



alzheimer's  association®

Rochester & Finger Lakes Region Chapter

Community Programs and Services

SUMMER 2018

JULY • AUGUST • SEPTEMBER

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Get easy online access to a comprehensive listing
of Alzheimer’s and Dementia Resources,
Community Programs and Services:

Programs and Events

Housing Options

Care at Home

Medical Services

Community Services

Dementia Diagnosis Services

Start your search today at: **www.alz.org**

our core services

Founded in 1981, the Rochester and Finger Lakes Region Chapter serves individuals and families affected by Alzheimer's disease and other forms of dementia in ten counties: Chemung, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne and Yates. Translation services can be requested for all programs and services.

24-Hour Helpline: The Alzheimer's Association 24/7 helpline provides reliable information and support to people with memory loss, as well as caregivers, health care professionals, and the public. Our knowledgeable staff can help you understand dementia and Alzheimer's disease and their treatment options; offer general information about aging; and teach skills in providing quality care and making legal/financial decisions. The Helpline offers a translation service that features more than 200 languages and dialects.

Care Consultations: Our professional staff is dedicated to helping you and your family navigate your journey with Alzheimer's disease. During a care consultation, we can help assess your needs and discuss care planning, home safety and other concerns.

Community Education: Learn more about Alzheimer's disease through our free community education courses in English and Spanish. These classes are designed to address topics such as understanding the basics of dementia and effective communication. Private, in-home sessions are also available upon request.

Information and Referral: Individuals and caregivers can contact us for informational literature as well as important referrals to a variety of community resources such as elder law attorneys, geriatric care managers, home care agencies, and senior living facilities.

Respite Services: Respite care provides caregivers a temporary break from caregiving, while the person with Alzheimer's disease continues to receive care in a safe and supportive environment. Using respite services can support and strengthen your ability to be a caregiver.

Social Activities: A person living with Alzheimer's disease doesn't have to give up the activities he or she loves. We offer several free opportunities each month to gather with others who live with Alzheimer's disease and their loved ones.

Support Groups: Alzheimer's Association support groups offer caregivers or persons who live with Alzheimer's disease the opportunity to meet with others at a regularly scheduled meeting in a safe, confidential environment. Trained volunteer facilitators are paired with professional staff to lead all groups.

general information

- Pre-registration is required for all education sessions, social activities, conferences, some specialty support groups and expert presentations. Sessions may be cancelled if no one is registered within 1 week of the program.
- All programs and services are free for people living with Alzheimer's and their family caregivers.
- Respite for your loved one during a program may be available. One week's notice is required.
- Free transportation may be available to attend programs. One week's notice is required.
- Translation services may be available. One week's notice is required.

Class Descriptions

Community education and awareness classes are free for caregivers and those who are interested in information about Alzheimer's disease and other dementias.

Healthy Living for Your Brain and Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Audience: All

Know the 10 Signs: Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. **Audience: All**

education descriptions

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. **Audience: All**



Dementia Conversations:

Driving, Doctor Visits, Legal & Financial Planning

Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, when to stop driving, and making legal and financial plans.

Audience: Caregivers

Effective Communication Strategies

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. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us 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. **Audience: Caregivers**

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and acquire strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. **Audience: Caregivers**

educación comunitaria

Clases en español

Todas las clases son en Español gratuitas, pero se necesita que se inscriban, **para registrarse por favor** llamar al 800.272.3900.

Viviendo con Alzheimerjueves, 28 de julio
Centro de Oro- 817 E. Main St., Rochester 9:30–10:30 a.m.

Cuerpo y cerebro sano es vida sanajueves, 30 de agosto
Centro de Oro- 817 E. Main St., Rochester 9:30–10:30 a.m.

Viviendo con Alzheimerjueves, 27 de septiembre
Centro de Oro- 817 E. Main St., Rochester 9:30–10:30 a.m.

La investigación científica sobre el Alzheimer ya está dando resultados sobre el impacto de la enfermedad entre los hispanos/latinos. Según el informe Hechos y Estadísticas sobre la Enfermedad de Alzheimer 2010 de la Alzheimer's Association, el riesgo de desarrollar el Alzheimer en los hispanos es 1,5 veces mayor que en los norteamericanos blancos no hispanos.



- Hay una tasa mayor de hispanos/latinos que blancos no hispanos en los Estados Unidos que padecen del Alzheimer.
- Los hispanos/latinos enfrentan mayor riesgo de desarrollar la enfermedad de Alzheimer y otros tipos de demencia porque están viviendo a una edad más prolongada (como toda la población de los Estados Unidos) pero a la vez tienen índices más altos de problemas cardiovasculares.
- Los factores de riesgo de la enfermedad vascular (mayormente la diabetes, la presión alta y el colesterol alto) también pueden ser factores de riesgo para el desarrollo del Alzheimer y la demencia causada por los derrames cerebrales.
- Los hispanos son el grupo étnico más creciente en los Estados Unidos. Durante la primera mitad del siglo 21 el número de ancianos hispanos que sufren del Alzheimer u otro tipo de demencia puede incrementarse hasta seis veces, de menos de 200.000 personas afectadas actualmente hasta 1,3 millones para el año 2050.
- Para el año 2050, la expectativa de vida de los latinos sobrepasará la de todos los otros grupos étnicos en los Estados Unidos, llegando a los 87 años de edad.

CARE CONSULTATION

Our professional staff is dedicated to helping you and your family navigate your journey with Alzheimer's disease. During a care consultation, we can help assess your needs and discuss care planning, education, home safety and provide case management services.

alzheimer's association®

Alzheimer's Association®
Rochester & Finger Lakes Region
435 East Henrietta Rd., 3rd Floor
Rochester, New York 14620
Toll Free: 800.272.3900



Lifespan
1900 S. Clinton Avenue
Rochester, New York 14618
Toll Free: 866.454.5110

Make an appointment for an in-person meeting with an Alzheimer's Association Care Coordinator and/or a Lifespan Care Manager. Walk-ins are welcome.

special programs and events

Ann Lib Kozel Counseling Program

Our counselors are dedicated to helping you and your family navigate your journey with Alzheimer's disease and other dementias.



To schedule an appointment or for more information contact:

Orleans County Residents 585.760.5400

All Other County Residents 800.272.3900

This service is supported by funding from
The New York State Department of Health and
The Ann Lib and Bernard Kozel Family Foundation

PERSONALIZED EDUCATION SESSIONS

The Alzheimer's Association will tailor a personal, in-home education session to meet the needs of your family, friends, neighbors and loved ones. Anyone in your support network is encouraged to participate via telephone, virtually and in person. To learn more about the available options or to schedule a session, call 800.272.3900.

Residents of Orleans County please call 585.760.5400.

VIRTUAL SUPPORT GROUP

1st Tuesday of the Month.....6:00–7:00 p.m.

For Younger-Onset Caregivers

Connect with others through your phone or computer.

Call 716.626.0600 to register for the Virtual Support Group.

special programs and events

Faith Communities in Rochester and the Finger Lakes Region Go Purple!

Earlier this year, we held our first Go Purple! initiative. More than 20 faith communities from Rochester and the Finger Lakes region hosted events to raise awareness of Alzheimer's and other dementias and address the importance of early detection. Members of New Bethel Christian Methodist Episcopal Church not only wholeheartedly embraced the Go Purple! initiative, but also seek to provide a supportive and non-judgmental environment for individuals who live with dementia.

To host a Go Purple! event at your faith-based community in one of the ten counties we serve, call 1-800-272-3900.



Go Purple! Informational Breakfast November

Please attend this community breakfast to learn how your faith community can impact awareness of Alzheimer's disease and other dementias through an exciting spring event.

Call 800.272.3900 for more information.

Audience: Members of faith communities

*Pre-registration
required*

special programs and events

DEMENTIA EDUCATION CONFERENCE

Thursday, August 2 • 12:00–3:00 p.m.
Orleans County YMCA, 306 Pearl St., Medina

Gain a fuller understanding of Alzheimer's and other dementias, build strategies for communicating with your loved one, and learn about resources available in your area to help individuals and families navigate the disease.

Pre-registration is required by calling 800.272.3900.

Lunch will be provided.



Life with Lewy Body Disease: Educational Workshop and Support Group

Wednesdays: October 10, 17, 24, and 31
Educational Workshop 1:00–2:00 p.m., Support Group 2:00–3:00 p.m.

Unity Rehab and Neurology
2655 Ridgeway Avenue, Ste 420, Rochester
1st Floor Meeting Room

Presenters:

Marla B. Bruns, MD
Krista Damann, PhD, ABPP-CN
David J. Gill, MD
Tanya Grace, PsyD
Cherie Zicari, FNP

Weekly Topics:

- What is Lewy Body Dementia?
- Coping with Cognitive Symptoms and Motor Dysfunctions
- Sleeping Disorders and Responding to Behaviors
- How Do I Take Care of Myself?

Light snacks provided.

Limited space available. Pre-registration is required by calling 800.272.3900

ROCHESTER
REGIONAL HEALTH

**Audience: Caregivers, family and friends of
individuals living with Lewy Body disease**

special programs and events.

Research to Promote Caregiver Well-Being



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Caring for a loved one with dementia can be difficult and stressful.

Researchers at the University of Rochester are seeking dementia *caregivers* to participate in a brief in-home program designed to reduce stress and promote their own cognitive health.

- ♦ Study subjects receive up to \$400 for participation and travel is not required.
- ♦ You may be eligible if you are **55-85** years old and are caring for, and living with, a family member who has **dementia**.



To learn more, please call: **(585) 275-6835**,
or email: **mindbody@urmc.rochester.edu**.

Website: **Research.SON.Rochester.edu/dementia-caregiving**

Improving Well-Being for Older Adult Family Dementia Caregivers

Research to Promote Caregiver Well-Being

Are you caring for a family member with dementia?

*Caring for someone who has **dementia** can be challenging and stressful.*

A new study is investigating two brief programs to reduce stress, and improve the well-being and immune health of family **caregivers**.



- ♦ You may be eligible if you are age **55** or older and are caring for a family member who has **dementia**.
- ♦ All procedures are free and subjects receive up to \$200 for participation.

Scheduling is flexible and optional respite care is available for your loved one.
Periods of enrollment occur once a year, typically June thru August.

For more information, please call **(585) 275-6835**,
or email us at: **mindbody@urmc.rochester.edu**.



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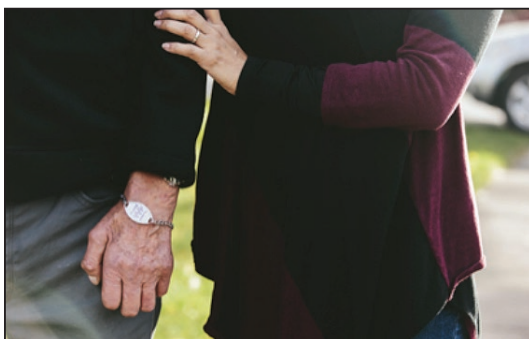
Visit our website at: **Research.SON.Rochester.edu/dementia-caregiving**

special programs and events

6th Annual Southern Tier Caregiver Retreat



Thursday, November 15
Horseheads Elks Lodge
6 Prospect Hill Rd., Horseheads



This retreat can be a rest stop for family caregivers. It is an opportunity to take a few restorative hours for yourself, to learn new information and connect with other caregivers in the area.

Pre-registration is required by calling 800.272.3900. Pre-register before November 1 to be entered into a raffle drawing that will be presented at the event. Must be present to win.

Breakfast and lunch will be provided.

Audience: Family and professional caregivers

*This event is supported by the
Horseheads Elks Lodge B.P.O.E. #2297*



special programs and events

Caregiver Retreat



Friday, November 16
St. Ann's Community
1500 Portland Ave., Rochester

The Canandaigua VA in partnership with St. Ann's Community, Blue Star Mothers Rochester NY8 Chapter, the Vet Center, Lifetime Care and the Alzheimer's Association invite you to a day of caring for the caregiver.

Caregiver Wellness Education
Relaxation
Pampering
Networking

Space is limited. Pre-registration is required by calling 800.272.3900. Pre-register before November 1 to be entered into a raffle drawing that will be gifted at the event. Must be present to win.

Lunch will be provided.

Audience: Family caregivers



ST. ANN'S
COMMUNITY
Full of Life

alzheimer's
association®

special programs and events

Early Stage Orientation Series Offers an Introduction to Living with Alzheimer's Disease



Learn more about your dementia diagnosis and find the answers you and your loved ones need. This program is designed for you and a loved one to attend together. Meet others affected by dementia and connect to resources available through the Alzheimer's Association and community partners.

Audience: Persons recently diagnosed with Alzheimer's or dementia, care partners, and loved ones

Each week the group explores a new topic including:

**The Basics of Dementia
Living with the Diagnosis
Future Planning
Medications and Research**

**Disclosure, Relationships
Stigma, Advocacy
Tools for Maintaining
Independence**

Pre-registration is required. Call 800.272.3900 to register and find out more about day or evening sessions in your county.

MATTER OF BALANCE



**Thursdays, August 16 - October 4
10:30 a.m. – 1:30 p.m.**

**Antioch Baptist Church
304 Joseph Ave., Rochester**

A Matter of Balance is an 8-week workshop designed to increase activity levels and decrease the fear of falling.

To register, call 585.498.4030.

Audience: This program is offered to both caregivers and care receivers.

special programs and events

Caregiver Retreat



Saturday, November 17
Celebrate! Family Church
74 Mt Morris Rd., Leicester



Caring for someone with Alzheimer's, dementia or other chronic health conditions comes with many challenges. Come and restore your strength and be recharged.

Call for details 800.272.3900.

Lunch will be provided.

Audience: Family caregivers



special programs and events

Caregiver Conference: Creating a New Language



What many caregivers see as problematic behaviors actually become a way of communicating for someone living with dementia. By utilizing the tools and strategies shared, we can create a new language with our loved ones that supports continued connections and meaningful moments.

Lunch will be provided.

Pre-registration is required by calling 800.272.3900.

Audience: Family and professional caregivers

- | | |
|------------------|---|
| Schuyler County: | Thursday, September 13 8:30 a.m.-12:30 p.m. Call for location information |
| Chemung County: | Saturday, September 22 8:30 a.m.-11:30 a.m. Big Flats Community Center 476 Maple St., Big Flats |
| Yates County: | Tuesday, August 21 10:00 a.m.-12:30 p.m. Top of the Lake, 301 Lake St., Penn Yan |
| Wayne County: | Thursday, September 20 10:00 a.m.-12:30 p.m. The Golf Course at Blue Heron Hills 1 Country Club Dr., Macedon |

The Generosity of These Major Funders Allows Us to Continue Providing Our Programs and Services

New York State Department of Health
Alzheimer's Community Assistance Program
Caregiver Support Initiative
Underserved Caregiver Initiative

New York State Office for the Aging &
Monroe County Office for the Aging
New York Elder Caregiver Support Program (under Title III,
Part E of the Older Americans Act)
Community Services for the Elderly

New York State Office for People with
Developmental Disabilities
Assistive Supports Dementia Support Program

National Institutes of Health & University of Rochester
Mindfulness Based Stress Reduction for Caregivers Project

Health Resources and Services Administration &
University of Rochester
Geriatrics Workforce Enhancement Program

Ames Amzalak Memorial Trust
Burton Gordon Family Foundation
Daisy Marquis Jones Foundation
Davenport Hatch Foundation
Elderwood
Konar Family Foundation
Ann Lib Kozel Family Foundation
Fred & Floy Willmott Foundation

expert presentation series

The Expert Presentation Series connects residents of all ten counties with experts, specialists and Alzheimer's Association staff to provide information on topics related to Alzheimer's disease and other dementias.

***Locations are available in all ten counties.
See your county page for a location near you.***

Updates in Alzheimer's Disease Research

Tuesday, August 7

3:00-4:15 p.m.

Neelum T. Aggarwal, MD

Cognitive Neurologist, Researcher, and Associate Professor
Departments of Neurological Sciences, Rush University Medical Center

Learn about the latest findings in Alzheimer's research, what studies are underway and how you can get involved. **Audience: All**



NEELUM T. AGGARWAL, M.D. is a cognitive neurologist and researcher in the field of population health and aging. She is the Senior Neurologist for the federally-funded Rush Alzheimer's Disease Center African American Core in Chicago, Director of Research at the Rush Heart Center for Women, and an Associate Professor in the Departments of Neurological Sciences and Rush Alzheimer's Disease Center at Rush University Medical Center.

Pre-register by July 30 to be entered into a raffle drawing that will be presented at the event. Must be present to win.

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expert presentation series

Effective Communication Strategies

Tuesday, September 4

3:00-4:15 p.m.

Marla Bruns, M.D., Ph.D.

Cognitive Neurologist, Memory Center at Unity

Join us to explore how communication takes place when someone has Alzheimer's disease and learn strategies to maintain communication through all stages of the disease. **Audience: Caregivers**



Marla Bruns, M.D., Ph.D. holds a doctorate of medicine and a doctorate of philosophy in neuroscience from SUNY Upstate Medical University. She is certified by the American Board of Neurology and Psychiatry, as well as the United Council for Neurologic Subspecialties in Behavioral Neurology. Dr. Bruns is a member of the American Academy of Neurology, International Society to Advance Alzheimer's Research and Treatment, and the Society for Behavioral and Cognitive Neurology. She works in the Neuroscience Institute at Rochester Regional Health system

where she provides general neurological care, with special expertise in memory care, dementia, and Alzheimer's.

Legal and Financial Planning

Tuesday, October 2

3:00-4:15 p.m.

Yolanda Rios, Esq.

Dutcher & Zatkowsky

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Learn more about the importance of early planning, what legal and financial issues to consider as you age, and how to put plans in place. **Audience: All**



Yolanda Rios, Esq. is an associate attorney at Dutcher & Zatkowsky. She focuses her practice on estate planning, New York Mental Hygiene Law Article 81 Guardianships, and surrogate's court. She also counsels clients regarding Medicaid planning, asset protection and skilled nursing home admissions issues. Having graduated from Rutgers School of Law in 2007, Yolanda worked as a judicial law clerk in New Jersey Superior Court. She continued her litigation practice into family law, where she represented children and domestic violence victims

in court. Her passion for justice led her to the area of elder law, where she now practices to protect the rights of elder adults.

CAREGIVER SUPPORT GROUPS

Elmira 3rd Monday of the Month 1:00–2:00 p.m.
Transformation Community Center, 314 W. Church St., Elmira

Horseheads 1st Thursday of the Month 2:00–3:00 p.m.
Appleridge Senior Living, 168 Miller St., Horseheads

Horseheads 3rd Thursday of the Month 12:15–1:15 p.m.
Courtyards at Bethany Village, 3005 Walkins Rd., Horseheads

SPECIALTY SUPPORT GROUPS

Horseheads 1st Thursday of the Month 2:00–3:00 p.m.
Appleridge Senior Living, 168 Miller St., Horseheads
For: Individuals Living with Alzheimer’s Disease. Pre-registration is required.

SOCIAL ACTIVITIES

Chemung County Historical Society Monday, August 27
415 E. Water St., Elmira 1:30–3:00 p.m.

Take a whirlwind tour of the world through the experiences of local explorers, adventurers and performers who have traveled far beyond the borders of Chemung County. Participants are invited to share a story and bring a souvenir from a place that they have visited—at home or abroad.



Audience: Individuals living with dementia and their care partners

Annual Southern Tier Picnic at Chapel Park Monday, August 13
83 Personius Rd., Pine City 11:30–2:00 p.m.

Bring a dish-to-pass and we will take care of the hotdogs and hamburgers. Enjoy shuffleboard, pickleball, and sing-along-fun.

Audience: Individuals living with dementia and their care partners

COMMUNITY EDUCATION

Steele Memorial Library

101 E Church St., Elmira

Effective Communication Strategies..... Tues, July 10..... 6:00–7:00 p.m.

Dementia Conversations..... Tues, Aug 14..... 6:00–7:00 p.m.

Understanding Alzheimer’s and Dementia..... Tues, Sept 11..... 6:00–7:00 p.m.

CAREGIVER CONFERENCES

CREATING A NEW LANGUAGE

Saturday, September 22
8:30 - 11:30 a.m.

Big Flats Community Center
476 Maple St., Big Flats

See page 16
for details.



Thursday, November 15th

Horseheads Elks Lodge
6 Prospect Hill Rd., Horseheads

Call for more details. Pre-registration is required. See page 16.

EXPERT PRESENTATIONS

The Courtyards at Bethany Village

3005 Watkins Rd., Horseheads

Aug. 73:00–4:15 p.m.

Sept. 43:00–4:15 p.m.

Oct. 23:00–4:15 p.m.

See pages 18–19 for details.

CAREGIVER SUPPORT GROUPS

Dansville..... 1st Monday of the Month..... 6:30–8:00 p.m.
 Dansville Public Library, 200 Main St., Dansville

Geneseo 4th Monday of the Month..... 1:00–2:00 p.m.
Geneseo United Methodist Church, 4520 Genesee St., Geneseo

Lima 2nd Monday of the Month 2:00–3:00 p.m.
Lima Library, 1872 Genesee St., Lima

SOCIAL ACTIVITIES

A Visit to The Abbey of the Genesee Thursday, August 23
The Abbey of the Genesee11:30 a.m.–12:30 p.m.
3258 River Rd., Piffard

Join us in learning about the Trappist monks of the Abbey of Genesee, known for their Monks' Bread products. Listen to a talk on monastic life and explore the Abbey's stores. We will conclude our visit by observing the monks in their mid-day prayers.

Audience: Individuals living with dementia and their care partners

Goodwill of the Finger Lakes.....Third Monday of the Month:
July 16 • August 20 • September 17
4119 Lakeville Rd., Geneseo.....1:00–2:00 p.m.

A person with Alzheimer's disease doesn't have to give up the activities he or she loves. Join us every month as we spend time together playing games, working on a craft, and getting to know everyone in a safe, friendly environment!



Audience: Individuals living with dementia and their care partners

COMMUNITY EDUCATION

NOYES Conference Center

111 Clara Barton St., Dansville

Dementia Conversations.....Tues, July 24.....6:00–7:00 p.m.

Understanding and Responding to

Dementia Related Behavior.....Tues, Aug 28.....6:00–7:00 p.m.

Understanding Alzheimer's and Dementia.....Tues, Sept 25.....6:00–7:00 p.m.

EXPERT PRESENTATIONS

NOYES HEALTH

111 Clara Barton St., Dansville

Aug. 73:00–4:15 p.m.

Sept. 43:00–4:15 p.m.

Oct. 23:00–4:15 p.m.

See pages 18–19 for details.

CAREGIVER RETREAT



Saturday, November 17th

Family Church
74 Mt. Morris Rd., Leicester

Pre-registration
required

See page 15 for details.

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CLINICAL TRIAL OPPORTUNITIES

The University of Rochester Alzheimer's Disease Care, Research and Education Program (AD-CARE) offers individuals in Upstate New York access to cutting-edge research on memory disorders. Our studies often incorporate advanced imaging techniques that detect and track brain changes decades before the onset of cognitive problems. Our studies focus on:

- Prevention of Alzheimer's disease in individuals at high risk
- Treatment of early memory problems or cognitive impairment
- Improving and validating diagnostic tools used for Alzheimer's disease
- Treatment of behavioral disturbances in persons with dementia

To attend an information session, please call 585-760-6550, email ADCARE@urmc.rochester.edu, or check our website www.urmc.rochester.edu/adcare.

AD-CARE Program
Monroe Community Hospital
435 East Henrietta Rd.
Rochester, NY 14620
(585) 760-6550
www.urmc.rochester.edu/adcare



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

CAREGIVER SUPPORT GROUPS

Brighton..... 3rd Monday of the Month..... 5:30–6:30 p.m.
Marian's House, 2980 S. Clinton Ave., Rochester

Brockport..... 2nd Thursday of the Month..... 7:00–8:30 p.m.
Brockport Free Methodist Church, 6787 4th Section Rd., Brockport

Churchville..... 2nd Tuesday of the Month..... 11:00 a.m.–12:00 p.m.
Legacy at Parklands, 2000 Park Creek Ln., Churchville

Fairport..... 1st Tuesday of the Month..... 12:30–2:00 p.m.
Church of the Assumption, 20 East Ave., Fairport
****Group will meet on 7/10 in July****

Gates..... 3rd Tuesday of the Month..... 5:30–7:00 p.m.
Seabury Woods, 110 Dalaker Dr., Rochester

Greece..... 2nd Thursday of the Month..... 1:30–2:30 p.m.
Legacy at Park Crescent, 1000 Providence Cir., Greece

Greece..... 3rd Wednesday of the Month..... 6:30–7:30 p.m.
Crimson Ridge Gardens, 1 Treeline Dr., Rochester

Irondequoit..... 2nd Tuesday of the Month..... 6:00–7:00 p.m.
Irondequoit Public Library, 1290 Titus Ave., Rochester

Penfield..... 3rd Wednesday of the Month..... 11:00 a.m.–12:00 p.m.
Legacy at Willow Pond, 40 Willow Pond Way, Penfield

Pittsford..... 2nd Wednesday of the Month..... 1:00–2:00 p.m.
Highlands at Pittsford, 500 Hahnemann Trail, Pittsford

Rochester..... 1st Thursday of the Month..... 1:00–2:30 p.m.
Monroe Community Hospital, 435 East Henrietta Rd., Rochester
****In July, this group will meet on 7/12****

CAREGIVER SUPPORT GROUPS

Rochester 2nd Tuesday of the Month 1:00–2:00 p.m.
Monroe Community Hospital, 435 East Henrietta Rd., Rochester

Rochester 3rd Tuesday of the Month 6:00–7:30 p.m.
Monroe Community Hospital, 435 East Henrietta Rd., Rochester

Rochester 4th Monday of the Month 11:00 a.m.–12:00 p.m.
St. Bernard’s Complex, Building 5, 2260 Lake Ave., Rochester

Webster 3rd Wednesday of the Month 3:30–4:30 p.m.
Webster Presbyterian Church, 550 Webster Rd., Webster

SPECIALTY SUPPORT GROUPS

Brighton 3rd Monday of the Month 5:30–6:30 p.m.
Marian’s House, 2980 S. Clinton Ave., Brighton
For: Individuals Living with Alzheimer’s Disease

Henrietta 4th Wednesday of the Month 6:30–8:00 p.m.
Pieters Family Life Center, 1025 Commons Way, Rochester
For: Individuals caring for a loved one with younger-onset dementia

Rochester 1st Thursday of the Month 1:00–2:30 p.m.
Monroe Community Hospital, 435 East Henrietta Rd., Rochester
For: Individuals Living with Alzheimer’s Disease
****In July, this group will meet on 7/12****

Rochester 2nd Tuesday of the Month 1:00–2:00 p.m.
Monroe Community Hospital, 435 East Henrietta Rd., Rochester
For: Individuals Living with Alzheimer’s Disease

Rochester 3rd Tuesday of the Month 5:30–6:30 p.m.
Out Alliance, 100 College Ave., Rochester
LGBTQ+ and ALLIES Caregiver Support Group
****Group will meet on 7/10 in July****

Rochester 1st Wednesday of the Month (starting August) 1:00–2:00 p.m.
Unity Rehab and Neurology at Ridgeway, 2655 Ridgeway Ave., Suite 420
For: Caregivers. Pre-registration is required.

Clay Sculpture Creations Bring Back Old Memories

On April 30, 2018, Alan Bennett, a ceramic artist, hosted a group of individuals who live with Alzheimer's and their care partners at his studio in Bath. Alan encouraged his guests to try their hand at making fish sculptures.

Bob Pettibone shared, "I used to work with clay years ago." His wife Jeanette said, "This is the first spark I've seen in him in a very long time."

Edda Garcia Janes who recently moved to the area from the hurricane-ravaged Puerto Rico, enjoyed making fish out of clay because it reminded her of home. "My father was a fisherman," she repeated over and over. When Alan addressed Edda in Spanish, she lit up. Not only did this trip bring memories of her father, but she also got to speak in her native language with the host.



All participants got an invitation from Alan to come back and paint their fish masterpieces.

To join our social activities and connections outings, call 1-800-272-3900.

*Bob Pettibone of
Horseheads and
Edda Garcia Janes
of Rochester*

SOCIAL ACTIVITIES

Art with Heart.....Monday, July 9 • Monday, August 6
Pieters Family Life Center
1025 Commons Way, Rochester.....11:00 a.m-12:30 p.m.
Wednesday, September 19
Reminisce and explore your artistic side with this art-making program.
Learn techniques from painting to print-making at these sessions
where no art experience is necessary.
Audience: Individuals living with dementia and their care partners

Asbury First Partners in Song.....Every Wednesday
Asbury First United Methodist Church
1050 East Ave., Rochester.....11:30 am - 12:30 p.m.
Asbury First United Methodist Church invites individuals living with
memory loss and their caregivers to join a music group. Participants
meet once a week with a facilitator to sing together—hymns, show
tunes, folk songs, choral music, and more. Groups such as this have
been created around the country and have
proven to uniquely enhance the lives of those
living with memory loss and their caregivers.
No musical experience is necessary.
**Audience: Individuals living with dementia
and their care partners**



Meet Me at the MAG.....First Tuesday of the Month
July 3 • August 7 • September 4
Memorial Art Gallery
500 University Ave., Rochester.....2:00-3:30 p.m.
Join us for a free private tour and a chance to spend time with others
in the beauty of the Memorial Art Gallery in Rochester. Meet Me at
the MAG includes a concert on the Baroque Italian organ and a guided
tour of the Gallery’s special exhibitions and permanent collection. The
afternoon concludes with a small reception. Come as often as you like
and explore something new each month.
This program is generously sponsored by
The Burton Gordon Family.
**Audience: Individuals living with dementia
and their care partners**



Melodies and Memories.....Fourth Wednesday of the Month
July 25 • August 22 • September 26

Pieters Family Life Center

1025 Commons Way, Rochester..... 11:00 a.m.-12:00 p.m.

Melodies and Memories promotes health and wellness through a variety of musical experiences. Attendees will have the opportunity to play instruments, sing, and be involved in group discussion in a welcoming and supportive environment. Join a licensed creative arts therapist for these monthly sessions. No musical background is required.

Audience: Individuals living with dementia and their care partners

Music, Mindfulness, and MotionTuesdays and Thursdays
June 26–August 7 (**No class 7/18**) • August 21–Sept 27

Jewish Community Center

1200 Edgewood Ave., Rochester 1:00–2:00 p.m.

With generous support from the **Konar Family Foundation**, this program provides individuals in the early- to middle-stage dementia and their caregivers an opportunity to exercise with others in a safe and nurturing environment. Under the supervision of certified personal trainers, Music, Mindfulness, and Motion meets twice a week for six weeks at the Jewish Community Center. A brief, private and confidential assessment will be conducted before and after the six week program. **Pre-registration and initial assessment are**

required before the beginning session. To register or schedule your assessment, please call: 585.461.2000 ext. 831.

Audience: Individuals living with dementia and their care partners

RPO Open Rehearsals.....September 13, 2018
Eastman Theatre, 26 Gibbs St., Rochester..... 9:30 a.m.-12:00 p.m.

A special community program generously sponsored by **The Konar Family Foundation**. Persons with dementia and their caregivers



are invited to enjoy the open rehearsals by the Rochester Philharmonic Orchestra. No late admittance. **Please arrive 20 minutes before start of program.**

Audience: Individuals living with dementia and their care partners

CONNECTIONS BUS OUTINGS

**All Monroe County Connections outings
begin at Monroe Community Hospital**

435 East Henrietta Rd., Rochester

When you enter Monroe Community Hospital off of East Henrietta Road, veer to the left and proceed past stop to the large lot on your left marked LOT 3. Visitor parking is available immediately to the right. Enter the Main/Faith building entrance. There is a large sitting area directly across from the receptionist, and an Alzheimer’s Association staff member will meet you there. See map on page 55.

Butterfly Talk at The Strong National Museum of Play

Monday, September 10 1:00–2:00 p.m.

Meet at MCH: 12:15 p.m.

Bus leaves: 12:30 p.m.

1 Manhattan Sq., Rochester

Step into a tropical wonderland. The Dancing Wings Butterfly Garden at the Strong Museum hosts Upstate New York’s only year-round, indoor butterfly collection.

Audience: Individuals living with dementia and their care partners

Charlotte-Genesee Lighthouse Tour

Thursday, July 19 1:00–3:00 p.m.

Meet at MCH: 12:15 p.m.

Bus leaves: 12:30 p.m.

70 Lighthouse St., Rochester

Visit Lake Ontario’s oldest surviving lighthouse.

Audience: Individuals living with dementia and their care partners



A Visit to Lollypop Farm

Tuesday, September 25..... 1:00–2:00 p.m.

Meet at MCH: 12:15 p.m.

Bus leaves: 12:30 p.m.

99 Victor Rd., Fairport

Elevate your mood with a trip to Lollypop Farm and visit the animals who call Lollypop home.

Audience: Individuals living with dementia and their care partners

**Families Affected by Alzheimer’s
Visit Animal Farm in Spencerport**

A rainy morning earlier this summer turned into a beautiful afternoon with oh-so-cute farm animals. A group of individuals who live with Alzheimer’s and their care partners visited the Springdale Farm in Spencerport. They saw dairy cows and newly born calves and learned about milking technologies. The group also visited the petting zoo to say hello to sheep, goats and a 800-pound pig.

Check your county’s Social Activities section to find out about the upcoming trips and visits for caregivers and their loved ones.



Don Titus and his sister-in-law Linda Kruger of Rochester

CONNECTIONS BUS OUTINGS

Paint Your Own Pottery at Color Me Mine

Monday, July 23 • Monday, August 61:00–2:00p.m.
Tuesday, August 28 • Friday, September 21

Meet at MCH: 12:15 p.m.
Bus leaves: 12:30 p.m.
3349 Monroe Ave., Pittsford

Create your own work of art to take home and enjoy.
Audience: Individuals living with dementia and their care partners

New York Museum of Transportation

Tuesday, July 31..... 1:00-2:30 p.m.

Meet at MCH: 12:15 p.m.
Bus leaves: 12:30 p.m.
6393 East River Rd., West Henrietta

Tour this museum of local transportation history and enjoy an electric trolley car ride on the one-mile railroad. With rolling hills and the Genesee River valley as a backdrop, experience the era of interurban trolley travel in all its glory.
Audience: Individuals living with dementia and their care partners

Tinker Homestead and Farm Museum

Wednesday, August 8 1:00-2:00 p.m.

Meet at MCH: 12:15 p.m.
Bus leaves: 12:30 p.m.
1585 Calkins Rd., Pittsford

Tour this cobblestone home from 1830 featuring handmade quilts, a beehive oven, and period furnishings.
Audience: Individuals living with dementia and their care partners

COMMUNITY EDUCATION

Legacy at Clover Blossom

100 McAuley Dr., Rochester

Dementia Conversations.....Tues, July 10.....2:00–3:00 p.m.

Effective Communication Strategies.....Tues, Aug 14.....2:00–3:00 p.m.

Understanding Alzheimer's and Dementia.....Tues, Sept 11.....2:00–3:00 p.m.

Legacy at Park Crescent

1000 Providence Cir., Greece

Understanding Alzheimer's and Dementia.....Tues, July 3.....2:00–3:00 p.m.

Dementia Conversations.....Wed, Aug 1.....2:00–3:00 p.m.

Effective Communication Strategies.....Wed, Sept 5.....2:00–3:00 p.m.

Legacy at Parklands

2000 Park Creek Ln., Churchville

Understanding and Responding to

Dementia Related Behavior.....Tues, July 3.....6:00–7:00 p.m.

Dementia Conversations.....Wed, Aug 1.....6:00–7:00 p.m.

Effective Communication Strategies.....Wed, Sept 5.....6:00–7:00 p.m.

Legacy at Willow Pond

40 Willow Pond Way, Penfield

Understanding and Responding to

Dementia Related Behavior.....Tues, July 10.....6:00–7:00 p.m.

Dementia Conversations.....Tues, Aug 14.....6:00–7:00 p.m.

Understanding Alzheimer's and Dementia.....Tues, Sept 11.....6:00–7:00 p.m.

Legacy at Maiden Park

749 Maiden Ln., Rochester

Effective Communication Strategies.....Tues, July 17.....6:00–7:00 p.m.

Understanding Alzheimer's and Dementia.....Tues, Aug 21.....6:00–7:00 p.m.

Dementia Conversations.....Tues, Sept 18.....6:00–7:00 p.m.

Perinton Community Center

1350 Turk Hill Rd., Fairport

Dementia Conversations.....Wed, July 18.....1:00–2:00 p.m.

Understanding and Responding to

Dementia Related Behavior.....Wed, Aug 15.....1:00–2:00 p.m.

Effective Communication Strategies.....Wed, Sept 19.....1:00–2:00 p.m.

COMMUNITY EDUCATION

Seymour Library

161 East Ave., Brockport

Understanding Alzheimer's and Dementia.....Thurs, July 26 2:00–3:00 p.m.

Effective Communication Strategies.....Thurs, Aug 23 2:00–3:00 p.m.

Understanding and Responding to

Dementia Related Behavior.....Thurs, Sept 27 2:00–3:00 p.m.

Webster Public Library

980 Ridge Rd., Webster

Dementia Conversations.....Thurs, July 5 6:00–7:00 p.m.

Understanding Alzheimer's and Dementia.....Thurs, Aug 2 6:00–7:00 p.m.

Effective Communication Strategies.....Thurs, Sept 6 6:00–7:00 p.m.

EXPERT PRESENTATIONS

The Highlands at Pittsford

100 Hahnemann Trail, Pittsford

See pages 18-19 for details.

Aug. 73:00-4:15 p.m.

Sept. 43:00-4:15 p.m.

Oct. 23:00-4:15 p.m.

Lifespan

1900 S Clinton Ave., Rochester

See pages 18-19 for details.

Aug. 73:00-4:15 p.m.

Sept. 43:00-4:15 p.m.

Oct. 23:00-4:15 p.m.

Rochester Regional Health

St. Mary's Campus - 89 Genesee St., Rochester

See pages 18-19 for details.

Aug. 73:00-4:15 p.m.

Sept. 43:00-4:15 p.m.

Oct. 23:00-4:15 p.m.

CAREGIVER SUPPORT GROUPS

Canandaigua 1st Thursday of the Month 1:00–2:30 p.m.
United Church Presbyterian, 11 Gibson St., Canandaigua

Canandaigua 2nd Wednesday of the Month 4:00–5:00 p.m.
Quail Summit, 5102 Parrish St Ext., Canandaigua

Geneva 1st Wednesday of the Month 1:30–2:30 p.m.
Geneva Presbyterian Church, 24 Park Pl., Geneva

Victor 2nd Thursday of the Month 11:00 a.m.–12:00 p.m.
Legacy at Fairways, 681 High St., Victor

SOCIAL ACTIVITIES

Summer Bouquets at Flowers by Stella Friday, July 13
1880 Rochester Rd., Canandaigua 1:00–2:00 p.m.
You and your loved one will engage in this hands-on activity of creating a beautiful summer bouquet to take home and enjoy.

Audience: Individuals living with dementia and their care partners

Ganondagan State Historic Site Wednesday, July 18
7000 County Rd. 41 (Boughton Hill Rd.), Victor 1:00–3:00 p.m.
Come see how the Seneca people lived over 350 years ago as we tour this national historic landmark and the only New York State historic site dedicated to a Native American theme.

Audience: Individuals living with dementia and their care partners



SOCIAL ACTIVITIES

Cummings Nature CenterFriday, July 27
6472 Gulick Rd., Naples.....1:00-2:00 p.m.

Explore the outdoors as we listen to a talk by an experienced naturalist and walk through a field of wildflowers.

Audience: Individuals living with dementia and their care partners

Canandaigua Lady Boat Tour.....Wednesday, August 29
205 Lakeshore Dr., Canandaigua.....2:30-4:00 p.m.

Take a ride on the Canandaigua Lady, a 19th century steamboat replica and an authentic double-decker paddle wheeler.

Audience: Individuals living with dementia and their care partners

A Visit to Granger Homestead.....Friday, September 7
295 N. Main St., Canandaigua.....1:00-3:00 p.m.

Travel back in time with our knowledgeable docents as we listen to the stories of the four generations of Grangers and tour this beautiful mansion and carriage museum.

Audience: Individuals living with dementia and their care partners

Howe House Museum Tour.....Wednesday, September 19
66 Main St., Phelps.....1:00-2:00 p.m.

Tour this elegantly restored mansion built in 1869, in the distinctive Second Empire Style. Today, it is home to the Phelps Community Historical Society.

Audience: Individuals living with dementia and their care partners

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COMMUNITY EDUCATION

Wood Public Library

134 N. Main St., Canandaigua

Understanding Alzheimer's and Dementia.....Tues, July 176:00–7:00 p.m.

Effective Communication Strategies.....Tues, Aug 216:00–7:00 p.m.

Understanding and Responding to

Dementia Related Behavior.....Mon, Sept 176:00–7:00 p.m.

Victor Farmington Library

15 W. Main St., Victor

Effective Communication Strategies.....Thurs, July 194:00–5:00 p.m.

Understanding and Responding to

Dementia Related Behavior.....Thurs, Aug 164:00–5:00 p.m.

Dementia Conversations.....Thurs, Sept 20.....4:00–5:00 p.m.

EXPERT PRESENTATION

Ontario Arc

3071 County Complex Dr., Canandaigua

Aug. 73:00–4:15 p.m.

Sept.3:00–4:15 p.m.

Oct. 2.....3:00–4:15 p.m.

See pages 18–19 for details.

Follow us @AlzRochesterNY



orleans county

CAREGIVER SUPPORT GROUP

Kendall 3rd Thursday of the Month 1:00–2:00 p.m.
Concordia Lutheran Church, 1769 Kendall Rd., Kendall

SOCIAL ACTIVITIES

Lunch at Holley Canal Falls Park Friday, August 3
Holley Canal Falls, Holley 12:00–2:00 p.m.
Bring a bagged lunch for an afternoon in the park. Enjoy the beauty of the falls and fresh air, as we spend time together playing lawn games and meeting new people.

Audience: Individuals living with dementia and their care partners

Apples and Dessert at Hurd Orchards Friday, September 28
17260 W Ridge Rd., Holley 1:00–2:00 p.m.
Pick the first of the apple bounty in this lush country property and view the most beautiful zinnias and dahlias in the region. We might also pick the last of the berries. As a reward for our fruit gathering, we'll enjoy cookies baked at the farm.

Audience: Individuals living with dementia and their care partners



COMMUNITY EDUCATION

Hoag Library
134 South Main St., Albion
Effective Communication Strategies Wed, July 25 6:00–7:00 p.m.
Understanding and Responding to
Dementia Related Behavior Wed, Aug 22 6:00–7:00 p.m.
Dementia Conversations Wed, Sept 26 6:00–7:00 p.m.

CAREGIVER CONFERENCE

Dementia Education Conference

Thursday, August 2 • 12:00 - 3:00 p.m.

Orleans County YMCA
306 Pearl St., Medina

Lunch will be provided. Pre-registration required.
Call for more details.

EXPERT PRESENTATION

Lee-Whedon Memorial Library

620 West Ave., Medina

Aug. 73:00-4:15 p.m.

Sept.3:00-4:15 p.m.

Oct. 23:00-4:15 p.m.

See pages 18-19 for details.



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SOCIAL ACTIVITIES

Corning Museum GlassBarge Celebration.....Friday, September 14
Seneca Avenue Parking Lot (off First Street)

Watkins Glen1:30-3:00 p.m.

GlassBarge, a 30-by-80 feet canal barge outfitted with Corning Museum’s all-electric glassmaking equipment, will be docking in Watkins Glen. Join us as we observe a world-class glassblowing demonstration.

Audience: Individuals living with dementia and their care partners

A Visit to Reisinger’s Apple CountryFriday, September 21
2750 Apple Lane, Watkins Glen.....1:30-3:00 p.m.

It’s apple season! Enjoy an afternoon of apple picking and browse the arts and crafts at the farm store.

Audience: Individuals living with dementia and their care partners

A Visit to Sunset CreameryWednesday, August 22
17260 W. Ridge Rd., Holley1:30-3:00 p.m.

Learn the process of Artisan Cheese production, using fresh milk from cattle on the farm.

Audience: Individuals living with dementia and their care partners



COMMUNITY EDUCATION

Powerful Tools for Caregivers

Tuesdays, September 25-October 30 • 3:00-4:30 p.m.

**Schuyler County Human Services Complex
Register at 607-535-7108**



Powerful Tools for Caregivers is a 6-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Audience: Caregivers

CAREGIVER CONFERENCE



CREATING A NEW LANGUAGE

Saturday, September 22
8:30 a.m.-12:30 p.m.

Call for location information

See page 16 for details.

EXPERT PRESENTATIONS

Watkins Glen Public Library
610 S. Decatur St., Watkins Glen

Aug. 73:00-4:15 p.m.

Sept. 43:00-4:15 p.m.

Oct. 23:00-4:15 p.m.

See pages 18-19 for details.

Caring for someone
with Alzheimer's isn't easy.
Reaching us is.

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CAREGIVER SUPPORT GROUP

Lodi..... 1st Tuesday of the Month.....3:30–4:30 p.m.
Lodi Library, 8484 S. Main St., Lodi

SOCIAL ACTIVITIES

Tour the Historic Rose Hill Mansion.....Thursday, September 27
3373 NY-96A, Geneva1:00-2:30 p.m.

Located on the beautiful Seneca Lake, the Rose Hill Mansion was built in 1839 and was once part of a busy farm. A tour through the home focuses on the experiences of the family that lived there.

Audience: Individuals living with dementia and their care partners



Iris Country Gardens.....Monday, July 2
2202 Austin Rd. Geneva.....1:00-2:00 p.m.

Tour this heaven for gardeners and flower lovers-alike. Formerly known as the Iris Garden, it features four acres of iris, peonies, hosta, and daylilies.

Audience: Individuals living with dementia and their care partners

Lively Run Dairy Farm and Creamery..... Monday, July 30
8978 County Rd. 142, Interlaken.....1:00-2:00 p.m.

Learn how cheese is made, how to milk a goat, and how the animals stay healthy.

Audience: Individuals living with dementia and their care partners



SOCIAL ACTIVITIES

Visit Sauders Country Store Wednesday, August 15
2146 River Rd., Seneca Falls 1:00–3:00 p.m.

Join us as we explore this local favorite in the Finger Lakes. There’s something for everyone at the country store: from wood furniture to Amish quilts to baked goods and homemade cheese.

Audience: Individuals living with dementia and their care partners

Seneca Falls Historical Society Tour Wednesday, September 12
55 Cayuga St., Seneca Falls 1:00–2:00 p.m.

This 23 room mansion houses a museum, archives, and collections that tell the story of Seneca Falls, past and present.

Audience: Individuals living with dementia and their care partners

COMMUNITY EDUCATION

Seneca Falls Public Library

47 Cayuga St., Seneca Falls

Effective Communication Strategies Thurs, July 19 3:00–4:00 p.m.

Understanding Alzheimer’s and Dementia Thurs, Aug 16 3:00–4:00 p.m.

Dementia Conversations Thurs, Sept 20 3:00–4:00 p.m.

EXPERT PRESENTATIONS

Seneca Falls Public Central Library

47 Cayuga St., Seneca Falls

See pages 18–19 for details.

Aug. 7 3:00–4:15 p.m.

Sept. 4 3:00–4:15 p.m.

Oct. 2 3:00–4:15 p.m.

steuben county

CAREGIVER SUPPORT GROUP

Corning..... 3rd Tuesday of the Month..... 3:00–4:30 p.m.
Corning Senior Center, 1 Park Lane, Corning
This group is co-facilitated by the Steuben County OFA

Hornell..... 2nd Thursday of the Month..... 1:30–3:00 p.m.
Hornell Senior Center, 20 Broadway Mall, Hornell
This group is co-facilitated by the Steuben County OFA

Wayland..... 4th Tuesday of the Month..... 2:00–3:00 p.m.
Wayland Free Library, 101 W Naples St., Wayland

SOCIAL ACTIVITIES

Glenn H. Curtiss Museum..... Tuesday, July 17
8419 State Route 54, Hammondsport..... 12:00–1:00 p.m.

Local history and early aviation are on full display at this popular museum. Join us as we learn about the early days of flight and the creativity of Glenn H. Curtiss.

Audience: Individuals living with dementia and their care partners



Finger Lakes Boating Museum..... Monday, September 24
8231 Pleasant Valley Rd., Hammondsport..... 1:30–3:00 p.m.

Explore the history of boating in the Finger Lakes while touring this housed in the historic former Taylor Wine Company building.

Audience: Individuals living with dementia and their care partners

SOCIAL ACTIVITIES

Meet Me at the Museum.....Monday, September 10
The Rockwell Museum, 111 Cedar St., Corning.....1:30-3:00 p.m.

Join us for an exclusive tour and a chance to spend time with others in the beauty of The Rockwell Museum in Corning.

Audience: Individuals living with dementia and their care partners



COMMUNITY EDUCATION

Hornell Gardens Nursing & Rehabilitation

434 Monroe Ave., Hornell

Understanding and Responding to

- Dementia Related Behavior.....Thurs, July 5.....2:00-3:00 p.m.
- Dementia Conversations.....Wed, Aug 1.....2:00-3:00 p.m.
- Understanding Alzheimer's and Dementia.....Wed, Sept 5.....2:00-3:00 p.m.

EXPERT PRESENTATIONS

Elderwood of Hornell

1 Betheseda Dr., Hornell

- Aug. 73:00-4:15 p.m.
- Sept. 43:00-4:15 p.m.
- Oct. 23:00-4:15 p.m.

See pages 18-19 for details.

CAREGIVER SUPPORT GROUP

Lyons.....2nd Tuesday of the Month.....6:00–7:30 p.m.
Wayne County Nursing Home, 1529 Nye Rd., Lyons

Williamson.....3rd Wednesday of the Month.....4:00–5:00 p.m.
Williamson Public Library, 6380 Route 21, Suite 1, Williamson

SOCIAL ACTIVITIES

**A Taste of History at the
H.G. Hotchkiss Essential Oil Museum** Thursday, August 16
95 Water St., Lyons 1:00–2:30 p.m.
Did you know western New York is the peppermint capital of the
world? Visit the Peppermint Museum and learn how peppermint put
Lyons, New York, on the map.

Audience: Individuals living with dementia and their care partners

Burnaps Farm Market Friday, August 10
7277 Maple Ave Exd., Sodus 1:00–2:00 p.m.
Meet at this beautiful farm market, browse the flowers, produce and
fun gifts. Enjoy a delicious snack from summer’s bounty.

Audience: Individuals living with dementia and their care partners

Museum Tour of Historic Palmyra Tuesday, July 24
132 Market St., Palmyra 1:00–3:00 p.m.
Take a walk through history while we visit five museums in Palmyra
including the Historical Museum, Alling Coverlet Museum, Phelps
General Store, Print Shop Museum and the Erie Canal Depot.

Audience: Individuals living with dementia and their care partners

SOCIAL ACTIVITIES

Montezuma Audubon Center Thursday, August 30
2295 State Route 89, Savannah 2:00–3:00 p.m.

Learn about the dozens of bird species migrating through the area as we explore the natural beauty of the Montezuma Audubon Center.

Audience: Individuals living with dementia and their care partners



Sodus Bay Lighthouse Museum and Garden Tour Friday, August 31
7606 N. Ontario St., Sodus Point 12:00–1:00 p.m.

Tour a historic lighthouse, originally established in 1824 by an act of Congress and first kept by a veteran of the War of 1812.

Audience: Individuals living with dementia and their care partners

Williamson–Pultneyville Museum and Garden Tour Friday, August 24
4130 Mill St., Pultneyville 1:00–2:00 p.m.

Take a walk through history as we visit this museum located in the hamlet of Pultneyville and explore the adjacent Peace Gardens.

Audience: Individuals living with dementia and their care partners

COMMUNITY EDUCATION

Williamson Public Library
6380 Route 21, Suite 1, Williamson

- Understanding Alzheimer’s and Dementia Tues, July 17 6:00–7:00 p.m.
- Effective Communication Strategies Tues, Aug 21 6:00–7:00 p.m.
- Understanding and Responding to
Dementia Related Behavior Tues, Sept 18 6:00–7:00 p.m.

COMMUNITY EDUCATION

Powerful Tools for Caregivers

Mondays, July 9 - August 13 • 2:00-3:30 p.m.

**Department of Aging & Youth
Register at (315) 946-5624 by July 2**



Powerful Tools for Caregivers is a 6-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Audience: Care partners

EXPERT PRESENTATIONS

Williamson Public Library

6380 NY-21, Williamson

See pages 18-19 for details.

Aug. 73:00-4:15 p.m.

Sept. 43:00-4:15 p.m.

Oct. 23:00-4:15 p.m.

CAREGIVER CONFERENCE



CREATING A NEW LANGUAGE

**Thursday, September 20
10:00 a.m.-12:30 p.m.**

The Golf Course at Blue Heron Hills
1 Country Club Dr., Macedon

See page 16 for details.

CAREGIVER SUPPORT GROUPS

Dundee..... 4th Wednesday of the Month..... 2:00–3:00 p.m.
Dundee Library, 32 Water St., Dundee

Penn Yan..... 2nd Thursday of the Month..... 2:00–3:00 p.m.
Yates County Office for the Aging, 417 Liberty St., Penn Yan

SOCIAL ACTIVITIES

Grace Gardens..... Friday, July 20
1064 Angus Rd., Penn Yan..... 1:00–2:00 p.m.

See more than 2200 varieties of daylilies and over 40,000 other plants as we explore this local garden.

Audience: Individuals living with dementia and their care partners



Oliver House Museum Tour..... Thursday, September 20
107 Chapel St., Penn Yan..... 1:00–2:00 p.m.

This guided tour explores the Victorian Era furnishings of the house and a changing local history exhibit.

Audience: Individuals living with dementia and their care partners

Sugar Shack Blueberry Farm..... Thursday, July 26
824 E Swamp Rd., Penn Yan..... 1:00–2:00 p.m.

Pick blueberries, raspberries and blackberries. Go home with a pint of fresh berries.

Audience: Individuals living with dementia and their care partners

COMMUNITY EDUCATION

Penn Yan Public Library

214 Main St., Penn Yan

Understanding Alzheimer's and Dementia.....Tues, July 10.....6:00–7:00 p.m.

Effective Communication Strategies.....Tues, Aug 14.....6:00–7:00 p.m.

Understanding and Responding to

Dementia Related Behavior.....Tues, Sept 11.....6:00–7:00 p.m.

Powerful Tools for Caregivers

Wednesdays, July 11– August 15 • 10:00–11:30 a.m.

Pro Action/Yates Office for the Aging



Powerful Tools for Caregivers: Powerful Tools for Caregivers is a 6-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Audience: Care partners

See pages 18–19
for details.

EXPERT PRESENTATIONS

Penn Yan Public Library

214 Main St., Penn Yan

Aug. 73:00–4:15 p.m.

Sept. 43:00–4:15 p.m.

Oct. 23:00–4:15 p.m.

See pages 18–19 for details.

CAREGIVER CONFERENCE

CREATING A NEW LANGUAGE

Tuesday, August 21

10:00 a.m.–12:30 p.m.

Top of the Lake
301 Lake St., Penn Yan

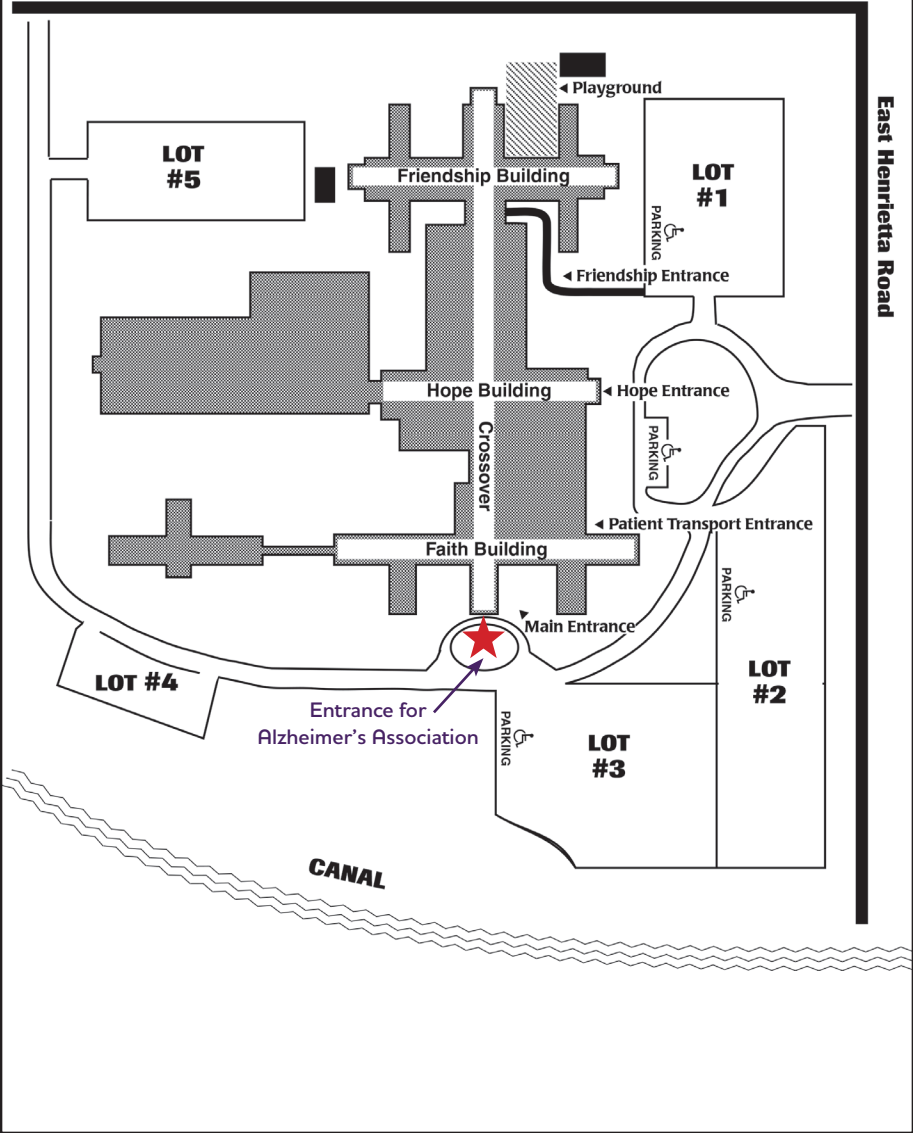
See page 16
for details.

Monroe Community Hospital

435 East Henrietta Road, Rochester, NY 14620

Westfall Road

East Henrietta Road



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Alzheimer's Association
Rochester & Finger Lakes Region
435 East Henrietta Rd.
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The Alzheimer's Association Rochester & Finger Lakes Region

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