UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

An education program presented by the Alzheimer's Association®



Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Thursday, August 6
2:30 p.m. - 3:30 p.m.

Join us using a computer or telephone

Call 800.272.3900 or CLICK HERE to register

Visit **alz.org/CRF** to explore additional education programs in your area.

Proud Supporter

LONG ISLAND Alzheimer's & Dementia CENTER

alzheimer's association®

This activity is funded in part by a grant from the New York State Department of Health

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Stony Brook School of Medicine

Alzheimer's Association Long Island Chapter, and The Stony Brook Center of Excellence for Alzheimer's Disease present:

Virtual Early Stage Meetup

Meets every Wednesday, July 8 - August 26, 11 a.m. - 1 p.m.
Telephone / Virtual

Pre-registration is required. Please call our 24/7 Helpline at 800.272.3900 or click here to register
Visit www.alz.org/longisland to learn more about caregiver programs and resources.

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
- a supportive environment

A caregiver support group runs concurrently with Early Stage Meetup.

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

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Alzheimer's Association Long Island Chapter

Virtual Early Stage Programs

Pre-registration required for all programs:

Call our 24/7 Helpline at 800.272.3900 or visit alz.org/CRF

ALZ Across New York

Online social activities for people living with dementia and their care partners.

Wednesday, July 15, | 1 p.m.

The Fire Island Lighthouse: Seashore, Shipwrecks, and Salvage

Join Angela Reich, author of *Shipwreck of Hopes* and tour guide at the historical Fire Island Lighthouse. She will discuss maritime histo ry, including the importance of the Lighthouse Service in its early years, her research on shipwrecks, and the volunteers who helped at the wrecksites to salvage lives and cargo. Click here to register.

Virtual Memory Cafe

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

*In partnership with Artis Senior Living of Commack | Click here to register

Thursday, August 20 | 6 - 7:30 p.m.

*In partnership with Sunrise of Huntington | Click here to register

Memory Cafes offer people in the early stage of Alzheimer's disease/dementia as well as their care partners a chance to socialize in a safe, relaxed atmosphere.



Virtual Yoga and Meditation



Thursdays | noon - 12:45 p.m.

Yoga - July 9, August 13

Meditation - July 23, August 27

Virtual yoga and meditation are for those 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. Click here to register