

INSIDE:

**WINTER EDUCATION & ALZTOGETHER
PROGRAM DATES**

UPDATED SUPPORT GROUP LIST

FINDING RESPITE IN YOUR AREA

TIPS FOR WINTER CAREGIVING



Dementia Care 19

alzheimer's  association®

May 22, 2019

Holiday Inn Syracuse
441 Electronics Parkway, Liverpool, NY

FEATURING

Keynote Speaker **Teepa Snow**

TEEPA SNOW is one of North America's leading educators on dementia and the care that accompanies it. As an occupational therapist with forty years of clinical practice, she has founded a company and an approach to support and engage people experiencing changes in brain function. This Positive Approach® to Care emphasizes making use of the skills retained while providing support, and substituting our skill, for what is no longer available.



**REGISTRATION BEGINS
MARCH 1**

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On the web:
alz.org/cny

On social media:



www.facebook.com/alzcnycny



www.twitter.com/alzcnycny



www.instagram.com/alzcnycny

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PROGRAMS & SERVICES IN CENTRAL NEW YORK

Information Services

Experts are available to answer questions about dementia, Alzheimer's disease, Chapter services, support groups and community resources, and provide tips and assistance during times of crisis. Our professionally staffed [24/7 Helpline](#) at 800.272.3900 assists hundreds of thousands of callers each year and provides translation services in more than 200 languages and dialects.

Care Consultations

Care Consultations assist individuals and families to assess current needs and plan for the future. Our team coaches care teams to find mutually acceptable solutions that improve the quality of care for the individual living with Alzheimer's. The free meetings can take place with individual caregivers, care teams or families, and our staff will conduct them in your community.

Support Groups

Peer- and professionally-led gatherings meet bi-weekly or monthly. Support groups provide educational information and social support to individuals and families living with Alzheimer's disease or another dementia.

Education and Training Programs

Caring for an individual with dementia requires an understanding of the disease. Family caregivers can take part in essential education programs with topics including disease progression, communication and behaviors, and legal and financial planning. Residential care facilities can contract the Chapter to provide professional training to their staff.

Safety Services

MedicAlert® + Safe Return® is a 24-hour nationwide emergency response service for individuals living with Alzheimer's or another dementia that wander or have a medical emergency. We provide assistance, no matter when or where the person is reported missing. Tactics and tips about preventing wandering, traveling with a person living with dementia, driving and more are available at alz.org/safety.

ALZTOGETHER

Our social engagement series offers a fun and comfortable way for people living with Alzheimer's disease or another dementia, and their care partner to get out, get active, and get connected with one another through a variety of social events and community-based activities, such as outings to museums and zoos. Events are guided, supervised by trained staff, and free of charge.



ONLINE SERVICES

Online information about Alzheimer's disease

The Alzheimer's Association is the world leader in Alzheimer's care, support and research. It also hosts the largest online resource for people with Alzheimer's and their caregivers — alz.org®.

Our website is more than just a repository of information. It's a resource to find clinical trials, a method to connect with others going through the same issues as you, and a place to chart your or your loved one's course with the disease.

These services are available 24 hours a day, seven days a week, and free of charge.

ALZ.ORG/CNY

Our Chapter website is your online gateway to Alzheimer's support and information, as well as Walk To End Alzheimer's®, The Longest Day®, and more.

ALZCONNECTED®

Our online social community, where individuals living with Alzheimer's disease or another dementia and their caregivers can connect and interact in a safe space. alzconnected.org

ALZHEIMER'S NAVIGATOR®

Our online assessment tool where you can chart your course with the disease. alzheimersnavigator.org

COMMUNITY RESOURCE FINDER

Our online database of care and support options available in your community. Find a support group, education program, long-term care facility, physician and more. communityresourcefinder.org

TRIALMATCH®

The cutting edge clinical trial matching service for Alzheimer's and dementia-related research projects. Open to people living with the disease, their caregivers, and healthy volunteers. alz.org/trialmatch



RESPITE SERVICES

Improve your quality of care and life by taking a break

MOST PEOPLE WHO WORK FULL- OR PART-TIME have the flexibility in their jobs to take time off. Many people receive paid time off when they are sick, take a vacation or need time to deal with personal needs, like doctor's appointments.

There's one job where time off is not given but needed most. Caregiving is a physically, mentally and emotionally grueling occupation, where you never clock out or receive a break. It's also one of the most common roles a person can find themselves in. More than 65 million Americans, or about 1 in 3 people, provide some level of care to a chronically ill, disabled, or aged family member or friend. One-quarter of all caregivers, about 16.1 million people, care for a person living with dementia.

While time off seems impossible for caregivers, it does not have to be. Respite services are available statewide to help relieve the burden felt by caregivers. Though some individuals and families pay for services out of pocket, many people receive respite through Medicaid

or their Medicaid Managed Care program, Veterans Administration, or receive funds through their area agency on aging (see the list of offices on the facing page).

Respite is planned, temporary relief for caregivers through the use of substitute care. These options include:

- Companion services to provide companionship and supervised activities
- Personal care or home health aide services to provide assistance with bathing, dressing, toileting and exercising
- Homemaker or maid services to help with laundry, shopping and preparing meals
- Skilled care services to help with medication and other medical services

The benefits of respite are many. It provides caregivers peace of mind while they are at work. Caregivers can schedule appointments, connect with friends or take time for themselves with the knowledge that the person they care for is safe.

CONTINUED FROM PREVIOUS PAGE

Respite is an important resource for dementia caregivers. According to the Alzheimer's Association *2018 Alzheimer's Disease Facts & Figures*, 59 percent of dementia caregivers report high to very high levels of emotional stress due to caregiving. Dementia caregivers also have disproportionately higher rates of depression, anxiety, high blood pressure and coronary heart disease. Alzheimer's caregivers in New York have total health care costs that are \$881 million higher than non-caregivers.

Frequently asked questions about the Central New York Chapter respite program

How does the program work?

Each area agency on aging has different procedures, but caregivers in each county should start by contacting their local area agency on aging. The office's respite coordinator will present the options available and discuss eligibility standards that may exist.

Should I ask for the Alzheimer's Association respite program?

Each area agency on aging has its own respite program, in which funds are distributed to caregivers who reside in its respective county.

Are there basic rules for the program?

The Chapter requires that the recipient be diagnosed with Alzheimer's disease or other dementia. Respite services provided must be appropriate to the level of patient function and caregiver need, and be culturally competent. Caregivers can receive up to 120 hours of respite per calendar year, based on the availability of funds.

Can I use the funds to pay for emergency respite care, such as an overnight stay at a participating long-term care facility?

Yes, though the costs may exceed your individual respite award. Discuss these options with the area agency on aging to determine what options may be available to resolve your situation.

Could I use the funds to pay for respite in another city, such as hiring a home health aide while traveling to a family function?

Yes, though the area agency on aging may have specific policies with regards to whom can provide the care and how to submit bills.

Who provides the actual care?

Each area agency on aging has different rules, but generally care is provided by trained volunteers or paid care practitioners. Care is available in-home or in the community, such as a social adult day program, where available. The Alzheimer's Association and area agencies on aging maintain lists of respite providers.

Where does the funding come from?

New York State created the Alzheimer's Disease Caregiver Support Initiative in 2016. The Alzheimer's Association, Central New York Chapter was one of the agencies that received a Regional Caregiver Support Initiative grant, which provides respite funding to local area agencies on aging to supplement current respite programs.



How to reach your county's area agency on aging

Area agencies on aging provide direction and support to the aging population in each county of New York State. Also known as offices for aging, these entities are often a function of county government and provide a vast array of services to area residents.

Broome County Office for Aging

607.778.2411

Cayuga County Office for the Aging

315.253.1226

Chenango County Area Agency on Aging

607.337.1770

Cortland County Area Agency on Aging

607.753.5060

Herkimer County Office for the Aging

315.867.1121

Jefferson County Office for the Aging

315.785.3191

Lewis County Office for the Aging

315.376.5313

Madison County Office for the Aging

315.697.5700

Oneida Office for Aging & Continuing Care

315.798.5456

Onondaga County Dept. of Adult and Long Term Care Services

315.435.2362

Oswego County Office for the Aging

315.349.3484

Otsego County Office for the Aging

607.547.4232

St. Lawrence County Office for the Aging

315.386.8636

Tioga Opportunities, Inc., Dept. of Aging Services

607.687.4120

Tompkins County Office for the Aging

607.274.5482



SUPPORT GROUPS

A compassionate community of caregiving peers

The challenges and emotions that come with caregiving for an individual living with Alzheimer's disease or another dementia can be overwhelming. It can be a stressful endeavor surrounded by anxiety, worry and guilt, and many feel as if they are alone in their journey. Support groups are a community of peers that exist to support one another.

Caregiver support groups promote an open forum of sharing and discussion among people facing many of the same issues. The group's power rests within its members' ability to show compassion, develop strategies and empower its members to provide the highest quality care possible.

Early-stage support groups provide peer-to-peer conversation and support for individuals living in the disease's early stages. Groups are open to the individual living with the disease and the caregiver, and advanced screening is recommended prior to attending by calling the number listed with the support group.

Additionally, the Chapter offers support groups that address the needs of **LGBT caregivers** and care partners of those with **younger-onset Alzheimer's disease**.

Early-Stage Support Groups

Advanced screening is strongly recommended prior to attending by calling the number listed with the group.

DeWitt

Pebble Hill Presbyterian Church
5299 Jamesville Rd.
3rd Wednesday, 4:30 p.m.
Call 315.472.4201 x601

Vestal

Vestal United Methodist Church
328 Main St.
2nd Friday, 1 p.m.
Call 607.785.7852 x601

Whitesboro

Dunham Public Library
76 Main St. #78
2nd Monday, 11 a.m.
Call 315.617.4025 x601

Caregiver Support Groups

Caregiver support groups are open to caregivers of individuals living with Alzheimer's disease or another dementia. Find the most up-to-date list at the Alzheimer's Association Community Resource Finder at www.communityresourcefinder.org or call our office (phone numbers on page 1).

Broome County

Endicott

Our Lady of Good Counsel Parish House, 719 W. Main St.
2nd Wednesday, 10 a.m.

Johnson City

United Methodist Homes Hilltop Campus, 286 Deyo Hill Rd.
3rd Wednesday, 4 p.m.

Vestal

Vestal Public Library, 320 Vestal Pkwy. East
1st Tuesday, 5:30 p.m.

Cayuga County

Auburn

Sts. Peter and John Episcopal Church, 69 Genesee St.
1st Thursday, 2 p.m.

Chenango County

Norwich

United Church of Christ, First Congregational, 11 W. Main St.
3rd Thursday, 6 p.m.

Cortland County

Cortland

Walden Place, 839 Bennie Rd.
3rd Wednesday, 12:30 p.m.

Marathon

Peck Memorial Library, 24 W. Main St.
4th Thursday, 2 p.m.

Herkimer County

Little Falls

Little Falls Community and Senior Center, 524 E. Main St.
2nd Thursday, 6 p.m.

Jefferson County

Clayton

St. Mary's Catholic Church, 521 James St.
4th Tuesday, 5:30 p.m.

Watertown

Northern Regional Ctr. for Independent Living, 210 Court St., #104
4th Tuesday, 4:30 p.m.

Lewis County

Lowville

Lewis County Office for the Aging, 5274 Outer Stowe St.
3rd Thursday, 10 a.m.

Madison County

Canastota

Madison County Office for the Aging, 138 Dominic Bruno Blvd.
3rd Friday, 10 a.m.

Cazenovia

Community Resources for Independent Seniors, Cherry Valley Professional Plaza, 2662 Rte. 20 East
2nd Wednesday, 6 p.m.

Oneida County

Clinton

Brookdale Clinton, 115 Brookside Rd.
Last Wednesday, 1 p.m.

Rome

Rome Memorial Hospital, 1500 James St., Classroom
2nd Tuesday, 5 p.m.

Onondaga County

Baldwinsville

Baldwinsville Methodist Church, 17 W. Genesee St.
2nd Tuesday, 6:30 p.m.

Clay

Immanuel Lutheran Church, 4947 NYS Route 31
4th Thursday, 3 p.m.
Support group for spousal caregivers

Liverpool

Liverpool First Presbyterian Church, 603 Tulip St.
2nd Saturday, 11 a.m.

Manlius

Manlius Public Library, 1 Arkie Albanese Way
4th Tuesday, 6:30 p.m.

North Syracuse

NOPL North Syracuse, 100 Trolley Barn Lane
3rd Tuesday, 3:15 p.m.

Skaneateles

Grace Chapel, 1674 U.S. Route 20
Last Thursday, 2 p.m.

Caregiver Support Groups (continued)

Syracuse

Alzheimer's Association, Central New York Chapter, 441 W. Kirkpatrick St.

2nd Wednesday, 5:30 p.m.

Support group for caregivers of people with younger-onset (under 65 years old) Alzheimer's disease or other dementia

The Centers at St. Camillus, 813 Fay Rd.

3rd Tuesday, 5:30 p.m.

The Hearth on James, 830 James St.

1st & 3rd Thursday, 1 p.m.

SAGE Upstate, 431 E. Fayette St.

1st Tuesday, 6 p.m.

LGBT caregivers support group

Syracuse V.A. Hospital, 800 Irving Ave., Room B905

1st Wednesday, 1 p.m.

Non-Veterans Welcome

Oswego County

Central Square

First Universalist Church of Central Square, 3243 Fulton Ave.

4th Monday, 7 p.m.

Oswego

The Manor at Seneca Hill, 20 Manor Dr.

4th Wednesday, 6 p.m.

St. Lawrence County

Canton

Maplewood, 205 State Street Rd.

1st Tuesday, 6:30 p.m.

Gouverneur

Gouverneur Community Center, 4673 NYS Route 58

2nd Wednesday, 1:30 p.m.

Ogdensburg

Riverledge Health Care & Rehabilitation Center,

8101 NYS Route 68

2nd Tuesday, 4 p.m.

Tioga County

Owego

Tioga Opportunities, Inc., 9 Sheldon Guile Blvd.

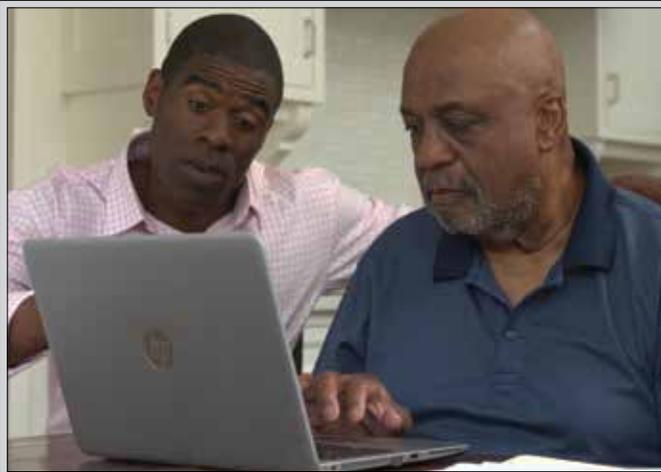
3rd Tuesday, 1:30 p.m.

Tompkins County

Ithaca

Lifelong, 119 W. Court St.

1st Wednesday, 5:30 p.m.



alzconnected

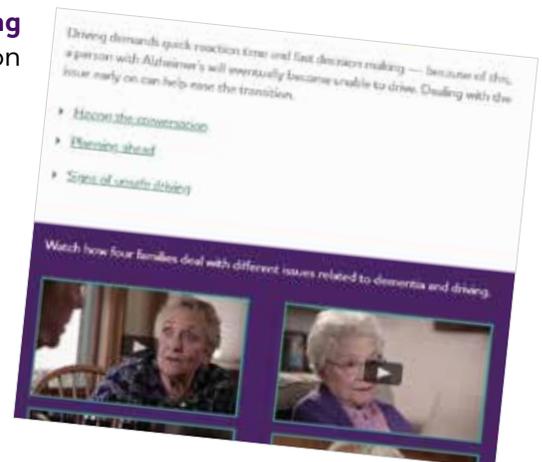
Find support from your peers in the comfort of your home at **alzconnected**, a secure online support community for people living with dementia and their care partners.

alzconnected.org

THE DEMENTIA AND DRIVING RESOURCE CENTER at alz.org/driving

is a product of a cooperative agreement between the Alzheimer's Association and the National Highway Traffic Safety Administration (NHTSA). Our Dementia and Driving Resource Center features:

- Video scenarios showing four different families discussing driving and dementia
- Tips and strategies for planning ahead and handling resistance
- Common signs of unsafe driving
- Resources for alternative methods of transportation
- Additional information on driving and safety



You can help advance Alzheimer's research with TrialMatch®

TrialMatch is:

- » A free, easy-to-use clinical studies matching service.
- » Designed for:
 - » Individuals living with Alzheimer's.
 - » Caregivers and healthy volunteers without dementia.
- » A database with 250+ studies — including pharmacological (drug) and non-pharmacological (non-drug) studies — that take place at sites across the country and online.

To learn more:

- » Visit alz.org/TrialMatch
- » Email TrialMatch@alz.org, or
- » Call 800.272.3900

alzheimer's  association®
trialmatch®

POWERED BY  EmergingMed





ALZTOGETHER

Social programs for individuals living with Alzheimer's and their care partners

ALZTOGETHER is a series of social engagement activities for individuals living with Alzheimer's disease or another dementia and their caregivers. Caregivers often look for ways to make a meaningful connection with the person for whom they care. **ALZTOGETHER** offers a safe, fun way for both the person living with the disease and their caregiver to get out, get active, and connect with others.

Caregivers have shared with us how **ALZTOGETHER** presents them with an opportunity to network with other caregivers going through similar challenges. The guided tours and activities are set at the pace of the individual living with the disease, with sensory and historical experiences led by docents or artists and assisted by Alzheimer's Association staff.

In order to participate, the person living with dementia must be accompanied by a caregiver, friend or family member. Events are free of charge.

Register by calling 315.472.4201 x601.



Upcoming ALZTOGETHER Programs

Call 315.472.4201 x601 to register

Tuesday, Feb. 26, 10 a.m. to Noon
Art Workshop at Eye Studio Arts
714 W. Manlius St., East Syracuse

Join us at Eye Studio Arts for an art workshop led by Ilene Layow. She uses the creative process to help people of all ages improve their health and emotional well-being.

Wednesday, Mar. 13, 3 to 5 p.m.
Tour of Northeast Classic Car Museum
24 Rexford St., Norwich

Over 160 classic and vintage vehicles are on display in five connected, accessible buildings at the Northeast Classic Car Museum. Some of the exhibits include the Fabulous Franklins, Cars made in New York State, and the Post-War Collection. Visitors are also treated to original videos, WWI & WWII aircraft engines, period fashions, and much more.

Friday, Mar. 22, 2:30 to 4 p.m.
Tour of 1890 House Museum
37 Tompkins St., Cortland

We invite you to explore the 1890 House Museum, built for the late 19th-century inventor & industrialist Chester F. Wickwire. Creating countless patents, distributing mass quantities of woven wire goods throughout the United States and the world, Chester Wickwire also served as a philanthropist to his community and created this remarkable home.

Friday, Mar. 29, 10:30 a.m. to 12:30 p.m.
Arts and Crafts at Lewis County Office for the Aging
7550 S. State St., Lowville

Meet us at the Lewis County Office for the Aging for an arts and crafts workshop. Supplies will be provided, so just make sure to bring your creativity and wear appropriate clothes for crafting.

Thursday, Apr. 11, 1:30 to 3:30 p.m.
Painting Workshop at the Everson Museum of Art
401 Harrison St., Syracuse

Join us for a painting workshop at the Everson Museum of Art. Please wear clothes you don't mind getting a little messy. Afterwards, feel free to browse the Everson's permanent collection, which includes paintings, drawings, prints, photography, ceramics, and special exhibitions.

Saturday, Apr. 13, 1 to 3 p.m.
Arts and Crafts at Flower Memorial Library
229 Washington St., Watertown

Meet us at the Flower Memorial Library for an Easter-themed arts and crafts workshop. Supplies will be provided, so just make sure to bring your creativity and wear appropriate clothes for crafting.



Friday, Apr. 19, 1 to 3 p.m.
Tour of Fort Stanwix
100 N. James St., Rome

Enjoy a historical overview of Fort Stanwix National Monument, a reconstructed Revolutionary War-era fort in Rome, NY. We will start in the Marinus Willett Collections and Education Center, which houses military arms and accoutrements; clothing, hardware, utensils, Indian artifacts, furniture and furnishings from the French and Indian War and the American Revolutionary War periods; 18th century manuscript collection; archeological objects and associated field records relating to the 18th century fort occupation.

Thursday, Apr. 25, 1:30 to 3 p.m.
Tour of Bundy Museum of History & Art
129 Main St., Binghamton

We will be exploring the Bundy Annex, home to a vintage barbershop exhibit, the 1893 World's Fair Booth Exhibit, and the Rod Serling archive, which contains rare and one-of-a-kind TV and film props, memorabilia and personal items owned by the famous American screenwriter and playwright. We will also be offering attendees a virtual tour of the Harlow E. Bundy House.

Wednesday, May 8, 2 to 4 p.m.
Tour of Ward O'Hara Agricultural Museum
6880 NYS Route 38A, Auburn

Step back in time to the turn of the century in rural Cayuga County. Stroll through our carpenter and blacksmith shops, a complete rural kitchen, bedroom, one room school, country mercantile and dairy room. See everything from handheld tools to horsedrawn implements, tractors and other large pieces of farm equipment that were made in the 1800s and 1900s.

Friday, May 17, 1 to 3 p.m.
Garden Tour and Workshop at Bakers' Acres
1104 Auburn Rd., Groton

We will tour the display gardens and discuss the many plant varieties, maintenance, and garden design. Join us after the tour to create your own container garden. Feel free to bring along an empty pot or container from home to fill up with plants and flowers.

Alzheimer's disease creates questions.
We can guide you to answers.

alzheimersnavigator.org

ALZHEIMER'S navigator™

Alzheimer's disease isn't straightforward. But your action plan can be.

Planning for the future can empower you to positively impact your overall quality of life. The Alzheimer's Association Alzheimer's Navigator™ online assessment program helps you, whether you're living with dementia or caring for someone who is, create a customized action plan to proactively face this disease.

Map out your plan to approach Alzheimer's:

- Complete the Welcome Survey to identify your specific disease-related needs and interests. The results will determine additional topic-specific surveys to help guide the creation of your customized action plan.
- Receive a customized, easy-to-use action plan that will give you step-by-step guidance in improving either your disease management or caregiving.
- Implement your action plan with help from local resources located one click away via our Community Resource Finder at communityresourcefinder.org.
- Create a care team that can include family members, friends, physicians or whomever you wish to keep up-to-date on your action plan.



alz.org | 800.272.3900

Start planning today
at alzheimersnavigator.org.



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

If you care for someone living with Alzheimer's disease, memory loss or another dementia, you are not alone. We're here day or night — whenever you need us — offering:

- Referrals to local resources
- Assistance during crisis
- Information about Alzheimer's Association services
- Answers to your questions about Alzheimer's
- Access to clinical trials
- Translation services to more than 200 languages and dialects

CALL 800.272.3900

alzheimer's  association®



CREATE A SAFE RETURN

Learn how to get MedicAlert® + Alzheimer's Association Safe Return® for free

IT'S COMMON FOR A PERSON LIVING WITH DEMENTIA TO WANDER and become lost; many do repeatedly. In fact, six out of 10 people living with dementia will wander at some point during the course of the disease. Wandering can be dangerous — even life threatening. The stress can weigh heavily on caregivers and family.

The Alzheimer's Association® and MedicAlert Foundation International have formed an alliance to help ensure the safety of individuals living with Alzheimer's or another dementia.

MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals living with dementia who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing.



HOW IT WORKS

When a person enrolled in MedicAlert[®] + Safe Return[®] goes missing, the caregiver should call 911, followed by the program's 24-hour hotline at 800.625.3780 to file a report. This activates a national network that jumps into action. MedicAlert[®] + Safe Return[®] will fax information and a photo of the missing person to local police who conduct the search.

While the search takes place, MedicAlert[®] + Safe Return[®] and Alzheimer's Association staff support the family through the crisis and offer assistance to law enforcement.

The MedicAlert[®] + Safe Return[®] jewelry helps law enforcement, emergency personnel or ordinary citizens identify the person as having Alzheimer's disease. This person can contact the toll-free number listed on the jewelry. MedicAlert[®] + Safe Return[®] facilitates contact with law enforcement to ensure they return home safely.

Caregivers can also receive jewelry so emergency personnel or medical staff know that a person living with Alzheimer's disease or another dementia relies on them for assistance. If a caregiver wearing the jewelry is incapacitated, the network springs to action and contacts friends or family listed on the MedicAlert[®] + Safe Return[®] file, letting them know of the situation.

WHAT YOU GET

Your MedicAlert[®] + Safe Return[®] kit will be delivered by mail and includes identification jewelry (see above) for the individual living with Alzheimer's disease and their caregiver, personalized with their information and MedicAlert[®] + Safe Return[®]'s 24-hour emergency toll-free number, plus:

- Personalized emergency wallet cards
- 24-hour emergency response service
- Personal health records (PHR)
- Six Steps to a Safe Return magnet

FREE OF CHARGE

Enrollment in MedicAlert[®] + Safe Return[®] for a person living with Alzheimer's disease or another form of dementia and their caregiver is free of charge for individuals residing in Central New York, thanks to the New York State Department of Health Regional Caregiver Support Initiative grant. Regularly, the cost is \$55 per person and an additional \$35 per caregiver.

The grant provides funds specifically for enrollment in the program and program renewals, **but only when the application is mailed to the Chapter's office in Syracuse** (address is at the top of the application).

Front of jewelry


Z101

Large Purple Medical ID Bracelet


Z100

Purple Medical ID Pendant


Z102

Small Purple Medical ID Bracelet

Back of jewelry


MEMBER

CAREGIVER

APPLY FOR YOUR FREE ENROLLMENT

Complete the application on the following pages, tear it out of this publication and send it to our office in Syracuse. Only applications mailed to our Syracuse address qualify for free enrollment.

MEMBER & CAREGIVER ENROLLMENT FORM

Complete both pages of this form and return to Alzheimer's Association, 441 W. Kirkpatrick St., Syracuse, NY 13204

Member enrollment

Last name _____

First name _____

Nickname _____

Address (no PO Box) _____

City _____

State _____ ZIP _____

Phone (_____) _____

Birthdate _____ Male Female

Last 4 digits of Social Security No. _____

Height _____ Weight _____

Eye color _____ Hair color _____

Race/ethnicity _____

Skin tone Dark Medium Fair

Mole Tattoo Scar Birthmark

Drug allergies – list all known

Medications - list all, including inhalers, and dosages

Medication	Prescribed dosage

Medical conditions

Only individuals with Alzheimer's or another dementia are eligible for the MedicAlert + Safe Return program.

- Alzheimer's disease
- Other dementia _____

Other conditions

- | | |
|---|---|
| <input type="checkbox"/> Angina | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Glaucoma |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Hearing Impaired |
| <input type="checkbox"/> Atrial Fibrillation | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Chronic Obstructive Pulmonary Disease (COPD) | <input type="checkbox"/> Myocardial Infarction |
| <input type="checkbox"/> Congestive Heart Failure | <input type="checkbox"/> Organ Transplant |
| <input type="checkbox"/> Coronary Artery Disease | <input type="checkbox"/> Seizure Disorder |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Emphysema | <input type="checkbox"/> Von Willebrand's Disease |

Other _____

Implant* _____

Primary contact information

Last name _____

First name _____

Address (no PO Box) _____

City _____

State _____ ZIP _____

Phone home (_____) _____

Cell (_____) _____

Work (_____) _____

Email _____

Secondary contact information

Last name _____

First name _____

Address (no PO Boxes) _____

City _____

State _____ ZIP _____

Phone home (_____) _____

Cell (_____) _____

Work (_____) _____

Email _____

MEMBER & CAREGIVER ENROLLMENT FORM

Complete both sides of this form and return it to Alzheimer's Association, 441 W. Kirkpatrick St., Syracuse, NY 13204

Caregiver enrollment

Last name _____
 First name _____
 Nickname _____
 Address (no PO Box) _____
 City _____
 State _____ ZIP _____
 Phone home (_____) _____
 Cell (_____) _____
 Work (_____) _____
 Birthdate _____ Male Female
 Last 4 digits of Social Security No. _____

Drug allergies – list all known

Medications – list all, including inhalers, and dosages

Medication	Prescribed Dosage
_____	_____
_____	_____
_____	_____

Medical conditions – check all that apply

Be sure to note any condition that requires continued physician care or special attention in an emergency.

- | | |
|---|---|
| <input type="checkbox"/> Angina | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Glaucoma |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Hearing Impaired |
| <input type="checkbox"/> Atrial Fibrillation | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Chronic Obstructive Pulmonary Disease (COPD) | <input type="checkbox"/> Myocardial Infarction |
| <input type="checkbox"/> Congestive Heart Failure | <input type="checkbox"/> Organ Transplant |
| <input type="checkbox"/> Coronary Artery Disease | <input type="checkbox"/> Seizure Disorder |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Emphysema | <input type="checkbox"/> Von Willebrand's Disease |
|
 | |
| <input type="checkbox"/> Other _____ | |
| <input type="checkbox"/> Implant* _____ | |
| <input type="checkbox"/> No known medical conditions | |

* Please list the manufacturer model and serial number, or include a copy of your implant card with this form.

Emergency contact

Last name _____
 First name _____
 Nickname _____
 Phone home (_____) _____
 Cell (_____) _____
 Work (_____) _____

Member jewelry selection

- Type Small stainless steel bracelet (1³/₈")
- Large stainless steel bracelet (1⁵/₈")
- Stainless steel pendant (1¹/₄") with necklace (26" chain)
- Exact wrist measurement _____ inches (Required for bracelet. Please measure wrist snugly and add 1/2".)

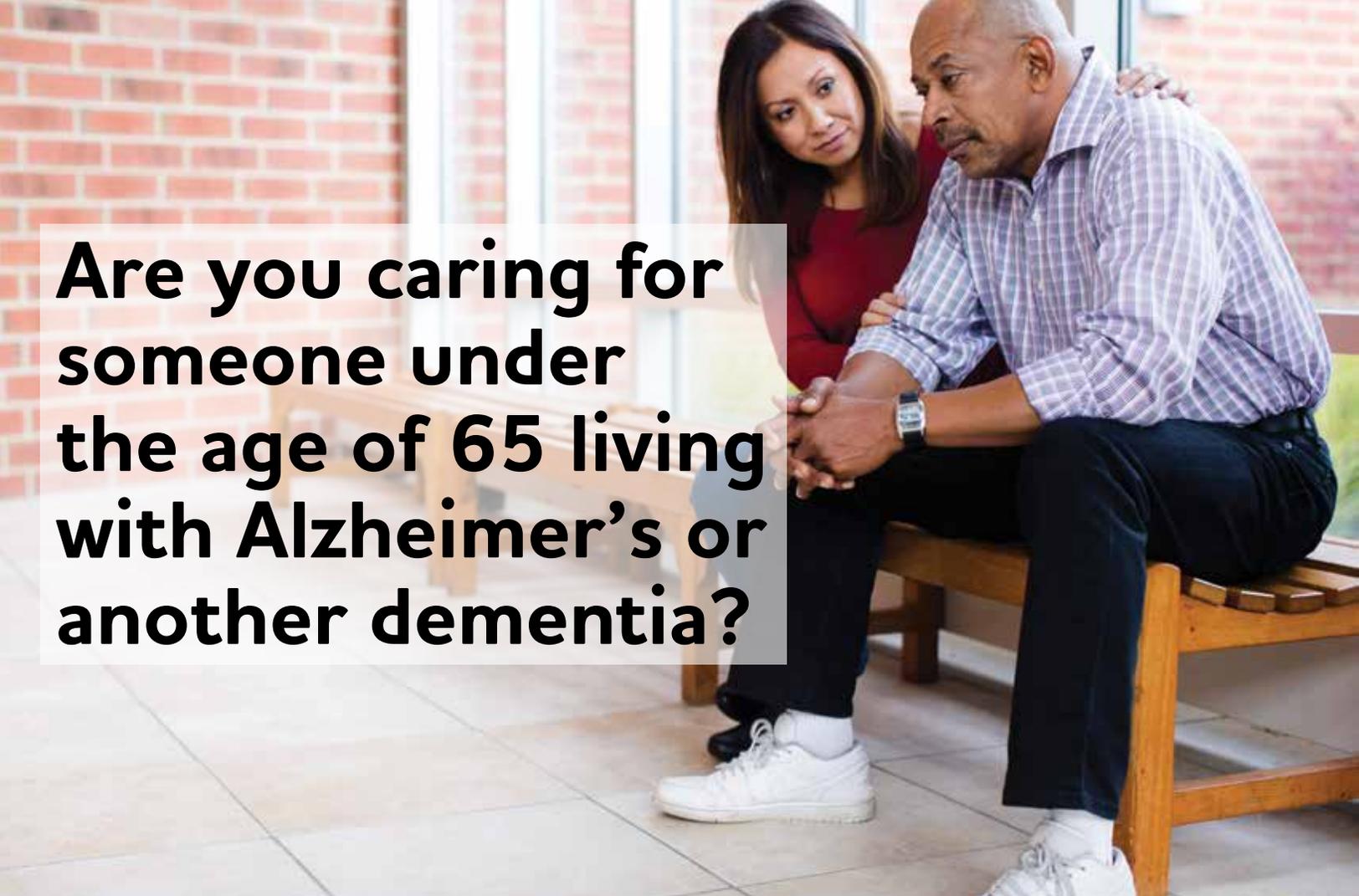
Caregiver jewelry selection (if purchasing caregiver membership)

- Type Small stainless steel bracelet (1³/₈")
- Large stainless steel bracelet (1⁵/₈")
- Stainless steel pendant (1¹/₄") with necklace (26" chain)
- Exact wrist measurement _____ inches (Required for bracelet. Please measure wrist snugly and add 1/2".)

Consent

Important: By accepting membership in MedicAlert Foundation, for yourself as member or caregiver and/or as caregiver on behalf of the member named above (collectively, "you"), you authorize MedicAlert to release all medical and other confidential information about you in emergencies and to other health care personnel you designate. If you choose to terminate membership, you must notify us in writing and return your jewelry. MedicAlert relies upon the accuracy of the information that you provide. You, therefore, agree to defend, indemnify, and hold MedicAlert (including its employees, officers, directors, agents, and organizations with which it maintains a marketing alliance for the provision of services hereunder) harmless from any claim or lawsuit brought by member or others for injury, death, loss or damages arising in whole or in part out of your provision of incomplete or inaccurate information to MedicAlert. Furthermore, as caregiver for the member named above, you hereby represent and warrant to MedicAlert that you have full power and authority, as the duly authorized representative of such member, to enroll and act on his or her behalf.

Signature



Are you caring for someone under the age of 65 living with Alzheimer's or another dementia?

More than 200,000 Americans under the age of 65 are living with Alzheimer's disease. A diagnosis of younger-onset Alzheimer's is life-changing. However, you can empower yourself by preparing for what's ahead and focus on what brings you joy. While each family experiences the impact of the disease differently, common experiences include:

- Stigma
- Loss of income
- Change in the parental role
- Change in the spousal relationship

Younger-onset care partners are invited to our monthly support group:

2nd Wednesday of each month at 5:30 p.m.
Alzheimer's Association office
441 W. Kirkpatrick St., Syracuse



Alzheimer's Community Forum

Alzheimer's disease, dementia and memory loss

Monday, May 6 | 4:30-6:30 p.m.

New Hartford Public Library

2 Library Lane, New Hartford, NY

Learn about Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Light refreshments will be provided.

Registration is requested.

Call 315.617.4025 and press zero to register.

alzheimer's  association®

TAKE THE CHALLENGE OUT OF FINDING DEMENTIA CARE RESOURCES

COMMUNITY RESOURCE FINDER

alz.org/CRF



ALZHEIMER'S ASSOCIATION & AARP COMMUNITY RESOURCE FINDER

Community Resource Finder, powered by Carelike®, is a database of dementia and aging-related resources. Whether you're beginning your search or exploring other choices, this free online tool makes it easy to find resources in your area, including:

- » Housing options.
- » Care at home.
- » Medical services.
- » Legal services, including elder law attorneys.
- » Community services, such as adult day centers and transportation.
- » Alzheimer's Association® information, programs and services.
- » AARP information, programs and services.

START YOUR CUSTOMIZED SEARCH TODAY

- » Visit alz.org/CRF
- » Use our advanced search filters to identify the best matches.
- » Search by ZIP code to find service providers nearby and those that make home visits.
- » Easily save a list of selected resources and share with others.

AARP
Family Caregiving™

alzheimer's 
association®

The Alzheimer's Association and AARP do not endorse any of the agencies listed on Community Resource Finder and assume no responsibility for the services and advice provided by these companies or their associates.



EDUCATION PROGRAMS

Free programs for those impacted by dementia and the general public

Education is our best weapon in the fight against Alzheimer's disease. Informed caregivers are the best caregivers because they know the right questions to ask, the available care options and how to make the best decisions for their loved one living with the disease. All of these factors directly impact the quality of life for the individual living with dementia. They also know that in order to provide the best possible care to their loved one living with dementia that they must pay attention to their own health needs.

Alzheimer's Association programs are developed by experts in the field and reviewed by their peers for quality. Our presenters have undergone extensive training in the field of dementia care and the resources available to families.

HOW TO REGISTER

Advance registration is required at least five business days before the program date. Unfortunately, programs with minimal registrations will have to be cancelled. If you do not register, you are still welcome to attend, but please contact us to confirm that the program is still scheduled.

Reserve your seat by dialing 100 when calling our office:

315.294.1691 (Auburn)
607.785.7852 (Binghamton)
607.289.4098 (Cortland)
607.330.1647 (Ithaca)
315.596.4016 (Oswego)
315.621.4025 (Potsdam)
315.472.4201 (Syracuse)
315.617.4025 (Utica/Rome)
315.782.8755 (Watertown)

UNDERSTANDING ALZHEIMER'S & DEMENTIA

This program covers the basics of Alzheimer's and dementia, explores the relationship between Alzheimer's disease and dementia, examines what happens in a brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what's on the horizon for Alzheimer's research, and offers helpful Alzheimer's Association resources. **The program is one hour long.** *Intended for: Anyone interested in learning more about Alzheimer's disease.*

Jan. 10, 2 p.m.	Community Resources for Independent Seniors, 2662 U.S. 20, Cazenovia
Jan. 15, 3 p.m.	Seymour Public Library, 176 Genesee St., Auburn
Jan. 22, 1 p.m.	Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer
Jan. 24, 3 p.m.	Colonial Park Rehabilitation & Nursing Center, 950 Floyd Ave., Rome
Jan. 25, 11 a.m.	Carthage Free Library Memory Cafe, 412 Budd St., Carthage
Jan. 28, 4 p.m.	Herkimer College, 100 Reservoir Rd., Herkimer
Jan. 29, 11 a.m.	McGraw House, 221 S. Geneva St., Ithaca
Jan. 30, 10 a.m.	Parkway Center, 220 Memorial Pkwy., Utica
Jan. 30, 4 p.m.	Mundy Branch Library, 1204 S. Geddes St., Syracuse
Feb. 4, 4 p.m.	Tompkins County Public Library, 101 E. Green St., Ithaca
Feb. 5, 2 p.m.	Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Feb. 13, 3 p.m.	Jervis Public Library, 613 N. Washington St., Rome
Feb. 19, 4:30 p.m.	Elderwood at Waverly, 37 N. Chemung St., Waverly
Feb. 20, Noon	Tompkins County Office for the Aging, 214 State St., Ithaca
Feb. 21, 4 p.m.	Depauville Free Library, 32333 Cty. Rte. 179, Depauville
Feb. 25, Noon	Brookdale Fayetteville, 5125 Highbridge St., Fayetteville
Feb. 27, 2 p.m.	Terrace Heights Community Center, 2 Terrace Heights, New Berlin
Feb. 28, 1 p.m.	Hospice & Palliative Care of St. Lawrence Valley, 6805 U.S. 11, Potsdam
Mar. 18, 3 p.m.	View Arts Center, 3273 NY Rte. 28, Old Forge
Mar. 19, Noon	Our Lady of Good Counsel Church, 701 W. Main St., Endicott
Mar. 19, 1 p.m.	Big Apple Social Day Care, 201 Main St., Binghamton
Mar. 21, 2 p.m.	New Berlin Library, 15 S. Main St., New Berlin
Apr. 1, 5 p.m.	Bishop's Commons at St. Luke, 4 Burkle St., Oswego
Apr. 8, 5:30 p.m.	Utica Public Library, 303 Genesee St., Utica
Apr. 15, 2 p.m.	Hospice & Palliative Care of St. Lawrence Valley, 6805 U.S. 11, Potsdam
Apr. 16, 5:30 p.m.	Cayuga Community College, 197 Franklin St., Auburn
Apr. 18, 9 a.m.	Lewis County Office for Aging, 7550 S. State St., Lowville
Apr. 19, 3 p.m.	View Arts Center, 3273 NY Rte. 28, Old Forge
May 6, Noon	Ward W. O'Hara Agricultural & Country Living Museum, 6880 E. Lake Rd., Auburn
May 16, 11 a.m.	New Hartford Public Library, 2 Library Lane, New Hartford

LEGAL & FINANCIAL PLANNING

If you or someone you know is affected by Alzheimer's disease or other dementia, planning for the future is important. Our experts will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits. **The program is two hours long.** *Intended for: Individuals and families impacted by Alzheimer's disease or another dementia. This introductory program is not a substitute for professional legal or financial advice.*

Jan. 15, 4 p.m.	Brookdale East Side, 7164 E. Genesee St., Fayetteville
Feb. 6, 1 p.m.	Country Inn & Suites, 1100 Danby Rd., Ithaca
Feb. 13, 10 a.m.	Parkway Center, 220 Memorial Pkwy., Utica
Mar. 18, 10 a.m.	Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Mar. 21, 4 p.m.	Depauville Free Library, 32333 County Route 179, Depauville
Apr. 9, 2 p.m.	New Hartford Public Library, 2 Library Lane, New Hartford
May 15, Noon	Tompkins County Office for the Aging, 214 State St., Ithaca

EFFECTIVE COMMUNICATION STRATEGIES

This program explores how communication takes place when someone is living with 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. **The program is one hour long.** *Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.*

Jan. 7, 10 a.m.	Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Jan. 9, 5:30 p.m.	Brookdale Bellevue, 4330 Onondaga Blvd., Syracuse
Jan. 14, 2:30 p.m.	Peregrine Senior Living at Onondaga Hill, 4701 Peregrine Way, Syracuse
Jan. 16, 1 p.m.	Country Inn & Suites, 1100 Danby Rd., Ithaca
Jan. 23, 1 p.m.	New Berlin Library, 15 S. Main St., New Berlin
Feb. 19, 2 p.m.	Community Resources for Independent Seniors, 2662 U.S. 20, Cazenovia
Feb. 20, 4 p.m.	Herkimer College, 100 Reservoir Rd., Herkimer
Feb. 21, Noon	Lewis County Office for Aging, 7550 S. State St., Lowville
Feb. 26, 3 p.m.	Colonial Park Rehabilitation & Nursing Center, 950 Floyd Ave., Rome
Mar. 4, 4 p.m.	Elderwood at Waverly, 37 N. Chemung St., Waverly
Mar. 4, 5 p.m.	Seymour Public Library, 176 Genesee St., Auburn
Mar. 20, 4 p.m.	Jervis Public Library, 613 N. Washington St., Rome
Mar. 25, 1 p.m.	Hospice & Palliative Care of St. Lawrence Valley, 6805 U.S. 11, Potsdam
Apr. 12, 1 p.m.	Big Apple Social Day Care, 201 Main St., Binghamton
Apr. 24, 3 p.m.	Our Lady of Good Counsel Church, 701 W. Main St., Endicott
May 1, 3:30 p.m.	Tompkins County Public Library, 101 E. Green St., Ithaca
May 8, 5 p.m.	Mundy Branch Library, 1204 S. Geddes St., Syracuse
May 9, 4 p.m.	Depauville Free Library, 32333 County Route 179, Depauville
May 20, 2 p.m.	St. Francis Commons at St. Luke, 12 Burkle St., Oswego
May 29, 1 p.m.	McGraw House, 221 S. Geneva St., Ithaca

UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR

The Understanding and Responding to Dementia Related Behavior program of the Alzheimer's Association is designed to provide practical information and resources to help dementia caregivers learn to decipher how best to respond.

The program is one and one-half hours long. *Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.*

Jan. 17, Noon	Lewis County Office for the Aging, 7550 S. State St., Lowville
Feb. 7, Noon	New Hartford Public Library, 2 Library Lane, New Hartford
Feb. 7, 5:30 p.m.	Brookdale Bellevue, 4330 Onondaga Blvd., Syracuse
Feb. 11, 3 p.m.	Seymour Public Library, 176 Genesee St., Auburn
Feb. 11, 5 p.m.	Brookdale Vestal West, 421 Plaza Dr., Vestal
Feb. 12, 5 p.m.	Cayuga Community College, 197 Franklin St., Auburn
Feb. 19, 1 p.m.	Broome West Senior Center, 2801 Wayne St., Endwell
Mar. 13, 2 p.m.	Community Resources for Independent Seniors, 2662 U.S. 20, Cazenovia
Mar. 22, 11 a.m.	Carthage Free Library Memory Cafe, 412 Budd St., Carthage
Mar. 26, 3 p.m.	Colonial Park Rehabilitation & Nursing Center, 950 Floyd Ave., Rome
Mar. 27, 1 p.m.	McGraw House, 221 S. Geneva St., Ithaca
Mar. 27, 4 p.m.	Mundy Branch Library, 1204 S. Geddes St., Syracuse
Apr. 10, 4 p.m.	Tompkins County Public Library, 101 E. Green St., Ithaca
Apr. 11, 4 p.m.	Depauville Free Library, 32333 County Route 179, Depauville
Apr. 16, 1:30 p.m.	Cortland County Area Agency on Aging, 60 Central Ave., Cortland
Apr. 17, 1 p.m.	Elderwood at Waverly, 37 N. Chemung St., Waverly
Apr. 18, 2 p.m.	Terrace Heights Community Center, 2 Terrace Heights, New Berlin
May 6, 1:30 p.m.	New Berlin Library, 15 S. Main St., New Berlin
May 9, 1 p.m.	Big Apple Social Day Care Inc., 201 Main St., Binghamton
May 15, 2 p.m.	Our Lady of Good Counsel Church, 701 W Main St., Endicott
May 30, 2 p.m.	Hospice & Palliative Care of St. Lawrence Valley, 6805 U.S. 11, Postdam

DEMENTIA CONVERSATIONS

The Dementia Conversations program is an education workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved. **The program is one hour long.** *Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.*

Jan. 23, 6 p.m. Upstate HealthLink, 6333 NYS Route 298, E. Syracuse
Mar. 20, 10 a.m. Parkway Center, 220 Memorial Pkwy., Utica
Apr. 17, Noon Tompkins County Office for the Aging, 214 W. State St., Ithaca
May 14, 2 p.m. Cortland County Area Agency on Aging, 60 Central Ave., Cortland

HEALTHY LIVING FOR YOUR BRAIN AND BODY:

TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. 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. **The program is one hour long.** *Intended for: Anyone looking to age as well as possible.*

Jan. 17, 2 p.m. The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

LIVING WITH ALZHEIMER'S SERIES

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. *Intended for: Individuals living with or caregivers of someone living with Alzheimer's or another dementia, at the stage listed below.*

EARLY-STAGE CAREGIVERS

Mar. 4, Noon-3:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer, NY 13350

MIDDLE-STAGE CAREGIVERS

Apr. 1, Noon-3:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer, NY 13350

LATE-STAGE CAREGIVERS

May 6, Noon-3:30 p.m. Valley Residential Services, 323 Pine Grove Rd., Herkimer, NY 13350

YOUNGER-ONSET ALZHEIMER'S

Jan. 8, 5:30-7 p.m. The Manor at Seneca Hill, 20 Manor Dr., Oswego
Jan. 9, 3:30-5 p.m. Alzheimer's Association, Central New York Chapter, 441 W. Kirkpatrick St., Syracuse
Mar. 7, Noon-1:30 p.m. New Hartford Public Library, 2 Library Lane, New Hartford
Mar. 13, 3:30-5 p.m. Alzheimer's Association, Central New York Chapter, 441 W. Kirkpatrick St., Syracuse

**JOIN THE
FIGHT FOR
ALZHEIMER'S
FIRST
SURVIVOR.**



THE LONGEST DAY

alzheimer's  association®

THE DAY WITH THE MOST
LIGHT
IS THE DAY WE
FIGHT.

June 21, 2019

The Longest Day® is the day with the most light — the summer solstice. Raise funds and awareness for Alzheimer's care, support and research through an activity of your choice. Together, we can stand up to the darkness of Alzheimer's.



Walk with us in Binghamton, Ithaca/Cortland, Syracuse, Utica/Rome and Watertown.

**REGISTER TODAY.
800.272.3900
alz.org/walk**

Register now. Select your activity at alz.org/thelongestday.

800.272.3900



KEEPING WARM & SAFE

Dementia caregiving can be complicated by winter weather

CENTRAL NEW YORK IS WINTER WEATHER READY FROM OCTOBER TO MAY, but the challenge of dealing with it intensifies when you are caring for someone living with Alzheimer's disease or another dementia. The Alzheimer's Association, Central New York Chapter offers these tips for care in cold weather.

Staying warm indoors

People living with Alzheimer's disease may not be able to recognize or communicate if they are cold. Take the following steps to make sure they are safe and warm while inside:

- Take simple steps like dressing in layers of clothing, using a blanket, or wearing socks and slippers.
- Consider storing clothes that are inappropriate to season, such as shorts or t-shirts, to keep them out of sight and simplify outfit selection.
- Set the thermostat to 68 degrees or higher. People on fixed incomes often want to lower their thermostat settings to save on heating costs.
- Close off rooms not being used to save on heating costs. Close the vents and shut the doors in these rooms.
- Never use kitchen ovens or gas stovetops to heat a room. These present fire, carbon monoxide and burn risks to everyone in the home.

See the list on the facing page, if paying your heating bills are a financial concern.

Take caution when going outside

Cold air, snow and ice can impact mobility and health. A heavy wind can quickly lower body temperature. On cold and windy days, try to stay inside or in a warm place. If going outside is necessary, wear warm, dry clothing, and don't stay outside for extended periods.

- Keep heads and necks covered by wearing a hat and scarf. Body heat is lost when these areas are uncovered.
- Wear loose layers of clothing. The air between the layers helps to keep the body warm.
- If precipitation is falling (snow, freezing rain, sleet), wear a waterproof coat or jacket.
- Packed snow is just as slippery as ice. Walk alongside the person living with dementia and take slow, short steps. Wear low-heeled shoes or boots and don't rely solely on canes and walkers, which may not gain traction on slippery surfaces.

Keep frostbite at bay

Frostbite occurs when skin is exposed to very cold temperatures. Noses, cheeks, fingers and toes are most commonly affected.

Frostnip or superficial frostbite are mild forms where skin becomes red and numb. As feeling returns to these areas, a person might feel sharp pain, but no long-term damage is done. Severe frostbite can have lasting detrimental effects, including amputation.

According to the National Weather Service, skin can develop frostbite in less than 30 minutes when exposed to zero-degree temperatures with a 15 MPH wind. Skin becomes thinner with aging, reducing the time for onset of frostbite. Also, dementia can impact one's ability to perceive or communicate pain or discomfort.

Frostnip and superficial frostbite is treated with basic first aid, warming the area with blankets or warm (but not hot) compresses. If you suspect a more serious case, call 911 or visit a hospital emergency department, as time is of the essence.

Windchills mean protecting against hypothermia

Low air temperatures combined with frigid winds can increase one's risk of hypothermia, the condition when a person's body temperature drops below 95 degrees. Prolonged exposure to windchills in the -10 to -27 degree range puts healthy adults at risk. Individuals living with Alzheimer's disease may not have the ability to detect excessive cold.

Older adults can lose body heat much more quickly than when they were young. Being chilled can turn into a dangerous problem without the person's knowledge, and he or she may develop hypothermia. Sometimes it is hard to tell if a person has hypothermia.

If you suspect that a person has hypothermia, call 911. Do not place them in a warm bath or shower. Instead, wrap them in warm blankets, extra layers of clothing and offer warm, non-caffeinated liquids.

Early warning signs of hypothermia

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later signs of hypothermia

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

Other diseases exacerbate the cold

People living with Alzheimer's disease or another dementia may have other chronic illnesses, which may make it harder for the body to stay warm.

- Thyroid problems can make it hard to maintain a normal body temperature.
- Cardiopulmonary issues like COPD and asthma are worsened by cold air; people with these conditions may find it harder to breathe.
- Diabetes can keep blood from flowing normally to provide warmth.
- Parkinson's disease and arthritis can make it hard to put on more clothes, use a blanket, or get out of the cold.



Do you need help paying your heating bills?

New York State's Home Energy Assistance Program (HEAP) helps seniors and low-income households pay for heat. Programs are administered by each county's department of social services. Trained staff can help applicants navigate eligibility requirements. For more information, call the office in your county:

Broome County Dept. of Social Services
607.778.1100

Cayuga County Dept. of Social Services
315.255.4904

Chenango County Dept. of Social Services
607.335.1500

Cortland County Dept. of Social Services
607.428.5400

Herkimer County Dept. of Social Services
315.867.1220

Jefferson County Dept. of Social Services
315.785.3229

Lewis County Dept. of Social Services
315.376.5400

Madison County Dept. of Social Services
315.366.2211

Oneida Office Dept. of Social Services
315.798.5559

Onondaga County Dept. of Social Services
315.435.2700

Oswego County Dept. of Social Services
315.963.5021

St. Lawrence County Dept. of Social Services
315.379.2303

Tioga County Dept. of Social Services
607.687.8300

Tompkins County Dept. of Social Services
607.274.5264

DEFINING QUALITY DEMENTIA CARE:

Alzheimer's Association Dementia Care Practice Recommendations



Join us to learn about the Alzheimer's Association Dementia Care Practice Recommendations, which outline quality care practices based on a comprehensive review of current evidence, best practices and expert opinions.

Find out how professional care providers can use these recommendations to impact person-centered care in their communities.

Learn more about the Dementia Care Practice Recommendations at alz.org/qualitycare.

Professional care providers in long-term care and home care settings can request a free one-hour presentation of the Dementia Care Practice Recommendations for their staff by contacting the Chapter.

Use the phone numbers on page one and dial extension 615, or email cny-programs@alz.org.

Right now, millions of Americans face the devastation of Alzheimer's. This disease is robbing us of our families, our futures and our finances. At the Alzheimer's Association, our network of more than 75 chapters is working relentlessly to advance world-class research, ensure access to gold-standard care and support, and engage mission-driven volunteers who make it all happen. These volunteer positions are needed nationwide.

Community Educators

Community Educators are volunteer public speakers who help the Alzheimer's Association raise awareness, provide education and expand the reach of educational offerings in the community. These volunteers deliver presentations using prepared training materials on topics related to Alzheimer's disease and other dementias.

Community Representatives

Community Representatives raise awareness of Alzheimer's Association programs, provide basic disease information, and link constituents to Alzheimer's Association services by acting as liaisons between the Alzheimer's Association and local groups such as neighborhoods, rural counties, business and civic organizations or faith communities.

Community Volunteer Leaders

Community Volunteer Leaders help recruit program volunteers, network, build relationships, plan and promote local events, and evaluate community needs. Community Volunteer Leaders traditionally serve an underserved, rural, or minority communities to raise awareness and expand the reach of Alzheimer's Association programs.

Early Stage Social Engagement Leaders

Early Stage Social Engagement Leaders plan, implement and assure a positive experience during social engagement events and activities for people living with memory loss and their care partners.

Faith Outreach Representatives

Faith Outreach Representatives serve as liaisons between the Alzheimer's Association and local faith groups and congregations by sharing information about Alzheimer's disease, free resources offered through the Alzheimer's Association, and the many ways to join our cause at local community and education events.

“Volunteers do not necessarily have the time; they just have the heart.”

— Elizabeth Andrew

Promotores

Promotores are volunteer community engagers that raise awareness of Alzheimer's Association programs, provide basic disease information, and link constituents to Alzheimer's Association services. Promotores are traditionally known as connectors, educators, mentors, counselors, peer leaders, patient navigators or health advocates and serve as liaisons between the Alzheimer's Association and the Hispanic/Latino community.

Support Group Facilitators (Caregiver or Early Stage)

Support Group Facilitators create a safe, open environment where people share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared problems of dementia.

To learn more about these and other volunteer positions:

Call our office (see numbers on page 1) and dial extension 107 OR email cny-volunteer@alz.org.

alzheimer's  association®

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