

EMPOWERED CAREGIVER



Wednesday, May 28, 2025
DoubleTree by Hilton Hotel
East Syracuse, New York

An Event for Caregivers hosted by:



Central New York Chapter

CONFERENCE PROGRAM

Welcome from Kate Flannery

Executive Director

Dear Caregivers,

On behalf of the Alzheimer's Association of Central New York, I am thrilled to welcome you to this year's Dementia Care Conference. It's a privilege to have you with us for this important event, where we can unite to share knowledge, resources, and support as we navigate the journey of caregiving together.

As Caregivers, you are the foundation of the dementia care community. The love and dedication you show to those you care for are truly inspiring. This conference is designed to offer you valuable tools, insights, and encouragement that will help you in your role and strengthen your journey.

Throughout the day, we hope you find practical solutions, inspiration, and meaningful connections with others who understand your path. Together, we can build a compassionate and resilient network to support one another.

Thank you for being here and for your unwavering commitment to those living with Alzheimer's and dementia.

Your impact is profound, and we are ***here to support you every step of the way.***

With gratitude and respect,
Kate



Scan the code for a greeting from
Kate Flannery



ABOUT US

The Alzheimer's Association, Central New York Chapter is the only organization in our region dedicated to the elimination of Alzheimer's disease and the support of individuals who have been diagnosed with it. The Chapter was founded in August 1982, the result of a local community seeking more information about Alzheimer's disease. In 1983, it became affiliated with the national Alzheimer's Association. The Central New York Chapter serves a 14-county region in Upstate New York that includes: Broome, Cayuga, Chenango, Cortland, Jefferson, Herkimer, Lewis, Madison, Oneida, Onondaga, Oswego, St Lawrence, Tioga and Tompkins counties.

Our Mission

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Chapter Advisory Board

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Suzanne Benderski
Melissa Bianco
Maggie Calli
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Samantha Weeks – Director of Community Partnerships
Katrina Kapustay – Director of Care & Support
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Megan Wright – Program Operations Coordinator
Monica Campaney - Care Services Manager
Pamela Baker-Gratton – Outreach & Volunteer Manager
Shelby McLaughlin - Care Services Manager
Stephanie D'Amico – Program Manager
Vicky Sokolowski – Program Manager

Conference Staff and Volunteers

This event would not be possible without the commitment, enthusiasm, and diligence of the Alzheimer's Association Central New York Chapter staff, as well as our dedicated volunteers. A special thank you to our sponsors who made generous contributions to our day in order to make this happen. Thank you as well to Emily Vallone, for all of her hard work. Thank you all for helping make this conference a success.

Every day. Every member. Everybody benefits.®

Everybody deserves to live a healthy life. At Excellus BlueCross BlueShield, we understand that people are facing rising costs in healthcare. And that's why we're here to make sure no one faces them alone. We are advocates for our members and communities; working to ensure care is as effective and efficient as possible.



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ExcellusBCBS.com
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Peace of Mind

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- *A safe and secure environment with 24-hour supervision
- *Warm, caring, and compassionate staff
- *Therapeutic programs and daily social activities to promote physical, emotional, and mental well-being
- *Assistance with grooming and personal care
- *Beautifully presented, delicious meals served in our dining room
- *Access to our enclosed courtyards and outdoor spaces
- *Housekeeping, laundry, and linen service

Sage Court
MEMORY CARE
A program of McHarrie Life
Senior Community

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7740 Meigs Road, Baldwinsville, NY 13027, 315-638-2525, www.mcharrielife.org



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Jamesville, NY 13078*

Phone: (315) 469-1300 Website: www.iroquoisnh.org

A 160-Bed Skilled Nursing Community Offering Short Term Rehabilitation and Long Term Care

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Our Core Values:

- ★ Integrity
- ★ Compassion
- ★ Superior quality of care
- ★ Commitment to building and maintaining relationships



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Looking for the
RIGHT CARE for your
loved one?

We understand dementia care
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We support your search at
NO COST...

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HearingLife is a national hearing care company that operates
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Manlius

240 W. Seneca St., Ste 8
315.682.2025

Oswego

11 4th Ave., Ste. C
315.342.6909

Syracuse

1001 James St.
315.428.0016

*See office for details.

hearinglife.com

Mention **code AAAC-10** when calling

Upstate Services Group



**Corporate Director of Community
Relations**

Thomas Aluzzo - 607.794.0917

CNY LATINO

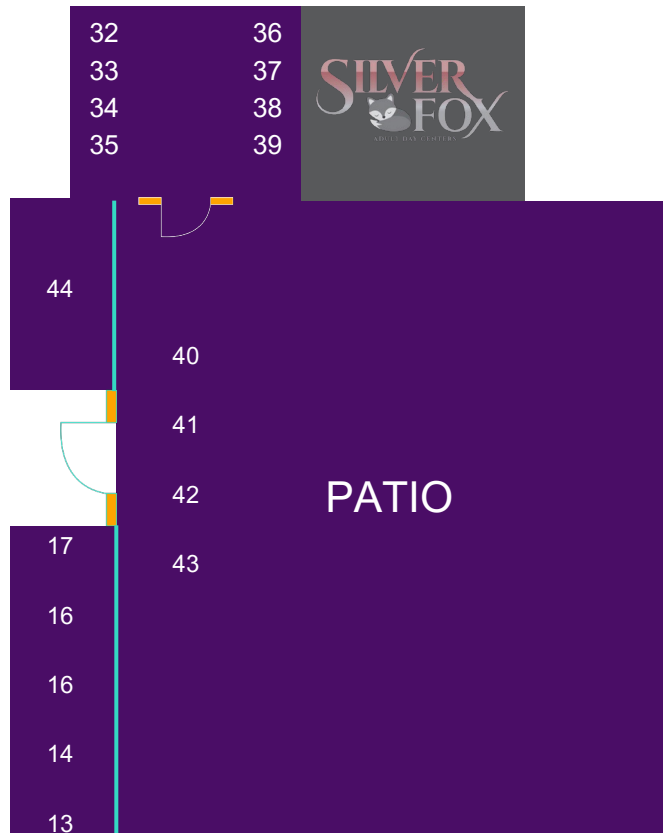
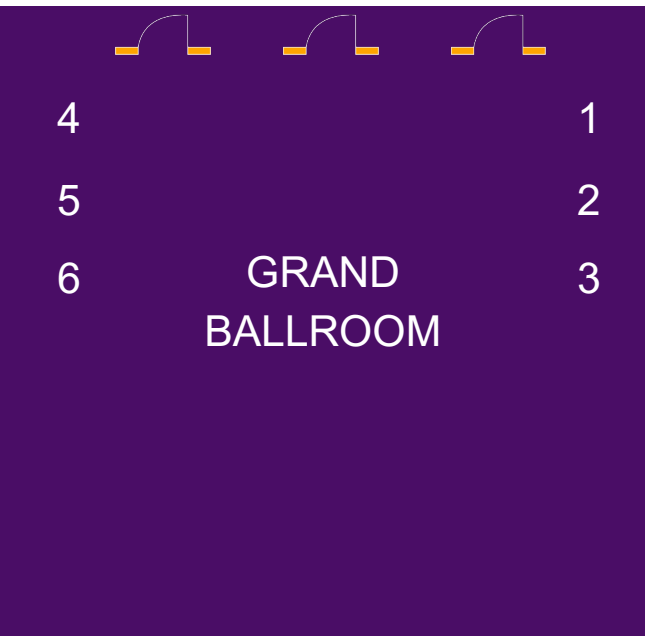
... from the Latino community for everyone in Central New York



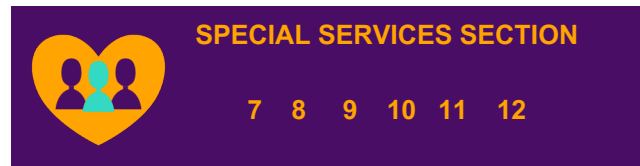


AGENDA

TIME	TOPIC	ROOM
8:00-9:00am	Registration and Interactive Resource Expo	Ballroom Hall
9:00-9:15am	Welcome and Announcements - Kate Flannery, Executive Director, Upstate Chapters Alzheimer's Association	Ballroom
9:15-10:30am	Keynote Speaker - Jolene Brackey "Creating Moments of Joy"	Ballroom
10:30-10:45am	Break and Resource Expo	Ballroom Hall
10:45am-12:00pm	Professional Panel: "Bridging the Gaps in Alzheimer's Care: Insights from the Experts"	Ballroom
12:00-1:30pm	Lunch, Networking, Resource Expo	Adirondack Room, Ballroom Hall
1:30-2:45pm	Family Caregiver Panel: "Walking the Path Together: A Family Caregiver Conversation"	Ballroom
2:45-3:45pm	Guest Speaker - Allison Graff "Is Being Present Good for our Health? The Whole Health Benefits of Mindfulness"	Ballroom
3:45-4:00pm	Goodbyes	Ballroom



Main Entrance



- | | | | |
|--|---|-------------------------------------|--|
| 1 - Excellus | 11 - Ageless Attitudes | 23- Beltone Hearing Care Center | 34. University Geriatricians at Upstate Medical University |
| 2 - McHarrie Pointe | 12 - Orangetheory Fitness | 24 - Fidelis Care | 35. Hope for Bereaved |
| 3 - Iroquois Nursing Home | 13 - M&T Bank | 25 - Interfaith Works | 36. Reflections Management & Care |
| 4 - Upstate Services Group | 14.- CARE at Le Moyne | 26 - NYS EPIC Program | 37. Comfort Keepers |
| 5 - CarePatrol | 15 - Living With Dementia | 27 - Francis House | 38. Nascentia Health |
| 6 - Hearing Life | 16 - Aging Advocates of CNY | 28 - Arise | 39. Keepsake Village at Greenpoint |
| 7 - Profit & Sense Tax | 17- Senior Home Care & Dementia Solutions | 29 - NYS Wide Senior Action Council | 40. Onondaga County Adult and Long Term Care Services |
| 8 - Maid to Sparkle LLC | 18 - Syracuse Jewish Family Service | 30 - Ichor Research | 41. State of Mind Speech & Swallowing |
| 9 - Acropolis Realty Group - Cristina Battle, Licensed Real Estate Salesperson | 19 - Syracuse Memory Cafe | 31 - CNY Latino | 42. Sunshine Horses |
| 10 - VISIONS Federal Credit Union | 20 - Empower Parkinson | 32 - Brookdale Bellevue | 43. Timeless Hearing |
| | 21 - Loretto | 33 - Brookdale Fayetteville | 44. Keynote Speaker - Jolene Brackey |
| | 22 - Touching Hearts at Home | | |

Jolene Brackey - Keynote Speaker



Founder of Enhanced Moments and author of the book, *Creating Moments of Joy*, Jolene Brackey is a celebrated nationwide speaker in Alzheimer's education.

She has a B.A. from Iowa State University and extensive experience with people who have Alzheimer's. Jolene has been a keynote speaker at many conferences where family members, CNAs, and professionals share what works and doesn't work.

Therefore, the greatest education is being with and having loved someone with Alzheimer's.

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Professional Caregiver panel - Bridging the Gaps in Alzheimer's Care: Insights from the Experts



Paul Musso

CARE at Le Moyne College

Paul Musso is an experienced Occupational Therapist and the Program Coordinator for the Center for Aging Resources and Enrichment (CARE), a non-profit agency affiliated with Le Moyne College. In this role, he oversees the development and coordination of educational and exercise programs across Central New York, aimed at preventing falls and promoting overall well-being for older adults.

With a passion for aging well and a commitment to community health, Paul collaborates with local organizations, healthcare professionals, and community centers to provide engaging and evidence-based programs that empower older adults to maintain independence and quality of life.



Allie Jardin

Upstate Geriatrics

Allie Jardin, LMSW is a New York State Licensed Social Worker with over 10 years of experience working with older adults and their caregivers in long-term care, community-based, and healthcare settings. She is currently a member of the social work team at University Geriatricians which is affiliated with SUNY Upstate Medical University and is designated as Upstate New York's only Center of Excellence for Alzheimer's Disease. There she works on a multidisciplinary team that provides state-of-the-art diagnosis and management of Alzheimer's and other related dementias. Allie adopts an active and anticipatory approach to care and support and has both a personal and professional passion in the fight against Alzheimer's disease.

Professional Caregiver panel - Bridging the Gaps in Alzheimer's Care: Insights from the Experts



Julie Whitbeck-Lewinski

CarePatrol

Julie Whitbeck-Lewinski, OTR/L, OTD, CCM, CSA is an owner of CarePatrol of Buffalo, Niagara, Rochester, and Syracuse, where she leads a team specializing in helping families navigate in-home care, senior living and memory care options.

She also founded In the Moments Memory Café, a monthly gathering space dedicated to fostering connection, joy, and community for those impacted by cognitive changes. With a doctorate in occupational therapy and a career of over 25 years spanning clinical care, senior living advisement, and healthcare consulting, and inspired by her own family's journey with dementia, Julie is dedicated to building compassionate, inclusive offerings where families can find both resources and hope.



Serena Jackson

Interfaith Works

Serena K. Jackson is a seasoned professional with over 15 years of experience in leadership, teaching, and community service. Holding a bachelor's degree in Exercise Science/Kinesiology and a master's degree in Exercise Science and Health Promotion, she has held various roles, including Regional Director, Staff Development and Training Coordinator, and Assistant Director of Volunteer Programs. Serena has led programs for individuals with disabilities, managed projects, and ensured compliance with regulations.

She has also served in leadership roles at Tucker Missionary Baptist Church, organizing events and providing guidance to the community. Serena's compassionate nature, innovative thinking, and commitment to excellence make her a valuable asset in both her professional and personal endeavors.



Family Caregiver panel - Walking the Path Together: A Family Caregiver Conversation



Debbie Stack

Debbie Stack's career was in public education and communication. A native Syracusan, she retired from her position of Vice President of Education and Community Engagement at WCNY Public Media in 2021.

After her father was diagnosed with the disease, she enrolled in every education program the Association offered, benefitting greatly from what she learned. That led to her volunteer involvement and becoming a board member in 2022. In 2023, she expanded her volunteer work to include Community Educator and Community Representative roles, in addition to fundraising for The Longest Day and Walk to End Alzheimer's annual events.

Debbie, as a Community Educator, hopes that she can help others to better understand and relate to those with Alzheimer's Disease through the information, resources, and personal experiences she shares.



Jennifer Thayer

Jennifer is a retired architect with a passion for teaching and crafting. She has been teaching skiing alongside her husband for many years and is also an avid sewing instructor. A dedicated caregiver for her husband, who has early-onset Alzheimer's, Jennifer finds joy in creative pursuits and sharing her skills with others.

Family Caregiver panel - Walking the Path Together: A Family Caregiver Conversation



Liz Jarosz

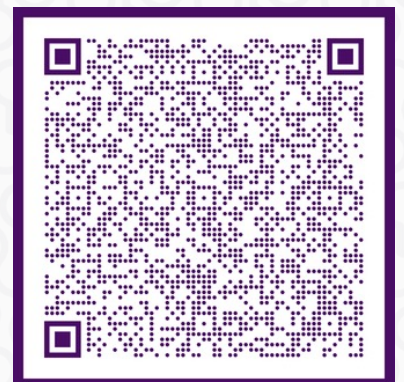
My name is Liz Jarosz, caregiver to my husband who has Early Onset Dementia, who resides here in CNY.

I am a mother of two college children, and I am an educator. My journey as a caregiver officially started in 2022 when my husband was diagnosed. This is not the journey I saw myself on as I was entering into my empty nesting years. Being a caregiver to someone with frontotemporal dementia at 49 is a challenging and emotional journey, requiring immense patience, adaptability, and love as you navigate unpredictable behaviors, communication struggles, and the gradual loss of the person you once knew.

I'm truly blessed to have found support through the Alzheimer's Association and wonderful friends and family. I am honored to be part of the Alzheimer's Association conference, and I hope by sharing my experiences I can bring you the same feeling of support and community.

LOOKING TO GET INVOLVED?

The Central New York Chapter has Volunteer opportunities available now. Scan the code to start your journey to help others on theirs.



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Allison Graff – Speaker



Allison is a survivor, yogi, and health coach. She helps others approach their health and wellness through the lens of mindfulness. Whether teaching yoga, leading mindfulness practices, or coaching clients, Allison holds space for mindful health.

Allison offers a unique perspective as a survivor of multiple heart conditions, mini-strokes, brain surgery, and breast cancer before the age of 50; as a late-bloomer lesbian who survived divorce and custody battles in the COVID era; and as a compassionate caregiver for her father who battled ALS.

Allison's health experiences, personal wellness toolkit, and certifications in yoga, mindfulness meditation, and integrative nutrition, make her an excellent guide for your mindful health journey.

Allison guides clients through identifying their unique body/mind/spirit needs and how to fulfill those needs – one moment at a time – navigating the ever changing terrain of their whole health needs.



Speaker Notes



Conference Vendors



AGELESS ATTITUDES
ADAPTIVE CLOTHING

care CENTER FOR
AGING RESOURCES
AND ENRICHMENT





Conference Vendors



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Living with Dementia



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TOMORROW'S HEALTHCARE TODAY



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PROFIT & SENSE



State of Mind
Speech & Swallowing





Conference Vendors



Sunshine Horses
Helping Horses, Helping People



**Touching
Hearts** AT HOME



**SYRACUSE JEWISH
FAMILY SERVICE**
AT MENORAH PARK

UPSTATE
MEDICAL UNIVERSITY

Geriatrics

VISIONS
FEDERAL CREDIT UNION

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Memory
Cafe* 



VIVA
SENIOR LIVING



Timeless
HEARING

NOW

IS OUR MOMENT.



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.

Southern Tier
Saturday, Sept. 27 | 9 a.m.

Utica/Rome
Saturday, Oct. 4 | 9 a.m.

Ithaca/Cortland
Saturday, Oct. 25 | 9 a.m.

Syracuse
Sunday, Nov. 2 | 9 a.m.

WALK TO END ALZHEIMER'S

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How to register:



alz.org/cnywalk

RESOURCES

MEDICALERT NEW ENROLLMENT FORM

Please complete one form for the caregiver and one form for the person living with dementia

RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

PERSON WEARING THE MEDICAL ID

(All fields required)

FIRST NAME

LAST NAME

PHONE

MOBILE / HOME (CIRCLE ONE)

ADDRESS

APT #

CITY

STATE

ZIP CODE

EMAIL ADDRESS

BIRTHDATE (MM/DD/YYYY)

GENDER (CHECK ONE)

☐ FEMALE ☐ MALE ☐ Prefer not to say

☐ Prefer to self-describe: _____

ENROLLEE IS (CHECK ONE):

☐ Person Living With Dementia

☐ *Caregiver for: _____
 FULL NAME DATE OF BIRTH

**NOTE: If the person you are a caregiver for is enrolled in MedicAlert, your ID will include "Caregiver for" and the member ID of that person.*

EMERGENCY CONTACT (only 1 Emergency Contact is allowed.)

FIRST AND LAST NAME

RELATIONSHIP TO ENROLLEE

PHONE MOBILE / HOME (CIRCLE ONE)

EMAIL

INFORMATION FOR YOUR EMERGENCY HEALTH RECORD

***All fields must be completed**

*MEDICAL CONDITIONS & DEVICES

For example: Alzheimer's, memory impaired, diabetes, insulin pump, pacemaker
 If this does not apply, please write "None."

*ALLERGIES

List all known food, drug or other allergies
 If this does not apply, please write "None."

*MEDICATIONS

List all medications, including inhalers
 If this does not apply, please write "None." Dosages are not needed.

***Please use provided area on second page if additional space is needed for this section, or attach additional documentation*

SELECT YOUR PREFERRED JEWELRY BELOW

*SELECT ONE JEWELRY OPTION PER ENROLLMENT FORM

CLASSIC STEEL BRACELET WITH COLOR

☐ Purple (A659)

Sizes available: 4" - 10" in 1/2" increments

Size needed: _____

LARGE CLASSIC STEEL BRACELET WITH COLOR

☐ Purple (A729)

Sizes available: 4" - 10" in 1/2" increments

Size needed: _____

SPORT SILICONE BRACELET

☐ Violet (A013)

Sizes available: Sm: 6", Med: 6.75", Lg.: 7.5"

Size needed: _____

LACED UP SHOE TAG

☐ Steel/Red (A661)

SIZING INFORMATION

It's important your MedicAlert® emblem fits comfortably around your wrist. To determine your size, snugly wrap a tape measure around your wrist. Note the measurement, then add half an inch. This is the size MedicAlert bracelet you'll need.

CLASSIC STEEL NECKLACE WITH CURB CHAIN

☐ Purple (A730)

Comes on a 26" or 30" curb chain

Size needed: _____

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IDENTIFYING INFORMATION

HEIGHT (FT.-IN.) _____

WEIGHT (LBS.) _____

EYE COLOR:

☐Blue ☐Brown ☐Black ☐Green ☐Hazel ☐Other

HAIR COLOR:

☐Bald ☐Black ☐Blonde ☐Brown ☐Gray ☐Other ☐Red

OTHER IDENTIFYING FEATURES:

☐Hearing Aid ☐Contacts ☐Beard ☐Mustache ☐Wig ☐Dentures
☐Glasses ☐Cane ☐Mole* ☐Scar* ☐Tattoo ☐Birthmark*

If you selected a choice with an asterisk, please list its/their location(s) here:

RACE:

☐American Indian/Native Alaskan ☐Asian or Pacific Islander ☐Black
☐Hispanic ☐White ☐Other ☐Not Specified

ETHNICITY:

☐African American ☐Asian ☐Caucasian ☐Chinese
☐Hispanic ☐Indian ☐Japanese ☐Jewish ☐Korean
☐Other ☐Portuguese ☐Russian ☐Vietnamese

LANGUAGE/ACCENT:

☐English (US/Canada) ☐English (UK) ☐Spanish ☐French
☐Italian ☐Korean ☐Chinese ☐Vietnamese ☐Portuguese
☐Polish ☐Russian ☐Hindi ☐Arabic

VETERAN:

☐ Yes☐ No

WHAT IS INCLUDED WITH YOUR FREE MEMBERSHIP*

- 24/7 Emergency Response Team
- Emergency Health Profile
- Emergency Contact Notification
- Personalized Jewelry

- 24/ Wandering Support Personal Profile for Each
- Enrollee Portrait Photo (selfie) for Emergency
- Identification Printable Health Profile **
-

*ALL MEMBERSHIPS ARE PAID FOR IN FULL THROUGH A GRANT BY THE NEW YORK STATE DEPARTMENT OF HEALTH CAREGIVER SUPPORT INITIATIVE. CAREGIVERS AND THEIR LOVED ONE LIVING WITH DEMENTIA LIVING IN THE THE CENTRAL NEW YORK AREA MAY BOTH BE ENROLLED AND RENEWED AT NO COST ON A YEARLY BASIS IN PERPETUITY DEPENDENT ON AVAILABILITY OF GRANT FUNDING

**IF YOU WOULD LIKE A PHOTO ADDED TO YOUR ACCOUNT FOR EMERGENCY IDENTIFICATION, PLEASE INCLUDE IT WITH YOUR APPLICATION.

USE THIS SPACE TO PROVIDE ADDITIONAL NECESSARY INFORMATION

RELEASE - SIGN & DATE BELOW

Important: By accepting membership in MedicAlert Foundation, for yourself as a member or caregiver and/or as caregiver on behalf of the member named above (collectively, "you"), you authorize MedicAlert to release all medical and other confidential information about you in emergencies and to other health care personnel you designate. Read the full consent at www.medicalert.org/consent.

SIGNATURE OF MEMBER OR REPRESENTATIVE

DATE

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HAIR COLOR:

☐ Bald ☐ Black ☐ Blonde ☐ Brown ☐ Gray ☐ Other ☐ Red

OTHER IDENTIFYING FEATURES:

☐ Hearing Aid ☐ Contacts ☐ Beard ☐ Mustache ☐ Wig ☐ Dentures
☐ Glasses ☐ Cane ☐ Mole* ☐ Scar* ☐ Tattoo ☐ Birthmark*

If you selected a choice with an asterisk, please list its/their location(s) here:

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☐ Hispanic ☐ White ☐ Other ☐ Not Specified

ETHNICITY:

☐ African American ☐ Asian ☐ Caucasian ☐ Chinese
☐ Hispanic ☐ Indian ☐ Japanese ☐ Jewish ☐ Korean
☐ Other ☐ Portuguese ☐ Russian ☐ Vietnamese

LANGUAGE/ACCENT:

☐ English (US/Canada) ☐ English (UK) ☐ Spanish ☐ French
☐ Italian ☐ Korean ☐ Chinese ☐ Vietnamese ☐ Portuguese
☐ Polish ☐ Russian ☐ Hindi ☐ Arabic

VETERAN:

☐

Yes

☐

No

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- Emergency Contact Notification
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DATE

PLEASE RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

HOME SAFETY CHECKLIST

Individuals living with Alzheimer's disease and other dementias are at increased risk for injury or harm in certain areas of the home. As the disease progresses, they may become unaware of the dangers that exist. Consider taking the following precautions to create a safe environment, which may prevent dangerous situations from occurring and help maximize the person's independence for as long as possible.



General Home Safety Tips

- ☐ Store potentially hazardous items, such as medication, alcohol, matches, sharp objects or small appliances and tools, in a securely locked cabinet.
- ☐ Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.
- ☐ Keep the number for the local poison control center handy or saved in your phone in case of emergency.
- ☐ Make sure carbon monoxide and smoke detectors and fire extinguishers are available and inspected regularly. Replace batteries twice a year during daylight saving time.
- ☐ Remove tripping hazards, such as throw rugs, extension cords and excessive clutter.
- ☐ Keep walkways and rooms well lit.
- ☐ Secure large furniture, such as book shelves, cabinets or large TVs, to prevent tipping.
- ☐ Ensure chairs have arm rests to provide support when going from a sitting to standing position.
- ☐ Apply stickers to glass doors at eye level to ensure doors are visible.
- ☐ Install a latch or deadbolt either above or below eye level on all doors.
- ☐ Remove locks on interior doors to prevent the person living with dementia from locking themselves in.
- ☐ Consider removing firearms from the home or storing them in a locked cabinet.
- ☐ For more information, contact the **Alzheimer's Association 24/7 Helpline (800.272.3900)**.



Kitchen

- ☐ Use appliances that have an auto shut-off feature.
- ☐ Prevent unsafe stove usage by applying stove knob covers, removing knobs or turning off the gas when the stove is not in use.
- ☐ Disconnect the garbage disposal.
- ☐ Mark food with purchase date; regularly check for and throw away expired items.
- ☐ Discard toxic plants and decorative fruits that may be mistaken for real food.
- ☐ Remove vitamins, prescription drugs, sugar substitutes and seasonings from the kitchen table and counters.



Laundry Room

- ☐ Clean out lint screens and dryer ducts regularly to prevent fires.
- ☐ Consider installing safety locks on washing machines and dryers to prevent inappropriate items being put in or taken out too early.
- ☐ Install locks on laundry chutes to avoid temptation to climb into or drop inappropriate items down the chute.
- ☐ Keep all cleaning products — such as liquid laundry pacs and bleach — out of sight, secured and in the original (not decorative) storage containers to discourage someone from eating or touching harmful chemicals.



Bathroom

- ☐ Install grab bars for the shower, tub and toilet to provide additional support.
- ☐ Set the water temperature at 120 degrees Fahrenheit or less to prevent scalding.
- ☐ Apply textured stickers to slippery surfaces to prevent falls.



Bedroom

- ☐ Closely monitor the use of an electric blanket, heater or heating pad to prevent burns or other injuries.
- ☐ Provide seating near the bed to help with dressing.
- ☐ Ensure closet shelves are at an accessible height so that items are easy to reach, which may prevent the person from climbing shelves or objects falling from overhead.



Garage and Basement

- ☐ Limit access to large equipment, such as lawn mowers, weed trimmers or snow blowers.
- ☐ Keep poisonous chemicals, such as gasoline or paint thinner, out of reach.
- ☐ Lock and properly store ladders when not in use to prevent a tripping or climbing hazard.
- ☐ Remove access to car keys if the individual living with dementia is no longer driving.
- ☐ Install a motion sensor on the garage door.
- ☐ Mark stairs with bright tape and ensure railings are sturdy and secure to prevent tripping or falls.

Home Safety Checklist made possible through a collaboration with Procter & Gamble.

Caregivers devote a significant amount of time and energy to the person with dementia. Too often, caregivers do not recognize their own needs, delay tending to them, or do not know where to turn for help.

10 Common Signs of Caregiver Stress

1 Denial about the disease and its effect on the person who has been diagnosed.
"I know Mom is going to get better."

2 Anger at the person living with dementia or frustration that the individual can't do the things that things that once came naturally. "He knows how to get dressed. He's just being stubborn."

3 Social withdrawal from friends and activities.
"I don't care about visiting neighbors anymore."

4 Anxiety about the future.
"What happens when he needs more care than I can provide?"

5 Depression that affects your ability to cope.
"I just don't care anymore."

6 Exhaustion that interferes with daily tasks.
"I'm too tired for this."

7 Sleeplessness caused by worrying.
"What if she wanders out of the house?"

8 Irritability that triggers negative responses.
"Leave me alone!"

9 Lack of concentration that disrupts familiar tasks.
"I was so busy, I forgot my appointment."

10 Health problems that begin take a mental and physical toll.
"I can't remember the last time I felt good."



10 Ways to Manage Stress and Be a Healthier Caregiver

- 1 Take a break.** Consider using respite care service to allow you a temporary rest from caregiving while the person living with Alzheimer's or another dementia continues to receive care in a safe environment.
- 2 Seek out community resources.** Visit the Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF) to access a database of dementia and aging-related resources in your area.
- 3 Become an educated caregiver.** The Association offers programs to help you better understand and cope with common behavioral and personality changes that may occur. Visit alz.org/care for resources.
- 4 Get help and find support.** Our 24/7 Helpline (800.272.3900), ALZConnected online networking community (alzconnected.org), and local support groups (bit.ly/AlzSupportFL) are helpful resources.
- 5 Take care of your own health.** Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
- 6 Manage your stress.** Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration). Discuss with a doctor, as needed.
- 7 Accept changes as they occur.** People living with dementia change over time and so do their needs. They may require care beyond what you can provide on your own. Become aware of community resources.
- 8 Make legal and financial plans.** Putting legal and financial plans in place after the diagnosis of dementia allows the person living with the disease to participate in decision-making. Having these plans can provide comfort to the entire family. Consult a financial advisor if needed.
- 9 Know you're doing your best.** Remember that the care you provide makes a difference and you're doing the best you can.
- 10 Visit your doctor regularly.** Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior.



ALZTogether

Social programs for individuals with Alzheimer's and their care partners

“Your efforts, support and smiles sure were and are appreciated. Great social enrichment for our group.”

Tour of Brady Farm

150 Ford Avenue, Syracuse, NY

Thursday, July 17, 2025 | 2-3:30pm

Osprey Eco Cruise with Discover Cayuga Lake

805 Taughannock Blvd., Ithaca, NY

July 31, 2025 | 2:30 pm

Make Your Own Pasta!

Virgil Community Center

1208 Church Street, Cortland, NY

August 7, 2025 | 11:30 am

Erie Canal Camillus Boat Tour

5750 Devoe Road, Camillus, NY

Thursday, August 21, 2025 | 2pm

PRE-REGISTRATION IS REQUIRED.

Call to Register: (315) 472.4201

These programs are supported (in part) by a grant from the New York State Department of Health.



WHAT IS ALZHEIMER'S ADVOCACY?

JOIN US TO FIND OUT!

This event is an introduction to our advocacy initiatives - no prior experience is needed!

Tuesday, June 17th

7-7:30 p.m.

Zoom

RSVP: <https://alz-ny.quorum.us/event/22153/>



*Presented by the New York State
Alzheimer's Advocacy Committee*

SCAN HERE





**Caring for someone with Alzheimer's
isn't easy.**

We're here to help you.



Central New York Chapter



The Central New York Chapter of the
Alzheimer's Association offers

FREE

Caregiver Support, Education
Programs, Care Consultations, Safety
Services, Respite Information, and
more.

24/7 Helpline: 800.272.3900
alz.org/cny

*Programs are supported in part by a grant from
the New York State Department of Health*



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