



Finger Lakes Caregiver Institute Newsletter

Summer 2018



The Finger Lakes Caregiver Institute supports families caring for loved ones with Alzheimer's Disease, related dementias, or memory impairment. We offer a variety of services including care consultation, peace of mind planning, education and trainings, memory care wellness, and respite care. Here are our upcoming events happening in a county near you.

Chemung

Caregiver Wellness Event in Big Flats

September 22, 2018, 8:30 AM-11:30 AM
Big Flats Community Center
More details coming soon

Livingston

Explore Your Future in Mt. Morris

Mondays, Jul 23- Aug 13, 10 AM-12 PM
Register at (585) 243-7520

Managing Stress Workshop in Dansville

Thursday, August 9, 2018, 1-2 PM
Dansville Public Library
Register with Noyes Caregiver Resource Center at (585) 335-4358

Ontario

Support for Caregivers: Finger Lakes Caregiver Institute Overview

Tuesday, June 26, 2018, 6:30-7:30 PM
Bloomfield Library

Seneca

Care Manager Office Hours in Waterloo

Third Friday of each month, 9:30 AM-12:30 PM
July 20, August 17, & September 21
Seneca County Office for the Aging
Walk-ins are welcome. For an appointment, call (585) 244-8400 x 208.

Schuyler

Care Manager Office Hours in Montour Falls

Second Tuesday of each month, 10 AM-2 PM
July 10, August 14, September 11
Schuyler County Human Services Complex,
323 Owego St, Montour Falls, NY 14865
Walk-ins are welcome. For an appointment, call (585) 244-8400 x 232.

Caregiver Wellness Event in Hector

Thursday, Sep 13, 2018, 8:30 AM-12:30 PM
More details coming soon

Powerful Tools for Caregivers in Montour Falls

Tuesdays, Sep 25-Oct 30, 3-4:30 PM
Schuyler County Human Services Complex
Register at 607-535-7108

Matter of Balance in Montour Falls

Thursdays, Sep 27- Nov 15, 1-3 PM
Schuyler County Human Services Complex
Register at 607-535-7108

Steuben

Care Manager Office Hours in Corning

First Thursday of each month, 1:30-3:30 PM
July 5, August 2, & September 6
Corning Community YMCA
Walk-ins are welcome. For an appointment, call (585) 244-8400 x 233.



FINGER LAKES ALZHEIMER'S Caregiver Institute

585-244-8400
Toll-free: 844-249-7126

Wayne

Care Manager Office Hours in Lyons

First Wednesday of each month*

9:30 AM- 12:30 PM

July 11*, August 4, & September 8, 2018

Department of Aging & Youth

Walk-ins are welcome. For an appointment, call (585) 244-8400 x 238.

Powerful Tools for Caregivers in Lyons

Mondays, 2-3:30 PM, Jul 9- Aug 13

Department of Aging & Youth

Register at (315) 946-5624 by July 2, 2018

Yates

Care Manager Office Hours in Penn Yan

First Thursday of each month

9 AM- 12 PM

July 5, August 2, & September 6, 2018

Pro Action/Yates Office for the Aging

Walk-ins are welcome. For an appointment, call (585) 244-8400 x 233.

Powerful Tools for Caregivers in Penn Yan

Wednesdays, 10-11:30 AM, Jul 11– Aug 15

Pro Action/Yates Office for the Aging

Register at (315) 536-5515 by July 5, 2018

Event Descriptions

**All events listed are free to family caregivers*

Care Management Office Hours: Meet with a Care Manager from our team to consider the big picture and get you connected with services to address your most urgent needs.

Caregiver Wellness Events: Join us for a half-day caregiver wellness event with relaxing activities and informative workshops. More information will be in the next Newsletter.

Explore Your Future: Have you recently had a change in your role as a caregiver? Explore Your Future is a series of four interactive, facilitated workshops that help people who are entering retirement or have had a change in their role as a caregiver to envision the next phase of life including volunteer projects, lifelong learning and encore careers.

Managing Stress Workshop: Join us for an interactive session on how to manage stress while caring for a family member or friend living with a chronic illness and/or memory loss.

Matter of Balance: A Matter of Balance is an 8-week workshop designed to increase activity levels and decrease the fear of falling. This program is offered to both caregivers and care receivers.

Powerful Tools for Caregivers: Powerful Tools for Caregivers is a 6-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

We work collaboratively with the Alzheimer's Association, Rochester and Finger Lakes Region Chapter. For more information about their services, please visit: <https://www.alz.org/rochesterny/> or call their 24-hour helpline at 1-800-272-3900.



You are receiving this mailing because you have had contact with the Lifespan's Finger Lakes Caregiver Institute (FLCI). If you would like to be added to the Monroe County Newsletter list or be removed from this mailing list, call (585) 489-4022 or email mkouides@lifespanrochester.org.