

FREE EDUCATION CLASSES

alzheimer's  association®

Visit
alz.org/crf
or call
800.272.3900
to register

Due to COVID-19, all classes are being offered virtually via online webinar and conference call.

April 2021

Understanding Alzheimer's & Dementia

Wed. April 7, 3 p.m. | [REGISTER](#)

Wed. April 28, 6 p.m. | [REGISTER](#)

10 Warning Signs of Alzheimer's

Thurs. April 8, 6 p.m. | [REGISTER](#)

Wed. April 21, 11 a.m. | [REGISTER](#)

Effective Communication Strategies

Tues. April 6, Noon | [REGISTER](#)

Legal & Financial Planning for Dementia

Mon. April 19, 6 p.m. | [REGISTER](#)

Tips for Tough Conversations: Doctors Visits, Driving, Legal & Finances

Thurs. April 29, 8 a.m. | [REGISTER](#)

Understanding & Responding to Dementia-Related Behaviors

Tues. April 13, 6 p.m. | [REGISTER](#)

Thurs. April 22, Noon | [REGISTER](#)

Making the Most of Your Telehealth Visit

Thurs. April 1, Noon | [REGISTER](#)

As the COVID-19 pandemic continues, many Alzheimer's and dementia caregivers are faced with additional challenges. This program will explore what we've learned about COVID-19 and provide practical tips and strategies for caregivers and individuals living with dementia as they navigate the pandemic. Additionally, we'll discuss how telehealth - it's uses and benefits and how it has played a role in dementia care during this difficult time.

Approaching Memory Concerns: Tips to Partner with your Family and Physician Across the Journey

Mon. April 12, 6 p.m. | [REGISTER](#)

When someone shows signs of dementia, it's time to talk. Often, conversations with family about doctors visits, driving, legal and financial concerns can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. This program will also feature Sarah Harlock, Program Director at the Integrative Center for Memory at DENT Neurologic Institute.

Alzheimer's Association 24/7 Helpline





Call **800.272.3900** for free, around-the-clock help and the latest information.

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

REGISTER BY VISITING ALZ.ORG/CRF OR CALLING **800.272.3900**

To visit your local chapter, go to alz.org/WNY

or follow us  [@4alzWNY](https://www.facebook.com/4alzWNY)  [@wnyalz](https://www.instagram.com/wnyalz)

Spring Education Series

Join the Alzheimer's Association for a special collection of caregiver education programs. We'll offer one of our programs, followed by a presentation on a special topic and a Q&A session. Each program is 90 minutes long and presented virtually using Zoom. You do not need to participate in each program. More information at alz.org/newyork.



Date	Time	Program
April 1	Noon	Making the Most of Your Telehealth Visit and COVID-19 and Caregiving <i>Featured Speaker: Teresa Santos, Montefiore Hudson Valley Center of Excellence for Alzheimer's Disease, Yonkers, NY</i>
April 12	6 p.m.	Approaching Memory Concerns: Tips to Partner with Your Family and Physician Across the Journey and Tips for Tough Conversations: Doctors Visits, Driving, Legal & Financial Concerns <i>Featured Speaker: Sarah Harlock, DENT Integrative Center for Memory, Buffalo, NY</i>
April 20	Noon	The Importance of an Accurate Diagnosis and 10 Warning Signs of Alzheimer's <i>Featured Speaker: Dr. David Hart, Albany Med Center of Excellence for Alzheimer's Disease, Albany, NY</i>
May 4	4 p.m.	Behavior Management in Action: Creative Solutions for Common Challenges and Understanding and Responding to Dementia-Related Behaviors <i>Featured Speaker: Debi Buzanowski-Stowell, Eddy Memory Care at Marjorie Doyle Rockwell Center, Cohoes, NY</i>
May 18	11:30 a.m.	Medicaid Changes: What You Need to Know and Legal and Financial Planning <i>Featured Speaker: Ron Fatoullah, Esq., Ron Fatoullah & Associates, Great Neck, NY</i>
June 15	4 p.m.	Managing Caregiver Expectations and Relationships Across the Alzheimer's Journey and Effective Communication Strategies <i>Featured Speaker: Dr. Carol Podgorski, Finger Lakes Center of Excellence for Alzheimer's Disease, Rochester, NY</i>
June 23	4 p.m.	In it Together: Dementia, Caregiving and Faith Communities and Understanding Alzheimer's & Dementia <i>Featured Speaker: Rev. Erwin Lee Trollinger, Calvary Baptist Church, White Plains, NY</i>

Going In-Depth

Join one or more of these upcoming special programs that takes an in-depth look at Alzheimer's disease, dementia and caregiving. All programs delivered via Zoom.

A Glimpse into the Life of a Younger Caregiver

April 7, 5-7 p.m.

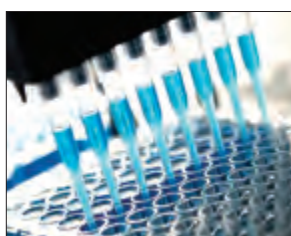
The National Alliance for Caregiving estimates that 1 in 4 caregivers are age 18 to 34. This symposium brings together younger caregivers for an evening of learning, sharing and networking. The program features discussions led by younger caregivers and experts in care to highlight the importance of community support and outreach, a presentation on healthy aging and how to create a plan for healthy aging.



Research Forum

May 11, 10 a.m.-2 p.m.

The field of dementia science is producing new discoveries every day, making it difficult to keep up with the news. A panel of experts, led by Dr. Rebecca Edelmayer, Alzheimer's Association Director, Scientific Engagement, will go behind the headlines to discuss recent findings in dementia research and what we can expect in the near future.



COVID-19 and Caregiving: Finding Hope From What We've Learned

April 27, 6-8 p.m.

It's tough to look for silver linings in the COVID-19 pandemic, but our resilience and ingenuity during this crisis has opened new channels of thinking and practice when it comes to caring for people with Alzheimer's disease or other dementias. Join us for a brief overview of Alzheimer's disease followed by a discussion with local health experts and caregivers as we explore how what we've learned during the pandemic will influence caregivers for years to come.



Healthy Living Conference

June 8, 10-12:30 p.m.

Science has shown that a healthy lifestyle can reduce your risk of developing Alzheimer's disease or other dementias. Learn how healthy diets, regular physical exercise and engaging your brain can contribute to reducing your risk. We'll also discuss the current state of research in this space and how you can get involved.



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

CALL 800.272.3900 OR CLICK ON THE PROGRAM TITLE TO REGISTER.

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