship Center, Warsaw

Join us for a discussion of caregiving through the holidays and a free resource fair. Light refreshments will be served, including a build-your-own hot chocolate bar! The first 20 registrants will receive free home safety kits. Registration requested at [bit.ly/WarsawHolidays24](http://bit.ly/WarsawHolidays24) or call

**800.272.3900**



# Virtual Education

*Join us online to learn more about other types of dementia and how to care for those living with them.*



## **LEWY BODY DEMENTIA EDUCATION SERIES**

*All programs run on Wednesdays from 12-1pm.*

*Attend any that interest you!*

**October 2: The Difference Between Lewy Body and Parkinson's**

**October 9: Medication Management, Sleep and Motor Issues**

**October 16: Responding to Dementia-Related Behaviors**

**October 23: Managing Caregiver Stress**

**REGISTER: [bit.ly/LifeWithLewy24](https://bit.ly/LifeWithLewy24)**

## **FRONTOTEMPORAL DEMENTIA EDUCATION SERIES**

*All programs run on Wednesdays from 12-1pm.*

*Attend any that interest you!*

**November 6: Overview of Frontotemporal Degenerative Disorders**

**November 13: Cognitive and Behavioral Concerns**

**November 20: Managing Caregiver Stress**

**December 4: Behavioral Management and Medication Options**

**REGISTER: [bit.ly/FTDseries2024](https://bit.ly/FTDseries2024)**



# THANK YOU, SPONSORS!

*A sincere thank you to our generous sponsors who help make our Walk to End Alzheimer's so successful!*



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ALZHEIMER'S ASSOCIATION



# THERE IS STILL TIME TO FUNDRAISE FOR WALK!

Donations will be accepted until Dec. 31 for the 2024 Walk to End Alzheimer's.



SCAN THE QR CODE  
OR VISIT  
[ALZ.ORG/WNYWALK](https://alz.org/wnywalk)  
TO HELP US  
#ENDALZ!

## GET THE LATEST NEWS! SIGN UP FOR OUR E-NEWSLETTER

We have so many free programs going on all the time plus updates in research and of course, our annual events – the best way to stay connected is through our **E-Newsletter!** It will show up in your email every Wednesday and you can read it from your desktop, laptop, tablet or smart phone. Sign up takes less than a minute at: [alz.org/e-news](https://alz.org/e-news).

The programs and services featured in this program guide are funded, in part, by grants from the New York State Department of Health, New York State Office for the Aging, various local foundations, and generous contributions from individual and corporate donors.

## FOLLOW US ON SOCIAL MEDIA!

- 4alzwny
- @wnyalz
- @WNYAlz
- Alzheimer's Association WNY

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

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

Allegany County - 585.268.9390

Cattaraugus County - 716.373.8032

Chautauqua County - 716.753.4582

Erie County - 716.858.8526

Genesee County - 585.343.1611

Niagara County - 716.438.3030

Orleans County - 585.589.3191

Wyoming County - 585.786.8833

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