

New York State's Alzheimer's Association chapters and  
the Finger Lakes Geriatric Education Center present a

## Virtual Dementia Education Series for Caregivers

### FALL 2020 PROGRAMS

**Monday, Oct. 26 • 3:30-4:30 p.m.**

Advancing the Science: The Latest in  
Alzheimer's and Dementia Research

**Elizabeth Smith-Boivin**

*Executive Director, Alzheimer's Association, Northeastern New  
York Chapter*



We've learned so much about dementia over the past decade, but what does the future have in store? Join one of our resident experts on Alzheimer's research for an update on where we stand in the fight against this disease.

**Thursday, Nov. 5 • 4-5:30 p.m.**

Age in Place: A conversation around understanding  
dementia-related changes and how to modify your  
home

**Lynda Shrager**

*CEO, At Home for Life; author; occupational therapist; certified  
aging in place specialist*



Learn tips, techniques in more on how to create a safe, comfortable environment that allows someone to remain independent. We will review how to prevent falls, improve accessibility, and increase how to make activities of daily living easier.

**Monday, Nov. 9 • 10-11:30 a.m.**

Understanding and Responding to Dementia Related  
Behaviors during the Holidays

**Eileen Hendriksen**

*Care Consultant, Alzheimer's Association, Hudson Valley  
Chapter*



When someone living with dementia exhibits a challenging behavior, they are often trying to communicate. The holidays can increase everyone's stress and anxiety, creating more frequent or complex behaviors. Learn how to decode the behaviors you see, identify behavioral triggers and intervene with some common behaviors.

**Friday, Nov. 13 • 3-4 p.m.**

Making the Most of Your Telehealth Visit

**Adam Kelly, MD**

*Associate Professor of Neurology and Director of Teleneurology  
and Regional Development, University of Rochester Medical  
Center*



The COVID-19 pandemic has changed how we interact with healthcare providers. We'll discuss how to prepare for your telehealth appointment, what to expect, and what you should do to make the most of your time with your provider.

Call 800.272.3900 or click the title of each program to register.

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### WINTER 2021 PROGRAMS

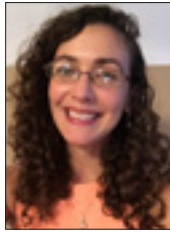
**Monday, Feb. 1 • 10-11 a.m.**

Effective Communication Strategies

**Carianne Wilson**

*Associate Program Director, Central New York Chapter*

Explore how communication takes place when someone has 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.



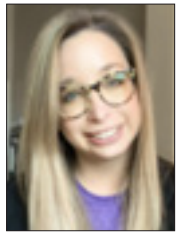
**Monday, Feb. 15 • 3-4 p.m.**

Healthy Living for Your Brain & Body

**Lauren Ashburn**

*Education and Training Director, Alzheimer's Association, Western New York Chapter*

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.



**Monday, Feb. 8 • Noon-1 p.m.**

Dementia Conversations

**Osman Caneles**

*Outreach and Community Educator, Alzheimer's Association, Long Island Chapter*

**Alan A. Mazurek, MD**

*Assistant Clinical Professor, Neurology, Mount Sinai Medical Center, New York City*

Tips, tactics and strategies on how to have honest and caring conversations with family members about going to the doctor, when to stop driving, and making legal and financial plans.



**Monday, Feb. 22 • 6-7:15 p.m.**

The Warning Signs of Alzheimer's, Clinical Evaluation of Dementia and the Role of Neuropsychological Testing

**Elizabeth Benouaguef**

*Community Engagement and Education Manager*

**Monica Rivera Mindt, Ph.D., A.B.P.P.**

*Professor of Psychology and Latinx Studies at Fordham University; Assistant Clinical Professor, Icahn School of Medicine at Mount Sinai; board-certified neuropsychologist*

What's the difference between dementia and just getting older? This program will explore that topic, the 10 most common warning signs of Alzheimer's, as well as what you may experience during testing and diagnosis.



#### ABOUT THESE PROGRAMS

These programs are co-presented by the Alzheimer's Association and Finger Lakes Geriatric Education Center at the University of Rochester Medical Center. It is supported in part by a grant from the New York State Department of Health, Monroe County Office of the Aging, and by a grant from the Health Resources & Services Administration, an agency of the U.S. Department of Health and Human Services.



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