

ENGAGE • CONNECT • LEARN

alzheimer's   
association®

MEETING  
OF THE  
MINDS

DEMENTIA CONFERENCE 2018

Thursday, May 17, 2018  
8 a.m. to 3 p.m.  
The DoubleTree by Hilton  
Tarrytown, NY

*Presenting sponsor:*

**Montefiore**  
HEALTH SYSTEM

# Welcome/Introduction

Dear Conference Participant,

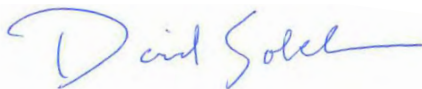
Welcome to the Alzheimer’s Association’s fourth annual Hudson Valley regional dementia conference.

The Hudson Valley Chapter has assembled an incredible group of educators and practitioners for today, including keynote speaker Daniel Kuhn, LCSW.



Whether you are a family caregiver, a professional or someone who has been diagnosed with dementia, you will be able to explore a variety of subjects in the breakout sessions. You’ll also have the opportunity to network with others and learn from each other’s experiences, in addition to viewing exhibits and displays sponsored by agencies and organizations that offer dementia-related services.

Our Hudson Valley Chapter is delighted and honored to bring you today’s Meeting of the Minds program. Our incredible staff has designed this day with you in mind — please do not hesitate to reach out to any one of us if you need anything at all. We hope you have a great day!



David Sobel  
President and CEO  
Alzheimer’s Association Hudson Valley Chapter

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## Meeting of the Minds

### The Fourth Annual Hudson Valley Regional Dementia Conference

Thank you for joining us! We are excited to include the 15th Annual Adele Rohrlich Memorial Lecture in this region-wide conference. Our Rohrlich keynote speaker is Daniel Kuhn, LCSW, vice president of education at All Trust Home Care in Illinois. He is also the author of books about caregiving for people with dementia, including “The Art of Dementia Care” and “Alzheimer’s Early Stages: First Steps for Family, Friends and Caregivers.” Jessica Zwerling, MD, MS, director of Montefiore Hudson Valley Center of Excellence for Alzheimer’s Disease, will present on “Comprehensive Clinical Update in Neurodegenerative Disease” during the lunch break.

The day will be filled with sessions for family members of people with dementia, professionals and Spanish-speaking caregivers. See a full list of presenters on pages 8-14.

*Continuing education hours have been approved for the sessions indicated with an asterisk below. Social workers can earn three credits if they attend three approved sessions and sign in and out as required.*

## Agenda

**8-8:30 a.m.**

**Registration/breakfast/  
exhibitor visits**

**8:30 a.m.**

**Welcome**

**David Sobel**

President and CEO of the  
Alzheimer’s Association Hudson  
Valley Chapter

**Chris Smith**

Region Lead, New York State  
Alzheimer’s Association

**9-10 a.m.**

**15th Annual Adele  
Rohrlich Keynote speaker**

\* **Daniel Kuhn, LCSW**

Vice President of Education at  
All Trust Home Care: “Keeping  
Connected to Someone with  
Dementia”

**10-10:30 a.m.**

**Networking, exhibitor visits**

**10:30-11:30 a.m.**

**Morning breakout sessions**

**“After the diagnosis: Essential  
Legal Documents for Persons  
with Dementia”**

by Frances M. Pantaleo, Esq.

**“Mindfulness-Based Caregiver  
Relaxation Techniques”**

by Corey Esannason, RYT

\* **“Enhancing Caregiving: Healthy  
Lifestyle and Eating Habits”**

by Lisa Zullig, RN, MS, CSG, CDN

**“Forgetfulness: It’s Not Always  
What You Think”** by Jessica

Zwerling, MD, MS; Rubina Malik,  
MD, MS; Erica F. Weiss, Ph.D.

**“Spanish Roundtable:  
Una junta en español”**

Theresa Lopez, BSW,  
and Teresa Santos, LCSW, MSW

**11:30 a.m. to 1 p.m.**

**Lunch**

**12:10 to 12:30 p.m.**

**“Comprehensive Clinical Update  
in Neurodegenerative Disease”**

Jessica Zwerling, MD, MS

**1-1:30 p.m.**

**Networking,  
exhibitor visits**

**1:30-2:30 p.m.**

**Afternoon breakout  
sessions**

\* **“Managing Challenging  
Behaviors in Persons with  
Dementia”**

by Mirnova Ceide, MD

\* **“Mindfulness and  
Compassionate Caregiving”**

by Jeanette Sandor, RN, MS

**“A How-To Guide for  
Caregivers: What are the  
Difficult Decisions and When Do  
You Make Them?”**

by Vivian Green Korner, MA, CDP

**“Paying for Long-Term Care:  
Understanding Medicare,  
Medicaid and Long-Term Care  
Insurance”**

by Moira S. Laidlaw, Esq.

**“Spanish Roundtable: Una junta  
en español”**

Theresa Lopez, BSW  
and Teresa Santos, LCSW, MSW

**2:45-3 p.m.**

**Closing**

**Barry Meiselman**

Board chair, Alzheimer’s  
Association Hudson Valley Chapter

The Alzheimer's Association Hudson Valley Chapter is part of a nationwide organization providing services in



Jerome Stone, 1913 - 2015; founding President and Honorary Chair of the Alzheimer's Association

Westchester, Dutchess, Orange, Rockland, Putnam, Ulster and Sullivan counties. As the world's leading voluntary health organization in Alzheimer's care, support and research, our vision is a world without Alzheimer's. It is our mission to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support

for all affected; and to reduce the risk of dementia through the promotion of brain health.

## **We enhance care and support**

The Alzheimer's Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and other dementias. We are here to help.

Our 24/7 Helpline at 1.800.272.3900 offers information and guidance to more than 2,000 callers in the Hudson Valley alone each year, and provides translation services in more than 200 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer's and other forms of dementia. Call us if you have questions about:

- Alzheimer's disease or memory loss, medications and treatment options, brain health and care options
- How the Association can help you
- Caregiving tips and respite care options

- Services available in your community and referrals

• Finding emotional support  
Our Alzheimer's Association Care Consultations are provided by our professional staff, dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's and their families face at every stage of the disease. We can provide care consultation services to you by telephone, email or in person.

Our Alzheimer's Association Support Groups are held in person and number more than 35 throughout the region. Comprehensive online resources and information are provided through our Alzheimer's and Dementia Caregiver Center, which features sections on early-stage, middle-stage and late-stage caregiving. Our free online tool, Alzheimer's Navigator<sup>®</sup>, provides individuals with Alzheimer's and their caregivers with step-by-step guidance and customized action plans, and our online Community Resource Finder provides instant access to community resources and services.





Our message boards and chat rooms provide an online community for persons with Alzheimer's, caregivers and care providers, and have thousands of registered members from around the United States who refer to the stories and information that are available 24 hours a day.

Through our Alzheimer's Association TrialMatch® program, another free resource, we help people find clinical studies and make it easy to search opportunities to be involved based on personal criteria.

Our education programs provide information to and interaction with caregivers, community groups and professionals. We deliver 20,000 education programs annually across the United States.

### **We advance research**

As the largest nonprofit funder of Alzheimer's research, the Association is committed to accelerating progress of new treatments, prevention and ultimately, a cure. Through our partnerships and funded projects, we have been part of every major research advancement over the past 30

years. Visit our online Research Center at [alz.org/research](http://alz.org/research).

### **We advocate**

The Association is the leading voice for Alzheimer's disease advocacy, fighting for critical Alzheimer's research, prevention and care initiatives. We diligently work to make Alzheimer's a national priority. Our advocates participate in our annual Alzheimer's Association Advocacy Forum, to meet with elected representatives in Washington, D.C. We hold a yearly Alzheimer's Advocacy Day in Albany, where we work to pass legislation at the state level. Join our effort and lend your voice to the cause. Visit [alz.org/advocacy](http://alz.org/advocacy).



Alzheimer's Association Advocacy Forum participants in Washington, DC.

### **We assemble**

Our annual Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. The 2017 Walk to End Alzheimer's in the Hudson Valley brought together more than 4,000 people.

### **Our history**

In 1979, Jerome H. Stone and representatives from several family support groups met with the National Institute on Aging to explore the value of a national, independent, nonprofit organization to complement federal efforts surrounding Alzheimer's disease. That meeting resulted in the April 10, 1980, formation of the Alzheimer's Association with Stone as founding president.

# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

**Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.**

## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

# 2018 ALZHEIMER'S DISEASE FACTS AND FIGURES

ALZHEIMER'S DISEASE IS THE

**6<sup>TH</sup>**

leading cause of death  
in the United States

**16.1 MILLION AMERICANS**  
provide unpaid care for people with  
Alzheimer's or other dementias

These caregivers provided an estimated  
**18.4 BILLION HOURS**  
of care valued at over  
**\$232 BILLION**

Between 2000 and  
2015 deaths from heart  
disease have decreased

**11%** 

while deaths from Alzheimer's  
disease have increased

 **123%**



**1 IN 3**

seniors dies  
with Alzheimer's  
or another  
dementia

It kills more than  
breast cancer and  
prostate cancer  
**COMBINED**



EARLY AND ACCURATE DIAGNOSIS  
COULD SAVE UP TO

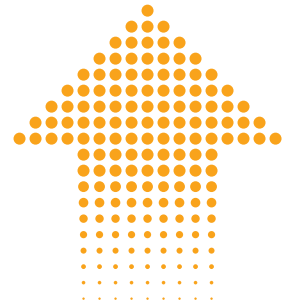
**\$7.9 TRILLION**  
in medical and care costs

IN 2018, Alzheimer's and other  
dementias will cost the nation

**\$277 BILLION**

BY 2050, these costs  
could rise as high as

**\$1.1 TRILLION**



**5.7  
MILLION**

Americans are living  
with Alzheimer's

BY 2050, this  
number is projected  
to rise to nearly

**14  
MILLION**

**EVERY  
65 SECONDS**  
someone in the  
United States  
develops the  
disease



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

## 9-10 a.m.: The 15th Annual Adele Rohrlich Keynote Address

### “Keeping Connected to Someone with Dementia”

**Daniel Kuhn, LCSW**

This talk will identify strategies for improved communication with people who have dementia.

\* Eligible for credit hour



**Daniel Kuhn, LCSW**, is vice president of education at All Trust Home Care, a home care agency that specializes in the care of people with dementia living in the Chicago area. For more than 30 years, he has been a licensed clinical social worker and educator in the fields of dementia care and family caregiving in various care and research settings including the Rush Alzheimer’s Disease Center, the Alzheimer’s Association, and Rainbow Hospice and Palliative Care. Dan has authored or co-authored more than 50 publications and he has given thousands of presentations throughout the United States and Canada. In 2015, he received a Lifetime Achievement Award from the Illinois Chapter of the National Association of Social Workers.

Since 2003, the Alzheimer’s Association has presented the Adele Rohrlich Memorial Lecture to offer advanced Alzheimer’s care education to families and professionals. The lecture is in memory of longtime Westchester resident Adele Rohrlich.

**Notes:**

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## Lunch presentation: 12:10-12:30 p.m.

### “Comprehensive Clinical Update in Neurodegenerative Disease”

**Jessica Zwerling, MD, MS**

This talk will cover the latest in clinical dementia research.



**Jessica Zwerling, MD, MS**, is program director of the Montefiore-Einstein Center for Excellence in Alzheimer’s Disease, associate director of the Center for the Aging Brain and director of clinical neurology at the NIH-funded Einstein Aging Study. She is also director of the Memory Disorders Center at Blondell Avenue, director of the UCNS Geriatric Neurology Fellowship, head of the Neurodegenerative Clinical Trials Program and site leader for the “Neurology of Aging” with Montefiore’s participation in the HRSA GWEP grant. She led the effort to incorporate cognitive screening for the first time in the Montefiore Electronic Medical Records. Zwerling is a board-certified neurologist, a board-certified neuromuscular specialist and completed an NIH sponsored T32 award in Neurodegenerative Disease. She is funded on several grants from the Leslie R. Samuels and Fan Fox Foundation for her work in geriatric neurology. Her pioneering work has expanded the neuropsychology fellowship program, as well as social work programs as she provides comprehensive team-based care to older individuals in the Montefiore Health System. She has been awarded a grant to support a pilot program delivering depression therapy to home bound individuals, as well as outpatients.

**Notes:**

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## Morning Breakout Topics: 10:30–11:30 a.m.

### “Forgetfulness: It’s Not Always What You Think” by Jessica Zwerling, MD, MS; Rubina Malik, MD, MS; Erica F. Weiss, PhD

Participants will learn to establish diagnosis of cognitive impairment utilizing screening tools to differentiate cognitive impairment and identify geriatric syndromes and risk factors for cognitive decline. \* Eligible for credit hour



**Rubina Malik, MD, MS**, completed her medical education at SUNY Stony Brook School of Medicine, her internal medicine residency at University Hospital at Stony Brook, fellowships in ambulatory medicine at Stony Brook and geriatrics medicine at Montefiore Medical Center. She also completed a master’s degree in clinical research methods at Albert Einstein College of Medicine. She joined the faculty of geriatrics at Montefiore in 1997 and is currently an assistant professor of medicine.



**Erica Weiss, PhD**, is a clinical neuropsychologist who completed her doctorate in clinical psychology with a health emphasis at the Ferkauf Graduate School of Psychology at Yeshiva University. She completed her clinical internship and post-doctoral fellowship training in clinical neuropsychology within the division of Neuropsychology at Montefiore where she is now director of the fellowship program and faculty in the department of neurology. She is associate director of neuropsychology at the Montefiore Center for the Aging Brain, director of neuropsychology at the Hudson Valley Center of Excellence in Alzheimer’s Disease and director of Neuropsychology at the Montefiore Memory Disorders Clinic.



**Dr. Jessica Zwerling, MD, MS**, is program director of the Montefiore-Einstein Center for Excellence in Alzheimer’s Disease, associate director of the Center for the Aging Brain and director of clinical neurology at the NIH-funded Einstein Aging Study. She is also director of the Memory Disorders Center at Blondell Avenue, director of the UCNS Geriatric Neurology Fellowship, head of the Neurodegenerative Clinical Trials Program and site leader for the “Neurology of Aging” with Montefiore’s participation in the HRSA GWEP grant. She led the effort to incorporate cognitive screening for the first time in the Montefiore Electronic Medical Records. Zwerling is a board-certified neurologist, a board-certified neuromuscular specialist and completed an

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## “Mindfulness-Based Caregiver Relaxation Techniques” by Corey Esannason, RYT

Participants will learn relaxation techniques that can help caregivers better manage the stress of their role.



**Corey Esannason, RYT**, is a movement and yoga educator with more than 15 years of experience. As the daughter of a parent diagnosed with frontotemporal Degeneration in 2011 and a volunteer coordinator with The Association for Frontotemporal Degeneration, Corey unites her personal and professional connections to caregiving through her work.

**Notes:**

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## “Enhancing Caregiving: Healthy Lifestyle and Eating Habits” by Lisa Zullig, MS, RDN, CSG, CDN

An overview of healthy lifestyle and eating habits for caregivers.



**Lisa Zullig, MS, RDN, CSG, CDN**, is director of nutrition services at God’s Love We Deliver in New York City, a food and nutrition program for people living with serious illnesses. Lisa is a registered dietitian nutritionist, certified dietitian/nutritionist, certified specialist in gerontological nutrition, a graduate of the Natural Gourmet Institute’s Chef Training Program and holds a master’s degree in nutrition Science from Brooklyn College.

**Notes:**

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## “After the Diagnosis: Essential Legal Documents for Persons with Dementia” by Frances M. Pantaleo, Esq.

Attendees will learn about legal documents families need to have completed when a loved one is diagnosed with Alzheimer’s disease or another form of dementia.



**Frances M. Pantaleo, Esq.**, is a partner at Bleakley Platt & Schmidt, LLP, and the head of its Elder Law and Special Needs Planning groups. She handles a broad range of matters with emphasis in the areas of elder law, estate planning, drafting wills and trusts, probate and administration of estates, guardianship proceedings and drafting and administration of supplemental needs trusts. She earned her law degree from New York University Law School in 1979 and is a summa cum laude graduate of Brooklyn College, CUNY. Pantaleo has been recognized as both a “Best Lawyer” and a “Super Lawyer” in elder law and received a Partner in Justice Award in 2007 in recognition of her outstanding pro bono assistance to Legal Services of the Hudson Valley. A former board member of the Alzheimer’s Association Hudson

Valley Chapter, she is a frequent lecturer on elder law and special-needs planning for professionals and community organizations.

**Notes:**

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## “Spanish Roundtable: Una junta en español” Theresa Lopez, BSW, and Teresa Santos, LCSW, MSW

Attendees will participate in a group discussion conducted in Spanish.



**Theresa M. Lopez, BSW**, has been a community engagement manager, diversity specialist, for the Alzheimer’s Association Hudson Valley Chapter since January 2016. She received her bachelor of social work degree from Dominican College in 2014 and worked at Burke Rehabilitation Hospital as a social work case management coordinator. She is now pursuing her LCSW at Adelphi University.



**Teresa Santos, LCSW, MSW**, is a bilingual (English/Spanish) behavioral health care manager for the Memory Disorders Center and Montefiore Health System’s Center for the Aging Brain. Since joining Montefiore Medical Center in 2008, her areas of practice have included child physical/sexual abuse, HIV/AIDS program initiatives, utilization and case management. Most recently, she attained certification from the Alzheimer’s Association in dementia basics and advanced care. She earned her undergraduate degree in social work at Marist College in Poughkeepsie and her master’s in social work from Fordham. She is certified in medical interpretation and has trained in forensic interviewing with the FBI and the National Child Advocacy Center as well as in the psycho-medical intervention and dialectical behavioral therapy with Dr. Alec Miller.

**Notes:**

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# Breakout Sessions

## Afternoon Breakout Topics: 1:30–2:30 a.m.

### “Paying for Long-Term Care: Understanding Medicare, Medicaid and Long-Term Care Insurance” by Moira Laidlaw, Esq.

Attendees will learn about Medicare, Medicaid and long-term care Insurance and how to use them to help pay for long-term care.



**Moira Laidlaw, Esq.**, is a senior partner at Shamberg Marwell Hollis Andreyck & Laidlaw, P.C. She is an executive committee member of the Westchester County Bar Association’s Trusts & Estates Committee and an executive committee member of the New York State Bar Association’s Elder Law and Special Needs Section. Laidlaw is also a certified elder-law attorney from the National Elder Law Foundation, an American Bar Association-accredited program. She earned her bachelor’s degree from the University of California Berkeley and her law degree from Rutgers Law School.

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### “Managing Challenging Behaviors in Persons with Dementia” by Mirnova Ceïde, MD

Attendees of this session will learn about challenging behaviors that commonly appear in people with dementia and how to manage them effectively. \* Eligible for credit hour



**Mirnova Ceïde, MD**, is an assistant professor of geriatric psychiatry and geriatric medicine at the Albert Einstein College of Medicine/Montefiore Medical Center and assistant program director of the Geriatric Psychiatry Fellowship. She completed her adult psychiatry training at Johns Hopkins Hospital in Baltimore, Md., and completed a HRSA Fellowship at SUNY Downstate in Geriatric Psychiatry. She joined the Geriatric Psychiatry Division at Montefiore Medical Center in 2013, where she has held multiple consultative roles in integrated behavioral health programs across the Montefiore Network. She is now a geriatric psychiatrist for Montefiore Home Care and the Center for the Aging Brain.

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## “Mindfulness and Compassionate Caregiving” by Jeanette Sandor, RN, MS

Attendees will learn mindfulness techniques to help provide compassionate care.

\* Eligible for credit hour



**Jeanette Sandor, RN, MS**, is a registered nurse and certified life coach with a master’s degree from the Spirituality Mind Body Institute at Teachers College, Columbia University. She has focused her studies on mindfulness and its effects. In 2016, she founded the Westchester Center for Mindfulness and Well-Being, LLC, where she conducts workshops teaching mindfulness and self-compassion practices. As a nurse who worked in nursing homes for 20 years, she has a passion for working with those who care for the elderly. As a mother of four children, she also focuses her work on parents and children. She enjoys writing and is the author of the blog “Well-Being Life Coach.”

**Notes:**

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## “A How-to Guide for Caregivers: What are the Difficult Decisions and When Do You Make Them?” by Vivian Green Korner, MA, CDP

Attendees will learn about the difficult decisions faced by caregivers of people with dementia, and when they should be made.



**Vivian Green Korner, MA, CDP**, holds a master’s degree from New York University and is a certified dementia practitioner who has dedicated her career for the past 25 years to enhancing the lives of individuals challenged with Alzheimer’s disease and offering support and guidance for their caregivers. She has an active private practice focusing on family caregiver issues and provides dementia-care training seminars to healthcare professionals throughout New Jersey. She facilitates numerous caregiver support groups, serves as a guest speaker for community groups and offers presentations on caregiver issues. Her commitment to raising Alzheimer’s awareness has led her to create and organize community based Alzheimer’s Awareness Weeks in communities throughout

New Jersey. For 17 years, she was director of The Kaplen Adult Reach Center, a social adult day care program.

**Notes:**

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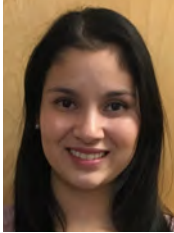
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# Breakout Sessions

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**Notes:**

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# Advocacy: Join us today!

Learn how you can get involved.  
Contact Associate Director of Advocacy  
Debbie Warburton at 845.639.6774 or  
[dwarburton@alz.org](mailto:dwarburton@alz.org)





# JOIN THE FIGHT FOR THE FIRST ALZHEIMER'S SURVIVOR

**Westchester Walk: Sunday, Sept. 16**  
SUNY Purchase  
Register at [WestchesterWalk.org](http://WestchesterWalk.org)

**Orange/Sullivan Walk: Saturday, Oct. 6**  
Thomas Bull Memorial Park, Montgomery  
Register at [OrangeSullivanWalk.org](http://OrangeSullivanWalk.org)

**Dutchess/Ulster Walk: Saturday, Oct. 20**  
Walkway Over the Hudson  
Starting on Highland side  
Register at [WalkwayWalk.org](http://WalkwayWalk.org)

**Rockland Walk: Sunday, Oct. 7**  
Boulder Stadium  
1 Provident Bank Park Drive, Pomona  
Register at [RocklandWalk.org](http://RocklandWalk.org)

**Putnam Walk: Sunday, Oct. 21**  
Putnam County Veterans Memorial Park  
201 Gypsy Train Road, Carmel  
Register at [PutnamWalk.org](http://PutnamWalk.org)

2018 NATIONAL PRESENTING SPONSOR

**Edward Jones**<sup>®</sup>

[HudsonValleyWalks.org](http://HudsonValleyWalks.org)





# DO WHAT YOU LOVE TO FIGHT ALZHEIMER'S



**1** GRAB  
YOUR  
FRIENDS



**2** DO WHAT  
YOU LOVE



**3** RAISE MONEY  
TO MOVE THE  
CAUSE  
FORWARD



**4** PLAN  
YOUR  
DAY



**5** CELEBRATE  
AT  
SUNSET

Start a team today  
to honor those living with  
Alzheimer's at  
[alz.org/thelongestday](http://alz.org/thelongestday).

  
**THE LONGEST DAY**

alzheimer's  association®

# CARE CONSULTATIONS

High quality dementia care requires planning.  
Our experts can help get you started.



## CARE PLANNING CUSTOMIZED TO MEET YOUR NEEDS

Caring for a person with dementia is a life-encompassing experience. The care team may involve many people — the person with dementia as well as his or her family members and friends. It requires thought, strategy and — most importantly — a plan.

During a care consultation, Alzheimer's Association staff can help you:

- 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 tell you what to do. We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's and his or her family. And the service is free.

To schedule a meeting with your local  
Hudson Valley care consultants, call 800.272.3900.

# AlzWell Social Club

11 a.m. to 1:15 p.m. on selected  
Saturdays and Sundays in White Plains

A free program including lunch for people with early- and middle-stage dementia and their caregivers to get out, socialize and enjoy a variety of creative activities in a warm and understanding environment.

Call 800.272.3900  
for prescreening.



**Activities include:**

**Creative writing, trivia games, singing, ice-cream socials, clay art projects, choral groups and sing-alongs, light yoga, dance, art projects and socializing as well as stress-relief exercises.**

Dates and specific location will be provided following prescreening.

# Memory Cafes

**For people with early-stage Alzheimer's disease or other forms of dementia and their family caregivers**



**Socialize, enjoy a meal and take in some music or other shared activities**



**Held at various venues around the Hudson Valley throughout the year. Call for more information about the ones available near you.**

**Call 800.272.3900 for more information and to register.**

**This program is supported in part by a grant from the New York State Department of Health.**



PURPLE SUNDAY

# PURPLE SUNDAY

Purple Sunday is a community event to promote Alzheimer's awareness and the importance of early detection as well as helpful programs offered by the Alzheimer's Association.

Help your place of worship  
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- ◆ Encourage parishioners to wear purple
- ◆ Host an educational table in the lobby
- ◆ Include helpful information in the bulletin

# Support Groups

Support groups available for people with early-stage dementia and caregivers with specialized groups for adult children, spouses and LGBT caregivers. Groups are also offered in Spanish.

Sharing with others who understand can bring relief and help all who participate. Call an office near you today for details about groups in your area:

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### **Cover an information table:**

Help us get the word out about the programs and services we offer at health, community and employee resource fairs.

### **Be an office assistant:**

Help us at one of our four offices by answering the phones, doing data entry, looking up information or preparing mailings. (Our offices are in Poughkeepsie, Middletown, New City and Purchase).

### **Work on a fundraiser:**

Assist with the planning and support for fundraisers such as the Walk to End Alzheimer's, the Longest Day or Subzero Heroes.

**Be an advocate:** Share your story with legislators and public officials to promote legislation to help fund research and help families living with dementia.

### **Be a community educator:**

Volunteers are needed to talk about Alzheimer's around the community. Training in public speaking is available.

### **Volunteer at Music Social, Memory Cafe or Wellness Retreat:**

Assist with social programs for people with dementia and their family caregivers. Help with set up/breakdown (heavy lifting may be required), sign in and refreshments for groups.

### **Help out with dementia simulation:**

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