Upcoming programs from Alzheimer's Association, Long Island Chapter

To sign up for programs on **this** page,
call 800-272-3900 or email mamadigan@alz.org

Living with Alzheimer's: For People with Alzheimer's (3-part series)

Tuesdays, June 16, 23, 30

3:30-5 p.m.

What does an Alzheimer's/dementia diagnosis mean for me and my family? How do I plan for the future? Where can I get the help I need? In this 3-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Early-Stage Caregivers (3-part series)

Tuesdays, June 16, 23, 30

2-3 p.m.

This 3-part program provides practical answers to the questions that arise in the early stage of Alzheimer's or dementia. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.
*In partnership with East Hampton Library

Understanding & Responding to Dementia-Related Behaviors

Tues., June 16 | 1-2 p.m.

Learn about the difference between dementia and Alzheimer's, research and treatments as well as Alzheimer's Association resources.

Dementia Conversations

Wed., June 17 | 2-3 p.m.*

Mon., June 22 | 3-4 p.m.

Get tips for breaking the ice to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.
*In partnership with North Merrick Library

COVID-19 and Caregiving

Wed., June 17 | noon-1 p.m.

Wed., June 24 | 8-9 a.m.

& 10-11 a.m.*

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. Get simple tips to put in place your loved one lives at home, in a residential facility, or care providers are coming into the home.
***June 24 at 10-11 a.m. in Spanish**

Effective Communication Strategies

Thurs., June 18 | 2:30-3:30 p.m.*

Tues., June 23 | 6-7 p.m.

Learn to decode the verbal and behavioral cues of someone with Alzheimer's or dementia, and identify strategies to help you connect and communicate at each stage of the disease. *In partnership with Long Island Alzheimer's and Dementia Center

Healthy Living for Your Brain & Body: Tips from the Latest Research

Thurs., June 18 | 11 a.m.-noon*

Fri., June 19 | 1-2 p.m.

Wed., June 24 | 2-3 p.m.**

Get information on diet, nutrition, exercise, cognitive activity and social engagement as well as hands-on tools to create a plan for healthy aging.
*In partnership with Shelter Rock Library
**In partnership with North Merrick Library

Understanding Alzheimer's & Dementia

Wed., June 24 | noon-1 p.m.

Learn about the difference between dementia and Alzheimer's research and treatments as well as Alzheimer's Association resources.

Living With Alzheimer's: Younger-Onset

Thurs., June 25 | 11 a.m.-12:30 p.m.

Learn about younger-onset Alzheimer's disease/ dementia (when someone is diagnosed under the age of 65). Hear from those directly affected and learn what you need to plan and what you can do to ease the impact throughout the course of the disease.

Upcoming programs from Alzheimer's Association, Long Island Chapter

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Alzheimer's Association Long Island Chapter

Virtual Early Stage Programs



Pre-registration required for all programs
Please call our 24/7 Helpline at 800.272.3900 or visit alz.org/longisland for more on caregiver programs and resources

Telephone/Virtual Early Stage Meetup

Wednesdays, July 8 - August 26 | 11 a.m. - 1 p.m.

**In partnership with The Center of Excellence for Alzheimer's Disease*

Build a support system with people who understand.

This support group is for people in the *early stage* of Alzheimer's disease/dementia and offers activities and discussions that will encourage: social engagement, disease education, cognitive stimulation and a supportive environment

A caregiver support group runs concurrently with Early Stage Meetup.

Virtual Memory Cafe

Thursday, July 30 | 1 - 3 p.m.

*In partnership with Artis Senior Living of Commack



Virtual Yoga and Meditation

Thursdays | noon - 12:45 p.m.

Yoga - June 11, July 9, August 13

Meditation - June 25, July 23, August 27

Take care of your physical and mental health.

Virtual yoga and meditation are for people in the *early stage* of Alzheimer's disease/dementia and their care partners. Classes led by trained instructors, feature guided movement and breathing exercises and encourage: self-care, stress reduction, age-appropriate exercise and cognitive stimulation.

Additional services for caregivers include **Care Consultations** and **Support Groups**.

Care Consultations are to help you navigate difficult decisions, assess current needs and anticipate future care challenges, and develop an effective care plan. Alzheimer's Association provides supportive listening in a confidential, nonjudgmental environment.

Care Consultations can be scheduled via telephone or video chat by calling 800-272-3900 or emailing mamadigan@alz.org

Caregiver Support Groups join you with people who are going through challenges similar to what you're experiencing.

Call 800-272-3900 and request a care consultant to identify a telephone/virtual group for you.