

ALZHEIMER'S DISEASE CAREGIVER SUPPORT INITIATIVE

Quarterly Newsletter



Support Groups Schedule



For more information or to register for the virtual support group, please contact Lindsay at 518-888-5368 Or listanislowky@alz.org

<p>Warren County: 3rd Monday of the month – 3pm Queensbury Senior Center, 742 Bay Rd. Queensbury</p>
<p>Washington County 1st Wednesday of the month – 1:30pm Greenwich Free Library, 148 Main St. Greenwich</p>
<p>Hamilton County 2 pm, 2nd Tuesday of the month Indian Lake Public Library, 113 Pelon Rd. Indian Lake</p>
<p>Virtual: 2nd Monday of the month – 10am via Zoom or over the telephone</p>

Educational Programs

Dementia Conversations Oct. 13th 1-2pm
Indian Lake Library
113 Pelon Road, Indian Lake

Effective Communication Strategies Oct. 18th 2-3pm
Conkling Center
79 Warren St., Glens Falls

Understanding Alzheimer's & Dementia Nov. 9th 1-2pm
Fort Ann Seniors
Route 149, Fort Ann

Understanding & Responding to Dementia Related Behaviors Oct. 11th 2-3pm
Conkling Center
79 Warren St., Glens Falls

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
Warren/Washington County 2pm, 3 rd Monday of the month Queensbury Senior Center 742 Bay Road Queensbury, NY	Mask Making Bobby and Susie Dick	Music with Max McDonnell	Music with Bobby and Susie Dick
Hamilton County 1pm, 2 nd Tuesday of the month Indian Lake Senior Center 6358 State Route 30 Indian Lake, NY	Painting with Brianna Crossway	Music Therapy with John Mahoney	Music with Bobby and Susie Dick
Virtual 2pm, 3 rd Thursday of the month Led via Zoom	Craft with Susan Rollings	Painting with Kathy	Ornaments with Willow and Wind



Caregiver Wellness

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.

Upcoming events planned:

- Thai Chi
- Snowshoeing
- Rail Bikes
- Apple/Pumpkin Picking
- Museum Tours
- Pottery & Ceramics
- Glass Blowing
- Painting & Candle making
- Hiking

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