



# Reaching Out



But in in

3, **G**love to OHDUQ ,WDO **O**any parents worry DERXW EXOO\I LQJ LQ VFK  
 , GDDQ 9ROXQWHHULQJ DW WKH FKLO( DUO\ LQWHUYHQWLRQ DQG SUHYHG  
 GUMQKRVSLWDO ZRXOG EH VR VDWLVII\LRQ PXPQLFDWLRQ WKDW HQFRXUDJHV R  
 6RPHGD\ , ZLOO OHDVW WKH SLDQR SURELQJ PLJKW EH QHHGHG EHFDXVH Y  
 QRZ 3XUVXH VDWLVII\ LQJ DFWLYLWLHV WR ALGUYLDFWR PLJDKRQ VFKDQZDDEJ  
 WKH SHUIHFW WLPH VRPHGD\ 7KHVH HQWDFOLQJDF WLPYLDWLDW FDPQJ YHUXR  
 PHQW DQG MR\ DQG GEHILFJW SURSKDFWLYKZM SODQJ WHLS KW UHFRPPHQG VRPH  
 SUHYHQW EXUQRXW :KHQ \RX DUH KDS SLOW DQPHPLKWR QWQWOSRZRXW GWE  
 SURGXFWLYLW\ LQFUHDVHV EHFDXVH D\$ S VLVLYH W PLOSLVHM RB VLQGHHS FDBW  
 EHWWHUV SUREOH PNVLOOV DQG LPSURYH HQ DR EXVL 7KW FDPXG GVDRXZWWK WKH  
 EH PRUH HQJDJHG RQ WKH MRE 6WDUW KHVQHDMGR QWVH RVP DQOHQ WHZPD  
 VLEOH DQG EULQJ EDODQFH WR \RXU EXLVZHU \RXU FKLOG VR \RX FDQ KH





Community Education Programs

For more information, please contact Gwen Rowland, [growland@alz.org](mailto:growland@alz.org) or 518-888-5846



The Alzheimer's Association, a non-profit voluntary organization, is dedicated to finding prevention methods, established in 1982 and today serves 17 counties in upstate New York.

remember that you are not alone and that the Alzheimer's Association has a number of programs and services to support and assist you, including:

- **Helpline** Families are only a phone call away from getting information, education and support days/week Helpline. To reach a Helpline Specialist, call 800-272-3900.
- **Care Consultation** Personalized sessions for individuals and families with Alzheimer's Association the future. To set up a care consultation, please call 518-867-4999 or 800-272-3900.
- **Support Groups** The NENY Alzheimer's Association offers more than 24 support groups