

Rochester & Finger Lakes Region Chapter

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.

During these unprecedented times, we have transitioned all of our in-person programs to a virtual platform to continue our delivery of services to the community.

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.



JUNE 2020 VIRTUAL PROGRAMS



WEBINAR/ TELEPHONE EDUCATION PROGRAMS

Understanding Alzheimer's and Dementia Monday, June 1 st 1:00-2:00 PM	Effective Communication Strategies Monday, June 1 st 3:00- 4:00 PM	Dementia Conversations Tuesday, June 2 nd 10:00-11:00 AM	Understanding and Responding to Dementia-Related Behavior Wednesday, June 3 rd 3:00-4:00 PM
Effective Communication Strategies Thursday, June 4 th 10:00-11:00AM	Legal and Financial Seminar with Miles Zatkowsky, Esq. Thursday, June 4 th 4:00-5:30 PM	Understanding Alzheimer's and Dementia Friday, June 5 th 1:00-2:00 PM	Understanding Alzheimer's and Dementia Monday, June 8 th 1:00-2:00 PM
Understanding and Responding to Dementia-Related Behavior Monday, June 8 th 3:00-4:00PM	Understanding Alzheimer's and Dementia Wednesday, June 10 th 11:00-12:00 PM	Effective Communication Strategies Wednesday, June 10 th 7:00-8:00 PM	Effective Communication Strategies Monday, June 15 th 1:00-2:00 PM
Understanding Alzheimer's and Dementia (English) Monday, June 15 th 6:00-7:00 PM	Understanding Alzheimer's and Dementia (Spanish) Monday, June 15 th 7:30-8:30 PM	Understanding and Responding to Dementia-Related Behavior Tuesday, June 16 th 10:00-11:00 AM	The Basics (Spanish) Tuesday, June 16 th 1:00 -2:00 PM
Understanding Alzheimer's and Dementia Wednesday, June 17 th 4:00-5:00 PM	Effective Communication Strategies Thursday, June 18 th 10:00-11:00 AM	Living with Alzheimer's for Caregivers: Early Stage, Part 1 (Spanish) Thursday, June 18 th 1:00-2:00 PM	Understanding and Responding to Dementia-Related Behavior Monday, June 22 nd 1:00-2:00 PM
Effective Communication Strategies Tuesday, June 23 rd 10:00 -11:00AM	The Basics (Spanish) Tuesday, June 23 rd 1:00-2:00 PM	Dementia Conversations Wednesday, June 24 th 11:00-12:00 PM	Understanding and Responding to Dementia-Related Behavior Wednesday, June 24 th 7:00-8:00 PM

Living with Alzheimer's for Caregivers: Early Stage, Part 2 (Spanish) Thursday, June 25 th 1:00-2:00 PM	Understanding Alzheimer's and Dementia Friday, June 26 th 1:00-2:00 PM	Dementia Conversations Monday, June 29 th 1:00-2:00 PM	Understanding and Responding to Dementia-Related Behavior Tuesday, June 30 th 10:00-11:00 AM
Understanding Alzheimer's and Dementia Tuesday, June 30 th 4:00-5:00 PM	<u>Family & Friends Private Education Session:</u> If you and your family and friends would like to discuss one of our education topics during a private session by phone/webinar, please call 1.800.272.3900 and request to schedule a Family & Friends Education Session.		



Effective Communication Strategies and COVID-19

Tuesday, June 23rd 4:00-5:30 PM

Carol Podgorski, PhD, MPH, LMFT

Associate Professor, Psychiatry, University of Rochester Medical Center

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. Join Carol Podgorski, PhD, MPH, LMFT to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease and as we navigate the challenges surrounding COVID-19.

CLASS DESCRIPTIONS

EFFECTIVE COMMUNICATION STRATEGIES: Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS: Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

DEMENTIA CONVERSATIONS: This program offers tips on how to have honest and caring conversations to address some of the most common concerns. Topics covered in the program include: » Going to the doctor » Deciding when to stop driving » Making legal and financial plans.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA: In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information. The Alzheimer's Association® has created an education program covering the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed.

REGISTER TODAY ON OUR 24/7 HELPLINE 800.272.3900 OR ON ALZ.ORG/CRF

TELEPHONE/ WEBINAR SUPPORT GROUPS

Caregiver Support Group: Dansville/Lima Library Monday, June 1, June 29, July 27, 11:00 AM	Caregiver Support Group: Fairport Public Library Tuesday, June 2, June 30, July 28, 12:30 PM	Caregiver Support Group: Highlands at Pittsford A: Tuesday, June 2, June 30, July 28, 1:00 PM	Caregiver Support Group: Highlands at Pittsford B Tuesday, June 2, June 30, July 28, 4:00 PM
Caregiver Support Group: Southern Tier Men's Group Tuesday, June 2, June 30, July 28 10:00 AM * New Group	Caregiver Support Group: Bethany Village/Watkins Glen Library: Wednesday, June 3, July 1, July 29, 12:00 PM	Caregiver Support Group: Seneca OFA, Modeste Bedient Library, Hornell Library: Monday, June 8, Tuesday, July 7, 1:30 PM	Caregiver Support Group: Monroe Community Hospital: Tuesday, June 9, July 7, 4:00 PM
Caregiver Support Group: Corning Senior Center: Wednesday, June 10, July 8, 3:00 PM	Caregiver Support Group: Irondequoit Public Library/Crimson Ridge Friday, June 12, July 10, 4:00 PM	Caregiver Support Group: Legacy in Monroe County Monday, June 15, July 13, 11:00 AM	Caregiver Support Group: Ontario County Monday, June 15, July 13, 1:00 PM *New Group

*Caregiver Support Group: Pieters Center (Younger-Onset): Tuesday, June 16, July 14, 3:00 PM	Caregiver Support Group: Seabury Woods: Wednesday, June 17, July 15, 4:00 PM	Caregiver Support Group: Webster Presbyterian/Valley Manor: Thursday, June 18, July 16, 3:30 PM	Caregiver Support Group: Orleans County Friday, June 19, July 17, 1:00 PM *New Group
Caregiver Support Group: Hornell Senior Center/Geneseo UMC Monday, June 22, July 20, 1:00 PM	Caregiver Support Group: St. John's Meadows Tuesday, June 23, July 21, 1:00 PM	Caregiver Support Group: Brockport Free Methodist Church: Wednesday, June 24, July 22, 3:00 PM	Caregiver Support Group: Wayne County Nursing Home/Quail Summit: Wednesday, June 24, July 22, 2:00 PM
Caregiver Support Group: Geneva Presbyterian Church: Wednesday, June 24, July 22, 11:00 AM	Caregiver Support Group: Appleridge Senior Living: Thursday, June 25, July 23, 1:00 PM	Caregiver Support Group: All County Evening Support Group: Thursday, June 25, July 23, 6:00 PM	Caregiver Support Group: Monroe Community Hospital: Thursday, June 25, July 23, 1:00 PM
Caregiver Support Group: Wayne OFA/Yates OFA: Thursday, June 25, July 23, 12:00 PM	*Caregiver Support Group: Lewy Body Dementia: Wednesday, June 3, 2:00 PM Wednesday, July 1, 1:00 PM	*The locations listed above is where the group was previously held in-person. All groups will be held by phone/webinar. Pre-registration is required to receive call-in information by calling 800.272.3900.	

SUPPORT GROUP DESCRIPTIONS

Caregiver Support Group: 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.

* **June 3rd & July 1st-This group is for caregivers caring for someone living with Lewy Body Dementia**

* **June 16th & July 14th- This group is for caregivers caring for someone living with Younger-Onset Alzheimer's**

Early-Stage Support Group: Early-stage support groups provide a safe and supportive environment of peers who are living in the early-stage of Alzheimer's disease or another dementia. These groups offer dementia-related education, emotional support, and connection to resources. **Pre-registration is required to join this program.**

Early-Stage Orientation Series: Join us for this 6-week series to learn more about a dementia diagnosis, meet and connect with others in your community, and connect with local resources as we navigate an introduction to living with Alzheimer's and other dementias. This program is designed for you and a loved one to attend together.

Audience: Individuals recently diagnosed with Alzheimer's or another dementia, care partners, and loved ones. This program is offered monthly. Call 1.800.272.3900 to learn more about this program and for upcoming dates.

Pre-registration is required to join this program.

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 1.800.272.3900.**



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