



ALZHEIMER'S DISEASE CAREGIVER SUPPORT INITIATIVE

Quarterly Newsletter

Support Groups Schedule

Clinton County:

1st Tuesday of the month - 6pm
SUNY Plattsburgh, #534 Sibley Hall
George Angell Dr. Plattsburgh

Essex County:

4th Monday of the month - 10am
Lake Placid Baptist Church, 2253 Saranac Ave.
Lake Placid

Franklin County:

2nd Thursday of the month - 2pm
Living Hope Church, 57 Rennie St.
Malone



For more information or to register for the virtual support group, please contact Melissa at 518-867-4999 ext. 9878 Or mefischler@alz.org

Virtual: 2nd Monday of the month – 10am via Zoom or over the telephone

Educational Programs

Understanding Alzheimer's & Dementia Oct. 6th 11am – 12pm
Plattsburgh Public Library, Plattsburgh, NY

Effective Communication Oct. 7th 5-5:30pm
Wead Library, Malone, NY

Effective Communication Oct. 17th 1-2pm
Saranac Lake Free Library, Saranac Lake, NY

Understanding Alzheimer's & Dementia Oct. 11th 3pm – 4pm
Black Watch Memorial Library, Ticonderoga, NY

Understanding Alzheimer's & Dementia Oct. 12th 3pm – 4pm
Dannemora Public Library, Dannemora, NY

Understanding and Responding to Dementia Related Behavior Oct. 25th 2-3pm
Plattsburgh Public Library, Plattsburgh, NY

Managing Money Nov. 7th 5-6pm
Wead Library, Malone, NY

A Memory Café provides a gathering place for friends with Alzheimer’s disease or other dementias --and their caregivers and families -- to relax and enjoy social events, refreshments, and entertainment. **Walk-ins are welcome but RSVPs are appreciated. For more information on our FREE Memory Cafés, please call 1-800-388-0199.**

Memory Café’s	October	November	December
Clinton County 1pm, 4 th Wednesday of the month Turnpike Wesleyan Church 2224 Military Turnpike Plattsburgh, NY	Music with Mitch & Pumpkin Painting	*NOV 30th Tray Making with Willow and Wind	*Dec 21st Music with Mitch & Ornament Making
Essex County 2pm, 4 th Thursday of the month Keene Valley Library 1796 NY-73 Keene Valley, NY	Music by Rustic Riders	* NOV 17th Painting with Jennifer Claire	Holiday Party with Rustic Riders
Franklin County 1pm, 2 nd Thursday of the month Living Hope Church 57 Rennie St. Malone, NY	Music with Mitch & Pumpkin Painting	Painting with Lisa Gervais	Music with Mitch & Ornament Making
Virtual 2pm, 3 rd Thursday of the month Led via Zoom	Craft with Susan Rollings	Painting with Kathy	Ornaments with Willow and Wind

* Date change due to Holiday

Caregiver Wellness

Upcoming Events Planned:

- **Bowling**
- **Painting**
- **Yoga**
- **Sleigh Rides**
- **Thai Chi**
- **Pickle Ball**
- **Hiking**

During wellness events, caregivers will be able to connect with one another in a safe and supportive environment that promotes mental and/or physical well-being.

For more information, please call
1-800-388-0199

For more information about upcoming Wellness events, please call
1-800-388-0199



