

## PRESS RELEASE

April 26, 2019

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### FREE Alzheimer's Disease Programs for Seniors & Caregivers

SULLIVAN COUNTY, NY— Cornell Cooperative Extension Sullivan County (CCESC)'s Caregiver Resource Center partners with the Alzheimer's Association Hudson Valley Chapter to offer FREE workshops in May. These educational events will be held at various locations across Sullivan County.

**May 3 | Understanding Alzheimer's & Dementia | 10-11 am**

**Held at: Sunshine Hall Free Library, 14 Proctor Rd., Eldred**

Alzheimer's is a disease of the brain that causes problems with memory, thinking, and behavior.

Participants will learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

**May 7, 14, 21 | Living with Alzheimer's (Early Stage) | 6-8 pm**

**Held at: Daniel Pierce Library, 328 Main St., Grahamsville**

In the early stages of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help?

Join us for a 3-part series to hear practical answers to the questions that arise in the early stages. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

*Your Trusted Resource of Choice.*

**May 23 | Dementia Conversations | 6-7 pm**

**Held at Mamakating Library, 128 Sullivan St., Wurtsboro**

This workshop will offer tips on how to have honest and caring conversations with family members about:

- Deciding when to stop driving
- Going to the doctor
- Making legal and financial plans

Events are FREE to the public. Registration is requested in advance by visiting [www.sullivancce.org](http://www.sullivancce.org), emailing [sullivan@cornell.edu](mailto:sullivan@cornell.edu), or calling CCESC at 845-292-6180.

All attendees should arrive 15 minutes early to complete registration. Contact the CCESC office to request any special accommodations to attend classes, and to provide dietary restrictions.

This co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County is supported by a grant from the NYS Office for the Aging's Caregiver Program and a grant from the Alzheimer's Association Hudson Valley NY Chapter.

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