Please share this catalog with someone outside of your household.

Classes For Current & Future Caregivers
FREE & Open to the Public
Onondaga County Office for Aging

Resources for Older Adults

Caregiver Services
Information and Consultation for People Caring for Older Persons
- Caregiver Training, Support and Referral
- Institute for Caregivers (ICare) Free Classes on a Variety of Topics Related to Caregiving
- Parkinson’s Support & Education and Caregiver Discussion Groups
- Family Caregiver Planning

Senior Employment
20 Hours/Week PAID Training & Work Experience for Those 55+ & Income Eligible

Community Service Programs
- Home Repairs/Housing Counseling
- Legal Services/Neighborhood Advisors
- Senior Center Activities/Social Work Services
- Referrals for Transportation Options

New York Connects
Information & Assistance On:
- Long-Term Care Services - Any Age
- In-Home Nursing and Social Assessments

Long-Term Care Resource Center
On-Going, Medically Based Care Management for Children & Adults Receiving Personal & Home-Based Services
- Works with Adult Protective to Provide Nursing Assessments
- Works with Medicaid Waiver Programs to Provide Personal Care

Nutrition Services
- Over 30 County Dining Sites for age 60+
- Home Delivered Meals
- Senior Farmers Market Nutrition Program & Coupons

HIICAP
Health Insurance Information, Counseling & Assistance
- Free, Unbiased Information on Supplemental Health Insurance, Medicare and Prescription Coverage Options

EISEP
Expanded In-Home Services for the Elderly Program. Sliding Scale Fee
- In-Home, Non-Medical Care to Help Frail Individuals Age 60+
- In-Home Assessments & Personal Care
- Respite/Social Adult Day Programs
- Consumer Directed Options

HEAP
Home Energy Assistance Program
- Utility Subsidy to Those 60+ & Income Eligible

Peter J. Headd
Deputy Commissioner
Executive Director
Onondaga County Office for Aging

Catherine James
Chief Executive Officer
Alzheimer’s Association
Central New York Chapter

Funding is provided by the New York State Office for Aging, the US Administration on Aging, Alzheimer’s Association CNY and Onondaga County Office for Aging
### Spring 2017 ~ Classes at a Glance

#### MARCH
- **Medicaid: An Overview**
  - Christ Community Church, 3644 Warners Rd., Syr.
  - **3/29**
  - **5:30 - 7:00PM**
  - **CODE: MEDIC**

#### APRIL
- **Music Based Tools for Caregivers**
  - The Hearth at Greenpoint, 150 Old Liverpool Rd., Liverpool
  - **4/6**
  - **5:30 - 7:30PM**
  - **CODE: MUS**
- **Caregivers Need Care Too: Yoga**
  - McHarrie Towne Centre, 2464 Betsy Dr., Baldwinsville
  - **4/13**
  - **5:30 - 7:00PM**
  - **CODE: YOGA**
- **Downsizing & Decluttering**
  - Camillus Senior Center, 25 ½ First St., Camillus
  - **4/18**
  - **5:30 - 7:00PM**
  - **CODE: DOWN**
- **Powerful Tools for Caregivers**
  - Sedgwick Heights, 1100 James Street, Syracuse
  - **4/25-5/30 Tuesdays**
  - **5:00 - 7:00PM**
  - **CODE: PTC**
- **Basics of Alzheimer's & Dementia**
  - Cicero Public Library, 8686 Knowledge Lane, Cicero
  - **4/26**
  - **5:30 - 7:00PM**
  - **CODE: ALZ**

#### MAY
- **Financial Health Care Planning**
  - Dewitt Library Friends Room, 3649 Erie Blvd. East, Syracuse
  - **5/3**
  - **5:30 - 7:00PM**
  - **CODE: FIN**
- **Caregiver Self-Care**
  - Natur-Tyme, 3160 Erie Blvd., East, Syracuse
  - **5/8**
  - **5:30 - 7:00PM**
  - **CODE: SELF**
- **Smart Money Habits**
  - Manlius Library, 1 Arkie Albanese Avenue, Manlius
  - **5/16**
  - **5:30 - 7:00PM**
  - **CODE: MON**

#### JUNE
- **Meditation for Caregivers**
  - Manlius Library, 1 Arkie Albanese Avenue, Manlius
  - **6/1**
  - **5:30 - 7:30PM**
  - **CODE: MEDIT**
- **Effective Communication Strategies**
  - Brookdale Bellevue “Old World Café”, 4330 Onondaga Blvd., Syr.
  - **6/7**
  - **5:30 - 7:00PM**
  - **CODE: COM**
- **Medical Decision Making**
  - Soule Library, 101 Springfield Road, Syracuse
  - **6/13**
  - **5:30 - 7:00PM**
  - **CODE: DEC**
- **Hospice & Palliative Care**
  - Robert Cecile Community Center, 176 W. Seneca T'pike, Syr.
  - **6/20**
  - **5:30 - 7:00PM**
  - **CODE: HOS**
- **Stages of Grieving**
  - Betts Library, 4862 South Salina Street, Syracuse
  - **6/28**
  - **5:30 - 7:00PM**
  - **CODE: GRI**

### Four Ways to Register
- **E-mail** cstevenson@ongov.net with “I Care” in the subject line
- **Phone** 315-435-2362 x4993 or 4994 - Include information requested on the form below.
- **Fax** your registration form to 315-435-3129
- **Download** your registration form from www.ongov.net/aging/icare
- **Mail** the completed registration form to: Onondaga County Office for Aging

**I Care Registration** John H. Mulroy Civic Center, 10th Fl, 421 Montgomery St., Syr., NY 13202

Voluntary contributions to the Office for Aging are accepted and used to expand services. No one will be denied services if unable or unwilling to contribute. A contribution in any amount is welcomed. Please make checks payable to Chief Fiscal Officer.

### I Care Course Registration (Please Register Early - Space is Limited)

<table>
<thead>
<tr>
<th>Name ___________________________</th>
<th>Home Phone ___________________________</th>
<th>Work Phone ___________________________</th>
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<tbody>
<tr>
<td>Address ___________________________</td>
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<td>City ___________________________</td>
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<td>Email ___________________________</td>
<td>Today’s Date ___________________________</td>
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*Please indicate the class, or classes, CODE for which you would like to register*
Medicaid: An Overview
This class is an overview of Community and Chronic Care Medicaid. Covered will be the Medicaid eligibility requirements, the application process and what is needed for nursing homes and chronic care in the community. It includes a review of the income and resource limits, spousal issues, look back periods, transfers of assets and penalty periods.

MEDIC - Wednesday, March 29
5:30-7:00 pm
Presenter – Morgan R. Thurston
Location – Christ Community Church, 3644 Warners Road, Syracuse 13209

Music Based Tools For Caregivers
Increase Connection and Reduce Agitation - Music is a universal language, and one that continues to be processed by the entirety of the brain despite the onset of neurological disorders such as Alzheimer's and Dementia. When many of the familiar ways of communicating with family and patients fail, or increase frustration for our loved ones, music can be a tool for increasing connection and reducing agitation. In this two hour workshop, attendees will learn about how music is processed in the brain and how to utilize this tool in care giving, with opportunities to brainstorm and refine music-based tools for their toolbox. No prior music-making experience is required to be successful.

MUS - Thursday, April 6
5:30-7:30 pm
Presenter – Megan Smith
Location – The Hearth at Greenpoint, 150 Old Liverpool Road, Liverpool, NY 13088

Caregivers Need Care Too: Yoga
Often those who take care of others find it difficult to make time to take care of themselves, too. In this 90 minute class, you will learn ancient yogic techniques focusing in on breath, sound and gentle movement to help you find grounding & a sense of ease. The intention of the class is that you will be able to take away the techniques that you learn to put to use in your everyday life. Join us for a calm and centering class. You deserve care, too. You really do!
(Please wear comfortable clothes. We will be practicing on a sturdy chair. There will be no floor work.)

YOGA – Thursday, April 13
5:30-7:00 pm
Presenter – Clare Murray Volo
Location – McHarrie Towne Center, 2464 Betsy Drive, Baldwinsville, NY 13027

Downsizing & Decluttering:
Rightsized Living for Seniors
Have you ever thought about relocating or downsizing but didn’t know where to start? Whether moving or “aging in place” many seniors find the task of downsizing difficult at best. This class will discuss where and when to start planning. It will offer decluttering tips, suggestions on managing the stress of the transition, what organizational supplies you will need, and liquidation options. The presentation is led by Mike and Jen Novak from Caring Transitions of Syracuse.

DOWN - Tuesday, April 18
5:30-7:00 pm
Presenters – Mike and Jen Novak
Location – Camillus Senior Center, 25 ½ First Street, Camillus, NY 13031
Powerful Tools for Caregivers (PTC)  
- 6 sessions
Is a six week (one class per week) evidence-based disease prevention and health promotion program. Caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions; deal with difficult feelings; and make tough caregiving decisions. They also learn:
- Self-Care Behaviors: (increased exercise, use of relaxation techniques and medical checkups.)
- Management of Emotions: (reduced guilt, anger, and depression.)
- Self-efficacy (increased confidence in coping with caregiving demands.)
- Use of Community Resources: (increased utilization of community services.)
Class participants receive a copy of The Caregiver Helpbook, developed specifically for the class.

PTC – Tuesdays, April 25 – May 30  
5:00-7:00 pm
Presenters – Roseanne Suskin, Gina Davis  
Location –  
Sedgwick Heights, 1100 James Street, Syracuse 13203

Basics of Alzheimer’s & Dementia
If you, or someone you know, is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This class provides information on detection, causes, risk factors, stages of the diseases, treatment and much more. It is an interactive class featuring videos clips of people with Alzheimer’s disease and their families sharing their stories.

ALZ – Wednesday April 26  
5:30-7:00 pm
Presenter – Alzheimer’s Association CNY Chapter Staff
Location –  
Cicero Public Library, 8686 Knowledge Lane, Cicero, NY 13039

Financial Considerations in Health Care Planning
What is long term health care and who pays for it? What is the current state of long term care insurance? This class offers a discussion about other ways you can plan for long term health care expenses, including using products that you may already own.

FIN – Wednesday, May 3  
5:30-7:00 pm
Presenter – Jim Connell
Location –  
Dewitt Community Library Friends Room, 3649 Erie Blvd. East, Syracuse NY 13214 (Shoppingtown Mall)

Caregiver Self-Care
What Every Caregiver Knows – Or Should Know
Providing care to a loved one is a stressful enterprise. Too often caregivers forget that one of their most important functions is to take care of the caregiver! This class is designed for caregivers, whether they are novices or seasoned veterans, to explore their roles in caregiving. It will give them the knowledge and skills to: recognize their limits, realize it’s OK to ask for help, understand their feelings and identify stressors. It will help them develop plans to: learn how to take care of themselves, protect their individuality, find resources and finally, it will tie together their physical, psychological, social, and spiritual domains to help them find a core of acceptance, peace, and serenity.

SELF – Monday, May 8  
5:30-7:00 pm
Presenter – Jim Yonai
Location – Natur-Tyme, 3160 Erie Blvd. East, Syracuse, NY 13214

Smart Money Habits
Designed to provide the basics of good money management, this class will assist you in developing smart money habits. Based in part on the AARP Finance 50+, we will discuss the step by step process of spending smarter, setting financial goals, reducing debt and improving credit. We will present the building blocks toward financial wellbeing and offer ways to reduce the risk of financial exploitation. Handouts and worksheets will be provided.

MON – Tuesday, May 16  
5:30-7:00 pm
Presenter – Dottie Desimone
Location – Manlius Library, 1 Arkie Albanese Avenue, Manlius, NY 13214
**Meditation for Caregivers**
Are you in need of a little nurturing, but as a caregiver, struggle to find time for yourself? This is your invitation to learn about meditation, a practice that is simple, effective, portable and extremely affordable (free). This class is perfect for first-time meditators or folks who tried meditation in the past only to decide “my mind is too busy” or “I can’t meditate.” Here’s the good news: meditation is accessible to everyone; the only requirement is a willingness to practice. Please join us as Jacki guides the class in discovering how to renew your health and well-being in as little as 5-10 minutes a day.

**MEDIT - Thursday, June 1**
5:30-7:30 pm  
Presenter - Jacki O’Brien-Gerace  
Location: Manlius Library, 1 Arkie Albanese Avenue, Manlius 13214

**Effective Communication Strategies**
Individuals living with dementia or Alzheimer’s disease often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. This interactive presentation explains the communication changes that take place throughout the course of the diseases and offers tips and strategies to connect and communicate at each stage.

**COM - Wednesday, June 7**
5:30-7:00 pm  
Presenter - The Staff of Alzheimer’s Association, CNY Chapter  
Location: Brookdale Bellevue “Old World Café”, 4330 Onondaga Blvd., Syracuse, NY 13219

**Medical Decision Making**
“Tools & Techniques for Making Tough Medical Decisions.” Caregivers are often faced with a varied array of tough medical decisions that have to be made, with the care recipients, or for them. Dr. Stewart will discuss some tools and techniques that can empower them. Based on her background, and research, in “shared decision-making”, she will offer suggestions for encouraging and maximizing conversations between patients, caregivers and medical providers.

**DEC - Tuesday, June 13**
5:30-7:00 pm  
Presenter - Dr. Telisa Stewart  
Location: Soule Library, 101 Springfield Road, Syracuse, NY 13214

**Hospice & Palliative Care**
What, When & Why. Palliative care sees the person beyond the disease. It is a fundamental shift in focus for health care delivery (Center to Advance Palliative Care). The goal is to improve quality of life for both the patient, with a serious, complex or chronic illness and the family and support system of the patient. This session will address the philosophy as well as the nuts and bolts of palliative care, how it resembles and differs from Hospice Care, and how to access these services. Topics also include health care proxies, advance directives, end-of-life decision making and tips for resolution of conflicts regarding these difficult issues.

**HOSP – Tuesday, June 20**
5:30-7:00 pm  
Presenter – Dr. Leslie Kohman  
Location – Robert Cenile Community Center, 176 West Seneca Turnpike, Syracuse, NY 13205

**Stages of Grieving**
The Stages of Grieving Workshop will explore three stages of grieving: Anticipatory Grief, Grief and New Beginnings (how to move on from grief). Although each person experiences grief in their own way there are universal messages we all share. For those who have a loved one with dementia, the grieving process often begins long before the person has actually passed away. Participants will have an opportunity to look at ways we all process grief as well as discussing their own experiences.

**GRI - Wednesday, June 28**
5:30-7:00 pm  
Presenter- Michael Massurin  
Location: Betts Library, 4862 South Salina Street, Syracuse 13205
Megan M. Smith, MA, MT-BC, LCAT is the co-founder and executive director of Alice’s Encore: Community Music & Mindfulness, Inc. (a 501(c) 3 organization). She is a music therapist in Rochester, NY with experience in educational, medical, behavioral health, community-based and private settings with people of all ages. Megan currently serves as a music therapy consultant to St. Joseph’s Hospital, primarily working with older adults experiencing agitation and disorientation and supervising graduate music therapy interns from Nazareth College. Her research has included group music therapy for empathy and self-esteem development in children, and development of a model for music therapy in the Pediatric Emergency Department.

Dr. Telisa Stewart, MA, Ph.D., has her master’s in Public Health from University of Massachusetts and her Doctorate in Public Health in Community Health and Prevention from Drexel University. Currently, she is a full time Assistant Professor at Upstate Medical University and at Syracuse University. Dr. Stewart has over 10 years experience researching tools and techniques patients use to make a medical decision and how providers communicate during a clinical encounter. She is an expert in quantitative and qualitative research and has an extensive background instituting health promotion and disease prevention strategies within clinical practices and communities.

Jerome H. Stone In 1979 he 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 Mr. Stone as founding president.

Today, the Association reaches millions of people affected by Alzheimer’s across the globe through our national office and chapters in communities nationwide. We are the world’s leading voluntary health organization in Alzheimer’s care, support and research.

Rosanne Suskin was owner and operator of Cara’s Village Boutique in Fayetteville for twenty-four years. She assisted her mother in caring for her grandfather and father and then she cared for her mother, with Parkinson’s disease, for eight years. She has applied her organizational skills to her caregiving responsibilities. Rosanne credits the Institute for Caregivers, Caregiver Discussion Groups and “Finding Your Way with Parkinson Disease” Groups offered by the Onondaga County Office for Aging with providing the support and education that helped her caregiving years be a positive journey. Rosanne is trained, and certified, by the Powerful Tools for Caregivers Program to be a Class Leader.

Morgan R. Thurston, Esq. is an Assistant Welfare Attorney with the Onondaga County Department of Social Services where he serves as the attorney for the Chronic Care and Protective Services for Adults Units. He is also a partner of Moen & Thurston, a general practice firm with a primary emphasis on estate planning, real estate and income taxation. He is a member of the Estate Planning Council of Central New York, New York State Bar Elder Law Section and co-chair of the Syracuse Area Domestic Violence Coalition’s Elder Abuse Committee.

Clare Murray Volo is a 17 year student of Kripalu Yoga. She is also a certified Kripalu Yoga Instructor with over 500 hours of study. For close to 10 years, she has offered classes in the Liverpool/ Baldwinsville area. When she is not teaching yoga, Clare works with seniors. Using 30 years of work experience, with a dash of humor and a strong zest for life, Clare’s life’s work is dedicated to helping others find peace and ease in their bodies, minds and breath.

James A. Yonai, Ph.D., CRC/Retired. Dr. Yonai served as the Director of Community Services for the Madison County Mental Health Department from 1993 until his retirement in 2013. Prior to that, he was the Program Director of the Madison County ADAPT Program, the county’s OASIS licensed alcoholism and substance abuse outpatient treatment program. Dr. Yonai has presented many workshops on caregiving, depression in the elderly, late onset alcoholism, stress reduction and conflict resolution. He earned a Ph.D. in Counseling Psychology and a M.Ed. in Rehabilitation Counseling from Pennsylvania State University.
Family Caregiver Planning

The Onondaga County Office for Aging offers consultation and mediation services to bring family members together to design a plan to support their elders. Objective information on strategies and services is provided in a confidential setting where positive communication helps the family understand each other and focus on what is best for the person of concern. A written agreement is created which everyone can use as a guideline for action and sharing of responsibilities. There is no charge for this service.

Contact: Cynthia at 315-435-2362 x4993 or email cynthiastevenson@ongov.net.

R.A.P.P. Relatives Acting as Parents Program

Serves grandparents and other relatives, age 55 and older in Onondaga County who are raising a minor relative. Provides support and help to the families and children. Call Cathy Goldthwait at 315-470-4375, cgoldthwait@syrhousing.org. Funded, in part, by the Onondaga County Office for Aging. There is no charge for R.A.P.P.

Onondaga County Office for Aging News

2. Many of the ICare Classes are filmed for inclusion on our website. View them at: www.ongov.net/aging/icare
3. Office for Aging’s 2017 Nutrition & Health Expo for Seniors. March 18, 2017 at the CNY Regional Market “F” Shed from 10:00 am to Noon. Free and Open to Seniors Age 60 and older. Call Allison at 315-435-2362 x 4987 for reservations by March 3.
4. Save the Date! The Office for Aging’s 2017 Senior Celebration Luncheon, May 17th at Drumlins Country Club. Call 315-435-2362 x4942 for more information.
Parkinson’s Initiatives

Parkinson Discussion Groups
First Monday of Month
12:30 – 2:00 pm
The Hearth at Greenpoint
150 Old Liverpool Road, Liverpool

Second Tuesday of Month
4 – 5:30 pm
Brookdale Summerfield
100 Summerfield Village Lane
Onondaga Hill, off Velasko Road

CNY Huntington Disease Support Group
For Information Contact: 315-656-8598 or jmirabito1@twcny.rr.com

Parkinson’s Dance:
Moving Through Possibilities

Parkinson’s Dance
MOVING THROUGH POSSIBILITIES

Thursdays at 1:45 pm
117 Harvard Place, Syracuse
(near Westcott)
For Information Contact:
ParkisonsDance@yahoo.com

Rock Steady Boxing CNY
209 Oswego Street #12
Liverpool, NY 13088
315-622-2332 or CNY.RSBaffliate.com

The Centers at St. Camillus
Tuesdays and Thursdays from 11:45 – 1:15 in the outpatient department at The Centers at St. Camillus,
813 Fay Road, Syracuse.
For more information, call 315-488-2112.

National Parkinson Foundation
Greater Rochester
Annual SYMPOSIUM
“Eat Well, Move Well, Live Well”
Saturday, April 8, 2017
Hyatt Regency Rochester
Contact: mpfgreaterrochester.org

Madison County Group
Fourth Tuesday of Month:
12:30 – 3 pm
Marshall Farms Foundation
1978 New Boston Road, Chittenango
Contact for Information: Martha at Marcar96@aol.com
315-655-3796 or 315-687-9014
CATERING TO CAREGIVERS

The Onondaga County Office for Aging invites you to attend one of a series of FREE 2017 events celebrating family caregivers. Sponsored by: Brookdale Fayetteville, The Hearth at Greenpoint and Brookdale Summerfield these are unique opportunities for caregivers to relax and be recognized.

All Caregivers Are Welcome.

Just select the event you wish to attend, clip the coupon below and mail to:

Cynthia Stevenson
Onondaga County Department of Adult & Long Term Care Services
421 Montgomery Street, 10th Floor, Syracuse, NY 13202

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**2017 Spring Fling**
Wednesday, May 17th at 5:00 p.m. at Brookdale Fayetteville
5125 Highbridge Street, Fayetteville, NY
Reserve: ____ seats for

Name: ____________________________________________________________
Address: __________________________________________________________
Phone: __________________________ Email: ____________________________

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**2017 Harvest Supper**
Thursday, September 21st at 5:00 p.m. at The Hearth at Greenpoint
150 Old Liverpool Road, Liverpool, NY
Reserve: ____ seats for

Name: ____________________________________________________________
Address: __________________________________________________________
Phone: __________________________ Email: ____________________________

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**2017 Holiday Luncheon**
Thursday, December 14th at Noon at Brookdale Summerfield
100 Summerfield Village Lane, Onondaga Hill
Reserve: ____ seats for

Name: ____________________________________________________________
Address: __________________________________________________________
Phone: __________________________ Email: ____________________________

For Information Call 315-435-2362 Ext. 4993 or cstevenson@ongov.net
The Alzheimer’s Association, Central New York Chapter provides programs and services to support individuals and families affected by Alzheimer’s disease. When Alzheimer’s disease or other dementias touch your life, we are here for you. Our services include:

- **Information and referral services**, including our 24-Hour Helpline (800.272.3900) and our award-winning website, alz.org.
- **Care consultations**, which assist individuals with dementia and their families to solve immediate problems and plan for the future. These meetings with our dementia experts include the preparation of needs assessments and action plans.
- **Family consultations**, bring caregivers and family members together in a safe, facilitated forum to identify and discuss issues of common concern and develop strategies to address them.
- **Support groups** that meet bi-weekly or monthly at nearly a dozen locations in Onondaga County.
- **Safety services**, including the pioneering MedicAlert® +Safe Return® emergency response service.
- **Online services**, including the ALZConnected® social community, Alzheimer’s Navigator® assessment tool, Community Resource Finder and the Marty Manning Online Education Center.
- **Education and training** programs that cater to individuals that have been recently diagnosed, caregivers at varying stages of the disease, and the general public seeking more information.

### Upcoming Education Programs in Onondaga County

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Program</th>
<th>Location</th>
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<tbody>
<tr>
<td>March 1</td>
<td>4–5 p.m.</td>
<td>Understanding and Responding to Dementia-Related Behaviors</td>
<td>Athenaeum, Skaneateles</td>
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<tr>
<td>March 16</td>
<td>2–3 p.m.</td>
<td>Understanding and Responding to Dementia-Related Behaviors</td>
<td>OASIS Learning Center, Syracuse</td>
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<tr>
<td>March 21</td>
<td>6–8 p.m.</td>
<td>Living with Alzheimer’s for Caregivers in the Late Stage</td>
<td>McHarrie Pointe, Baldwinsville</td>
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<tr>
<td>March 30</td>
<td>5:30–7 p.m.</td>
<td>Understanding and Responding to Dementia-Related Behaviors</td>
<td>Upstate Health Link, Syracuse</td>
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<td>April 5</td>
<td>4–5 p.m.</td>
<td>Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning</td>
<td>Athenaeum, Skaneateles</td>
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<tr>
<td>April 11</td>
<td>2–3 p.m.</td>
<td>Effective Communication Strategies</td>
<td>OASIS Learning Center, Syracuse</td>
</tr>
<tr>
<td>April 25</td>
<td>6–8 p.m.</td>
<td>Legal and Financial Planning</td>
<td>McHarrie Pointe, Baldwinsville</td>
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<tr>
<td>May 9</td>
<td>6–7 p.m.</td>
<td>The Basics: Memory Loss, Dementia, and Alzheimer’s</td>
<td>Fairmount Community Library, Syracuse</td>
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<tr>
<td>June 13</td>
<td>5:30–7 p.m.</td>
<td>Understanding and Responding to Dementia-Related Behaviors</td>
<td>Hospice of Central New York, Liverpool</td>
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May 24, 2017 • Holiday Inn Syracuse, Liverpool

Our annual conference for Central New York Alzheimer’s and dementia caregivers. Registration and schedule to be announced in March. For more information, call 315.472.4201 or visit alz.org/cny.
Caregiver Discussion Groups

Family caregivers, of older or disabled persons, assume responsibilities and experience many changes in their lifestyles. They say they are frustrated in knowing how to solve the multitude of challenges facing them and don’t know where to turn for help. They need support. You need support!

Through the Onondaga County Department of Adult and Long Term Care, Office for Aging, Caregiver Services provides on-going support through Caregiver Discussion Groups. There are four groups to choose from, all meet regularly with an aging specialist facilitator. Family caregivers gather to share their situations, define the problems they face, explore solutions, learn about community resources and make a commitment to change.

Group Participants learn from, and support, each other as they reach out and try different strategies for providing care for their family members as well as themselves. The groups are trusting places where caregivers can express emotions and concerns and find validation and encouragement.

Group Locations & Information

**Brookdale Manlius**, 100 Flume Road, Manlius, NY
Meets the first Wednesday of each month at 2:30 pm (2nd Floor Dining Room)

**Park Terrace at Radisson**, 2981 Town Center Road, Baldwinsville, NY
Meets the third Wednesday of each month at 2:30 pm

**The Hearth on James**, 830 James Street, Syracuse, NY
Meets every other Thursday at 3:00 pm

**Brookdale Summerfield**, 100 Summerfield Village Lane, Syracuse, NY
Meets every other Thursday. Two groups: one at 4:30 pm & the other at 6:00 pm

Contact: **Johanna Hannah** at (315) 435-2362, Ext.4994