



SUMMER 2020

WNY CHAPTER BULLETIN

alzheimer's  association™

Western New York Chapter
800.272.3900 | alz.org/WNY



TOGETHER WE CAN END ALZHEIMER'S

To join the fight for
Alzheimer's first survivor,
register at alz.org/WNYwalk.

Questions about the event?
Call Walk Managers Lauren Klenosky
at 716.241.0355 or Riley Harris
at 716.322.2578.

If your company or facility would like to
discuss sponsorship opportunities, please
call Lynn Westcott at 716.241.0357.



STEVE BARNES



OUR COMMUNITY REMEMBERS

The Run Jimmy Run Charity 5K is going virtual for 2020!

Each runner can choose certified courses across the Southtowns, Northtowns and in the city of Buffalo or create your own! Runs must be completed between Thursday, August 20 and Sunday, August 23, 2020. Runners will receive an official Run Jimmy Run dri-fit shirt, access to our online platform to enter finish times, and a race packet full of great giveaways.

Get the whole family involved through our 1K Fun Run/Walk! Even though we aren't able to gather in large groups, we can still come together as a community to support the Alzheimer's Association WNY Chapter.

Visit runjimmyruncharity5k.com to register.

Questions? Contact Riley Harris at 716.322.2578 or riharris@alz.org.

To discuss sponsorship opportunities, please call Lynn Westcott at 716.241.0357.



PROGRAMS AND SERVICES

Care Consultations

The Alzheimer's Association offers a FREE Care Consultation service to help you and your loved ones create a road map to navigate the decisions, challenges and questions you may face at every stage of Alzheimer's disease or another dementia. Reasons for a care consultation may include:

- Education on Alzheimer's disease and treatment options
- Development of a care plan for your loved one
- Safety assessment and planning
- Assistance with finding resources in the community
- Planning around legal and financial concerns
- Addressing caregiver stress and developing self-care techniques
- Preparations involving end of life decisions and grief support

Our staff is available for private care consultations either via phone or online video chat. To arrange a consultation, please call our local office during normal business hours at **716.626.0600 ext. 313** or our Helpline every hour of every day at **1.800.272.3900**.

Early Stage Social Engagement Programming

For those in the early stages of dementia or mild cognitive impairment, and their care partners.

We're planning a number of fun and engaging online programs, including:

- Chair Yoga
- Lunch Bunch
- Albright- Knox Art Today Program
- Music Group
- Bingo Night

Please contact Maggie Concannon for additional information: mgconcannon@alz.org or **716.626.0600 ext. 8997**.

Maggie also wants to hear your ideas for future programs!

“If you want to walk fast, walk alone.
But if you want to walk far,
walk together.”
~ Ratan Tata

*Kaleida Health proudly walks in the
Walk to End Alzheimer's to raise awareness and
funds for Alzheimer's care, support and research.*

GreatLakes
Health System of WNY



www.greatlakeshealth.com

The Alzheimer's Association WNY Chapter was awarded grant funding from the Golisano Foundation in support of work with families impacted by intellectual and developmental disabilities and dementia. Call us at **716.626.0600 ext. 313** to learn more about this work and what we can do to support you and your family.



SUPPORT GROUPS

Unless otherwise noted, all groups can be joined online (via computer, tablet, or smartphone) using the Zoom video application, or by phone (cellphone or landline) – use the method you find most comfortable. To register and learn how to join the sessions, please call **1.800.272.3900** or **visit alz.org/CRF**.

Please note: Locations refer to formerly in-person meetings. You can participate in any group that suits your situation and availability – there are no residency requirements!

GENERAL CAREGIVER SUPPORT GROUPS

AMHERST

Tuesdays, July 21, August 11, September 8, 6-7pm

BATAVIA

Thursdays, July 16 & August 20, 1-2:30pm via phone

BELMONT/OLEAN

Tuesdays, July 21 & August 18, 1-2:30pm via phone

BUFFALO (SOUTH)

Saturdays, July 11, August 8, September 12, 10:45-11:45am

CHAUTAUQUA COUNTY

Tuesdays, July 14, August 11, September 8, 9:30-11am via phone

CHEEKTOWAGA/DEPEW

Thursdays, July 16 & August 20, 7-8:30pm

EAST AURORA

Wednesdays, July 22 & August 26, 10:30-11:30am

ELMA

Tuesdays, July 21 & August 18, 6-7pm

GRAND ISLAND

Wednesdays, July 1, August 5, September 2, 6-7pm

HAMBURG

Wednesdays, July 8, August 12, September 9, 11am-12pm

SUPPORT GROUPS

KENMORE/LYNDONVILLE

Tuesdays, July 7, August 4, September 1, 11am-12pm

LEWISTON

Wednesdays, July 8, August 12, September 9, 6:30-7:30pm

NORTH TONAWANDA

Wednesdays, July 15 & August 19, 1-2pm

ORCHARD PARK (DENT NEUROLOGIC)

Thursdays, July 9, August 13, September 10, 6-7pm

ORCHARD PARK

Mondays, July 27 & August 31, 10:30-11:30am

WARSAW

Mondays, July 6, August 3, 10-11am

WELLSVILLE

Wednesdays, July 1, August 5, September 2, 1-2:30pm via phone

SPECIALTY GROUPS

Daughters' Support Group

Wednesdays, July 8, August 12, September 9, 5-6:30pm

Frontotemoral Dementia Caregivers

Wednesdays, July 8, August 12, September 9, 6-7pm

Lewy Body Dementia Caregivers

Tuesdays, July 7, August 4, Sept 1, 6-7pm via Google Hangouts

Memory Care and COVID-19 (Loved One in a Health Care Community)

Thursdays, July 23 & August 27, 6-7pm

Men's Support Group

Mondays, July 6 & August 3, 7-8:30pm

Wives' Support Group

Wednesdays, July 8, August 12, September 9, 3:30-4:30pm

Young-Onset Caregivers

Mondays, July 13, August 10, September 14, 6:30-7:30pm

These meetings are available either by Zoom video chat or by phone. Please call us if you've never used these methods before and we will talk you through the easy process: 716.626.0600 ext. 313.

EDUCATION PROGRAMS

Your WNY Chapter team remains committed to providing care and support for all impacted by Alzheimer's' disease or other dementia. While we work on the best way to resume operations in the office, we will continue to offer all of our education programs, support groups and social activities online to ensure your safety and your access to these vital resources. **To register for individual programs and learn how to access these webinars, visit alz.org/CRF or call 1.800.272.3900.**

If you have questions, care consultants are available 24/7 at **1.800.272.3900** or you can speak with our local staff during normal business hours at **716.626.0600 ext. 313.**



COFFEE WITH A CARE CONSULTANT

Grab a cup of coffee and join us for a valuable caregiving seminar with plenty of time afterward for questions.

Tips for Tough Conversations

Tuesday, July 21, Noon

Understanding & Responding to Dementia-Related Behaviors

Wednesday, August 12, 8:00am

Effective Communication Strategies

Tuesday September 8, Noon

DEMENTIA CAREGIVER UNIVERSITY

WNY Care Consultants will discuss effective communication strategies for caregivers and how to identify and respond to dementia-related behaviors

Saturday, July 11, 9:00am

EDUCATION PROGRAMS

Effective Communication Strategies

Wednesday, July 8, 8:00am
Thursday, July 23, 6:00pm
Tuesday, August 11, Noon
Wednesday, August 19, 8:00am
Thursday, August 27, 6pm
Monday, September 7, 6:00pm

Healthy Living for your Brain and Body

Thursday, July 30, 2:30pm
Tuesday, August 18, Noon
Thursday, August 27, 2:30pm
Monday, September 14, 6:00pm

Know the 10 Warning Signs

Tuesday, July 14, Noon
Thursday, July 16, 2:30
Thursday, August 13, 2:30pm
Wednesday, September 2, 8:00am
Thursday, September 10, 2:30pm

Legal and Financial Planning for Dementia

Wednesday, July 29, 8:00am
Thursday, August 6, 6:00pm

Meaningful Activities for Family Caregivers

Thursday, July 9, 6:00 pm

Programs and Services Overview: Intro to Understanding Alzheimer's & Dementia

Tuesday, July 14, 10:00am
Tuesday, July 21, 10:00am
Tuesday, July 28, 10:00am
Tuesday, August 11, 10:00am
Tuesday, August 18, 10:00am
Tuesday, August 25, 10:00am
Tuesday, September 8, 10:00am
Tuesday, September 15, 10:00am

To register for these programs, visit alz.org/CRF. Our staff is happy to help you with Zoom or Google Hangout - call us at 716.262.0600 ext. 313.

EDUCATION PROGRAMS

Tips for Tough Conversations: Doctor Visits, Driving, Legalities and Finances

Wednesday, July 15, 8:00am

Thursday, July 30, 6:00pm

Wednesday, August 5, 8:00am

Tuesday, August 25, Noon

Understanding Alzheimer's Disease & Dementia

Wednesday, July 1, 8:00am

Tuesday, July 7, Noon

Thursday, July 16, 6:00pm

Thursday, July 23, 2:30pm

Tuesday, August 4, Noon

Thursday, August 13, 6:00pm

Thursday, August 20, 2:30pm

Wednesday, August 26, 8:00am

Wednesday, September 9, 8:00am

Understanding & Responding to Dementia-Related Behaviors

Wednesday, July 22, 8:00am

Tuesday, September 1, Noon

Understanding & Responding to Dementia-Related Behaviors and Addressing Safety Concerns

Tuesday, July 28, Noon

Thursday, August 20, 6:00pm

Wednesday, September 16, 8:00am

To register for these programs, visit alz.org/CRF. Our staff is happy to help you with Zoom or Google Hangout - call us at 716.262.0600 ext. 313.

FEATURED PROGRAMS

ONLINE HEALTH FAIR

Wednesday, July 8, 9:00-11:00am

Ask questions and learn about community resources from Alzheimer's Association, Center for Elder Law & Justice, Department of Veterans Affairs Caregiver Support Program, Erie County Senior Services, Hospice and Palliative Care, Lincoln Memorial UMC Respite. Registration is required. Learn how to access this free online program at bit.ly/July8Fair. Participants include:

- Alzheimer's Association
- Center for Elder Law & Justice
- Erie County Senior Services
- Hospice and Palliative Care
- Lincoln Memorial United Methodist Church Respite Program
- VA Caregiver Support Initiative

ONLINE HEALTH FAIR - SAFETY ISSUES

Wednesday, August 26, 1:00-3:00pm

Ask questions and learn about programs available to provide a safe and secure environment for your loved one with dementia.

COMING THIS FALL

We're planning a 5-part education series focused on dementia in the African American community. We'll be updating this special series on our website at alz.org/wny/helping_you as we finalize plans for this event planned for September and October.

These programs and services are supported in part by a grant from the New York State Department of Health.

**Reach the Alzheimer's Association 24/7
at 1.800.272.3900.**

You can also contact our partners in your local senior services office:

Allegany County - 585.268.9390

Cattaraugus County - 716.373.8032

Chautauqua County - 716.753.4582

Erie County - 713.858.8526

Genesee County - 585.343.1611

Niagara County - 716.438.3030

Wyoming County - 585.786.8833

Western New York Chapter
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Amherst, NY 14221

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