



Virtual Educational & Social Programs for October

Unless otherwise noted, call the Alzheimer's Association at 800.272.3900 to register.

10 Signs of Alzheimer's Disease

Learn about 10 common signs of Alzheimer's and what to watch for in yourself and others.

2-3 Monday, Oct. 5
3 p.m. Thursday, Oct. 15
10 a.m. Wednesday, Oct. 21
4-5 p.m. Thursday, Oct. 22

Dementia Conversations

Get tips for dementia-related conversations, such as going to the doctor or when to stop driving.

11 a.m. Wednesday, Oct. 7 (to register, email sullivan@cornell.edu, or call 845.292.6180).
10-11 a.m. Wednesday, Oct. 28

Effective Communication Strategies

Learn to decode messages when someone has dementia and get strategies to help you connect.

10 a.m. Tuesday, Oct. 13
2-3 p.m. Monday, Oct. 19
6 p.m. Thursday, Oct. 22

Healthy Living for Your Brain and Body

Learn about diet, exercise, cognitive activity and social engagement to plan for healthy aging.

10 a.m. Wednesday, Oct. 28
1-2 p.m. Friday, Oct. 8 (in Spanish)

Legal & Financial Planning for Alzheimer's Disease

Learn about legal and financial issues to consider and how to put plans in place for the future.

10-11:30 a.m. Tuesday, Oct. 6 — with special guests Nancy Brodey Koch, Esq., Lisa Lubosky
6 p.m. Tuesday, Oct. 13 — with special guest Martin Hersh, Esq. (to register, email sullivan@cornell.edu, or call 845.292.6180).
11 a.m. to 1 p.m. Monday, Oct. 26 — with special guest Rachel Flanagan Frost, Esq.)

Living with Alzheimer's: For Early-Stage Caregivers

Get practical answers to questions that arise in the early stage of Alzheimer's.

Noon Monday, Oct. 5 (part 1)
Noon Wednesday, Oct. 19 (parts 2 and 3)

Living with Alzheimer's: For Middle-Stage Caregivers

Learn helpful strategies for providing effective and comfortable care in the middle stage.

2-3 p.m. Monday, Oct. 19 (part 1)
2-3 p.m. Monday, Oct. 26 (parts 2 and 3)
Noon Monday, Oct. 26 (part 1)

Understanding Alzheimer's & Dementia

Learn the difference between dementia and Alzheimer's, stages, risk factors, research and more.

9-10 a.m. Thursday, Oct. 1
2-3 p.m. Monday, Oct. 12
10 a.m. Wednesday, Oct. 14

Understanding and Responding to Dementia-Related Behavior

Learn to decode common behaviors in people with dementia to connect throughout the disease.

2-3 p.m. Monday, Oct. 26
4-6 p.m. Monday, Oct. 26 (to register, email sullivan@cornell.edu, or call 845.292.6180).

Social events

ALZ Across New York

A talk by Bethel Woods docent Jim Shelley about the 1969 Woodstock concert.

1-2 p.m. Wednesday, Oct. 21

AlzWell Social Club

An interactive program for people at all stages of dementia and their family caregivers.

1-3:30 p.m. Saturdays Sept. 5, 12, 19, 26

Something for Alz: Art Expression

An interactive art program for people with dementia and their family caregivers

11 a.m. to noon Saturdays Oct. 10, 17, 24, 31

Something for Alz: Expressive Art

An interactive art program for people with dementia and their family caregivers.

11 a.m. to noon Tuesday, Oct. 6

Something for Alz: Musical Moments

An interactive music program for people with dementia and their family caregivers.

10:30 a.m. Fridays Oct. 2, 9, 16, 23, 30

Something for Alz: Poetry for Connection and Reflection

An interactive program featuring poetry for people with dementia and their family caregivers.

11 a.m. to noon Wednesday, Oct. 7

Tuesday Social

A free virtual event featuring musical fun for people with dementia and their family caregivers.

11:30 a.m. to 12:30 p.m. Tuesday, Oct. 6