

CAREGIVER COMMUNITY INFORMATION & RESOURCES SUMMER 2025

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**Erie County Department of
Senior Services**

Tel: (716) 858-8526

Website:

<https://www3.erie.gov/seniorservices/>

**Would you like to receive this Caregiver
Community Information and Resources
Packet along with other important updates?
Sign up to join our e-mail list.**



**SCAN HERE or e-mail a
request to
caregiver@erie.gov**



***Erie County
Department of Senior Services***

Elder Law Day

Tuesday June 3, 2025

Presented by



CENTER FOR
**ELDER
LAW &
JUSTICE**



Buffalo Niagara Marriott
1340 Millersport Highway, Amherst NY 14221

8am-2pm

FREE Event with lunch | Registration Required

Voluntary donation of \$10 requested at the door

Medicaid | Long Term Care Planning | Estate Planning | Community Resources

Reasonable accommodation requests are welcome but may not be guaranteed without advanced notice

Register at [Erie.gov/ELD](https://erie.gov/ELD)



**Register in advance for
FREE 20 minute legal
consultations. Space is
limited!**



Caregiver Brunch

Refreshments, discussion, and self care

Saturday, June 7
10:30am - 12:30pm

Alzheimer's Association
WNY Chapter
6400 Sheridan Drive, Suite 320
Amherst, NY 14221

RSVP kindly requested. Please
visit bit.ly/AlzBrunch2025
or call 800.272.3900

ALZHEIMER'S  ASSOCIATION®

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This program is supported in part by a grant from the New York State Department of Health

TOGETHER, WE WILL DEFEAT ALS



Walk to Defeat ALS Buffalo

August 2, 2025
Delaware Park



***Scan the QR code
or visit
WalktoDefeatALS.org***

Thank You to Our NATIONAL PARTNERS





EXHALE SATURDAY RESPITE PROGRAM

Presents

CAREGIVER EDUCATIONAL SUPPORT SESSION



ALZHEIMER'S DISEASE CARE: SWALLOWING PROBLEMS

Education By:

Maggie Edbauer, MS, CCC-SLP

Education will target Alzheimer's disease care: swallowing problems – swallowing difficulties, also known as dysphagia, is common in individuals with Alzheimer's disease, especially as the disease progresses. This is due to the disease's impact on the brain's ability to control muscles involved in chewing and swallowing.

SATURDAY, JUNE 21, 2025 at 10:30 AM

CHS LIFE Program

600 Doat St.

Cheektowaga, NY 14211

Free Admission

Advance Registration is Encouraged

To Register:

Email Sunanda Kern, Supervisor Respite Care @ skern2@chsbuffalo.org
or Call (716) 819-5433 (LIFE Villa Maria Site)

22nd Annual Conference

Healthy Alternatives Through Healing Arts, Inc

HAHA Non-Profit 501 (c) 3

October 10th, 2025 8AM-4:30PM



Refresh Rejuvenate A day of respite for you

The annual Conference offers those with a mental health diagnosis the opportunity to experience holistic alternatives to assist with wellness and recovery. This is for peers and their professional caregivers.

Peers \$15, Professionals \$25 Includes two morning and two afternoon sessions with many different presentations to choose from. Also includes a light breakfast and lunch.

Please register by September 22nd.

Our Lady of Victory Elementary

2760 South Park Avenue Lackawanna, NY 14218

Email healthyalternativeshaha@gmail.com

or call Jill O'Hara @ 716-426-6529 for registration forms/questions

You can also register on the website @
healthyalternativesthruhealingarts.com





*Members and
non-members
welcome!*

COMMUNITY WELLNESS DAY

Independent Health Family YMCA

THURSDAY, JUNE 26 | 9:00am

Join us in the lobby for a variety of informational displays and community organizations providing education, awareness, and resources regarding different health and well-being topics.

ACTIVITIES INCLUDE

- Hydration information station
- Healthy heart tips and blood pressure screenings
- Free Resources from Community Organizations
- Choose Healthy Self-Management class resources from WNYICC
- Many more!

Contact Jilyana Miklos, Community Health Director at jmiklos@ymcabn.org for details.

This event is free for YMCA Members.

Registration is NOT required.

Activities and the organizations present will vary throughout the day.

Fall Prevention

Tips and tricks to keep
you on your feet



FALL PREVENTION AROUND THE HOUSE

- ✓ Learn home safety to prevent falling
- ✓ Learn exercises to prevent falling

JUNE 12 AT 12:45 PM TO 2:45 PM

Akron Senior Center

5691 Cummings Rd Akron 14001

**Talk with the front
desk to sign up!**

Have Questions? Visit
Erie.gov/seniorservices
Email:

Jennifer.chowdhury@erie.gov



SENIOR WISHES®

It's never too late to have a wish come true.



WHAT WOULD YOU WISH FOR?

Senior Wishes, is dedicated to honoring and enriching the lives of older adults in Western New York by granting meaningful wishes.

Since its inception in 2014, Senior Wishes has granted over 475 wishes—including reconnecting with long-lost loved ones, attending cultural or sporting events, and rediscovering passions and hobbies once set aside. Wishes must be for experiences the senior cannot afford or arrange on their own or with family assistance.

Senior Wishes also offers a **Veterans recognition program** each November, honoring 150 local seniors who have served. All Veterans meeting the guidelines are encouraged to apply for a “HERO Box”, using the application on the website.

The **Senior Wishes’ Century Club** recognizes any senior who is turning (or already has turned) 100 years of age with a certificate and gift bag.

Income guidelines do not apply for the Century Club or HERO Box programs.

Eligible applicants must be:

- *Age 65 or older
- *Reside in Erie, Niagara, Orleans, Genesee, or Wyoming Counties
- *Have annual income of under \$38,000 (single household) or \$44,000 (two-person household) Income guidelines do not apply to those permanently residing in care facilities, HERO Boxes or Century Club
- *Unable to fulfill the wish on their own or with family assistance.
- *A medical diagnosis is not required.
- *Exclusions apply, please see guidelines.

Apply online at www.seniorwishes.org
Contact 716.508.2121 for application or more information

AFTD RESOURCES



AFTD Website

- Learn about FTD symptoms, genetics, approaches to care, research opportunities, and updates.
- Sign up for our newsletters and emails to stay informed about expanding research, advocacy, and support efforts.



www.theaftd.org

AFTD HelpLine 866.507.7222 toll-free or info@theaftd.org

AFTD's most important direct service to persons with FTD, care partners, and professionals, the HelpLine is staffed by social workers Monday–Friday during regular business hours.

Diagnostic Checklists

If a friend or family member is concerned they might also have FTD, you can share the checklists AFTD developed to help identify red flags for the two most common types of FTD - behavioral variant FTD (bvFTD) and primary progressive aphasia (PPA). They are available in six languages: English, Dutch, French, Italian, Polish, and Spanish.

AFTD Support Groups

AFTD offers groups for care partners or people diagnosed with FTD that are available in person or online to facilitate peer learning in a safe environment.

Newly Diagnosed Checklist

An FTD diagnosis can be overwhelming in many ways. AFTD's Newly Diagnosed Checklist guides persons diagnosed and their families on steps to take to help adjust to the changes ahead.

Help & Hope

A weekly e-newsletter for people on the FTD journey. Issues provide advice on support strategies, the lived FTD experience, and updates on FTD advocacy, research, and AFTD volunteer opportunities.

Provider Letters and FTD Awareness Cards

Sample provider letters inform healthcare professionals about FTD's symptoms and ways they can help you. Printable FTD awareness cards let others know what FTD is and how it may impact behavior in a public setting.

Comstock Grant Program

The Comstock Grant Program provides financial assistance to offset the cost of respite for family caregivers and for travel to an AFTD conference. Persons diagnosed with FTD can apply for a Quality of Life Grant for goods or services that enhance their daily life. All grants are \$500.

Partners in FTD Care

Developed by clinicians and caregivers, this publication promotes greater knowledge and understanding of FTD and shares best care practices. We encourage you to share these with your healthcare professionals.



Department
of Health

EPIC
Elderly Pharmaceutical
Insurance Coverage
Program

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program administered by the Department of Health. EPIC provides seniors with co-payment assistance for Medicare Part D covered prescription drugs after any Medicare Part D deductible is met. Seniors can apply for EPIC **at any time of the year** and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage.

EPIC also provides many other advantages for members. It can assist with Medicare Part D premium assistance and provides a Special Enrollment Period (SEP). The SEP from Medicare allows the EPIC member to either join or change their Medicare Part D plan one time per calendar year.

To be eligible, a Senior Citizens must be a NYS resident, 65 years of age or older, have an annual income below \$75,000 single or \$100,000 married, be enrolled in a Medicare Part D drug plan and not receiving full Medicaid benefits. If a senior has union or retiree benefits, they should contact their benefit office to see if they are eligible to join a Part D drug plan.

Call the toll-free EPIC Helpline at 1-800-332-3742 Monday through Friday from 8:00 AM to 5:00 PM or visit the EPIC website at www.health.ny.gov to receive more information, inquire about an presentation, to apply online, or obtain an application.

P.O. Box 15018, Albany, NY 12212-5018 | 1-800-332-3742



Strength to take on the day.

Hospice & Palliative Care
Buffalo provides in-home
compassionate care
to improve quality of life,
plus emotional support for
caregivers and loved ones.

[^] PAULA, Caregiver of a Hospice Patient



**HOSPICE &
PALLIATIVE CARE**
BUFFALO



*Caregivers, ask us
about care options*

Call 716-686-8000 or
visit HospiceBuffalo.com.



Caregivers-Talk to Us, We Can Help!

There are many rewards to caregiving although caregivers may feel:

- Overwhelmed
- Financial Burdens
- Loss of personal time and privacy
- Stress from juggling many responsibilities
- Person they care for won't cooperate
- Family conflict
- Isolation from family and friends

Caregivers often put their loved one first, neglecting themselves physically, mentally, and emotionally. Caregivers may feel overwhelmed and experience emotions such as anxiety, guilt, depression, anger, frustration and/or resentment. This is a normal part of caregiving but one that needs to be paid attention to. It is not selfish for caregivers to take care of themselves.

Support counselors are licensed social workers who help caregivers gain more understanding of their feelings and develop skills to better handle the stresses and difficult emotions of caregiving. The one on one meetings are confidential and strive to empower the caregiver to find strength and hope within themselves.

Caregivers who received counseling said that, because of the counseling they:

- "Feel less stressed knowing about support services"
- "Know help is just a call away"
- "Gained confidence"
- "Feel better about my situation"
- "Feel supported"
- "Have somewhere to turn"
- "Feel less stress"
- "Know my feelings were all normal for the situation"

Erie County Department of
Senior Services
95 Franklin Street-13th Floor
Buffalo, New York 14202



Contact us today!!

Phone: (716) 858-6076

Website: www3.erie.gov/seniorservices

E-mail: caregiver@erie.gov

ERIE COUNTY DEPARTMENT OF SENIOR SERVICES

95 Franklin Street, Buffalo, NY 14202-3968

(716)858-8526

www3.erie.gov/seniorservices

SOCIAL ADULT DAY SERVICES CONTRACT AGENCIES

Social Adult Day Services are vital and enables caregivers of older adults to bring the person they care for to a place that will provide care while offering stimulating activities tailored to meet their individual needs. In order to help people benefit from available social adult programs, the Erie County Department of Senior Services may offer financial assistance to those who would otherwise be unable to attend. Such assistance is based on assessment of need and availability of program funds.

Call us today to see if you qualify.

(716) 858-8526.

Aurora Adult Day Services

101 King Street, Suite B, East Aurora, NY 14052

(716) 652-4269

<https://www.auroraadultdayservices.org>

Kaleida Services LLC, Ralph C. Wilson Jr. Adult Day Services

at North Tonawanda DeGraff Medical Park (716) 243-7888

3780 Commerce Court, Suite 100, North Tonawanda, NY 14120

<https://www.kaleidahealth.org/care/Adult-Day-Services>

Lord of Life Adult Day Services

1025 Borden Road, Depew, NY 14043

(716) 668-8000

<https://lordoflife.us/adult-day-health-center>

Orchid Adult Day

102 Broad St. Tonawanda, NY 14150

(716) 264-4703

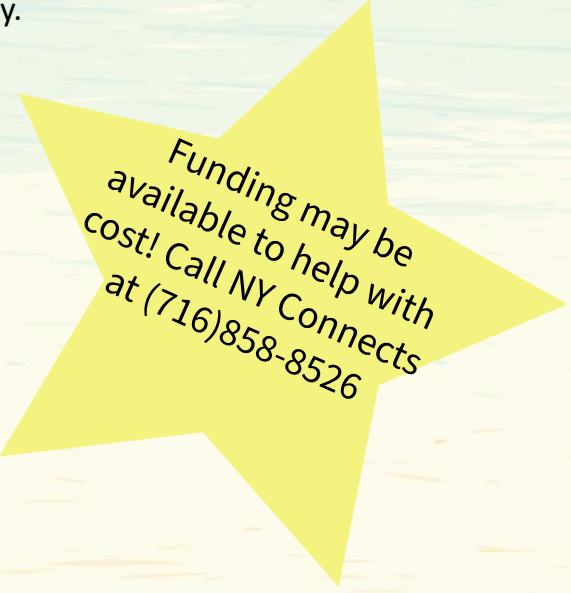
<https://www.orchidadultdaycare.com/>

People Inc. Seniors Unlimited Adult Day Services Program

2635 Delaware Avenue, Suite A, Buffalo, NY 14216

(716) 768-2370

<https://www.people-inc.org/senior-programs/#seniors-unlimited-adult-day-program>



Funding may be available to help with cost! Call NY Connects at (716)858-8526

Overnight Respite for Caregivers

Caregivers, do you need a vacation
or just some time to recharge?
Consider a five night stay for your
loved one at a local nursing home or
assisted living facility.

Call for eligibility and funding
availability.

Erie County NY Connects:
(716) 858-8526

Are you or a loved one experiencing memory challenges?
Looking for a supportive space to create and learn?

Memory Café

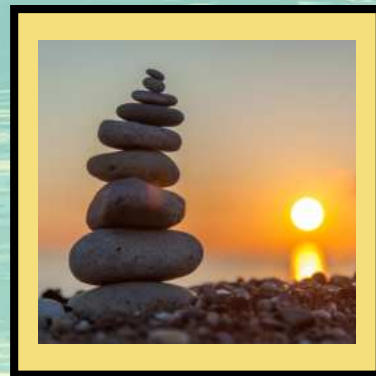
at Frank Lloyd Wright's Martin House & Graycliff

Art  Quality Time  Connections

Learn more by scanning the QR code or visiting
martinhouse.org/memory-cafe



Free Caregiver Respite and Support Programs



Healthy Alternatives Through Healing Arts

Holistic workshops, programs and mini retreats for family caregivers.

Visit: www.healthyalternativesthruhealingarts.com for upcoming workshops and events.

Phone: (716)426-6529

E-mail: healthyalternativeshaha@gmail.com

In the Moments Memory Cafe

CarePatrol welcomes individuals with memory loss along with their caregivers, or friends and family to our monthly Memory Cafe gathering where we celebrate shared experiences in a comfortable and supportive environment that is non-judgemental. This event is a perfect opportunity to reminisce, make new friends, and create lasting bonds.

When: 2nd Friday of every month, 10:30am-12pm

111 St. Gregory Ct. Williamsville, NY 14221

Register: <https://carepatrol.com/buffalo-niagara/events/>

Phone: Julie Lewinski (716)463-2955

A Gathering Place

A program designed to provide fun and uplifting activities created for seniors 55+ and offers much needed help for their caregivers. If you need a break, or just need to run errands during the day, or simply take a moment to yourself on Saturday mornings.

The BFNC Life Center @ Westminster Community House

419 Monroe St. Buffalo, NY 14212

Register: <https://bfnc.org/care-givers-you-deserve-time-to-exhale-introducing-the-exhale-program/>

Phone: (716)852-5065 ext. 132.

Free Caregiver Respite and Support Programs

Musical Memories

Musical Memories Café concert is a place for caregivers and their loved ones to relax and enjoy socializing, refreshments, and great entertainment!

Website: <https://www.westfallsartcenter.org/memory-cafe167513f0>

Catholic Health Exhale Respite Program

Caregivers will also have the opportunity to meet with staff on-site to discuss challenges or needs they may have, attend a caregiver education session, or leave to have time to themselves. Mobility and ADL assistance provided. Transportation is available

Villa Maria Campus

600 Doat St. Cheektowaga, NY 14211

Saturdays 10am-2pm

To register call (716)819-5433 or visit:

<https://www.chsbuffalo.org/services/exhale-respite-care/>

Pathways for Caregivers and Serenity on the Shore Memory Cafe

Family caregivers can receive a break from the daily tasks of caregiving for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities. The goal is to give caregivers peace of mind and rejuvenation.

Cradle Beach

8038 Old Lakeshore Rd. Angola, NY 14006

Pathways for Caregivers: 3rd Thursday of every month, 10:30am-2:30pm

Serenity on the Shore: 4th Thursday of every month, 11:30am-1:30pm

To register: contact Kat Gorecki (716)549-6307 ext. 218

Website: <https://cradlebeach.org/senior-services/>

Free Dementia Caregiver Respite

Respite offers you a break from your caregiving responsibilities while providing social engagement and meaningful activities for your loved one.*

Buffalo

2nd Saturday, 10:30 am – 2:30 pm Grace Lutheran Evangelical Church 174
Cazenovia St., Buffalo 14210 Contact:
Penny Paschka 716-674-2958

2nd Friday, 10 am – 2 pm

Metropolitan United Methodist Church
657 Best St., Buffalo
Contact: Lynelle Reed 716-891-5652

Derby

1st Thursday, 10:30 am – 2:30 pm
First Church of Evans
7431 Erie Rd. Derby 14047
Contact: Debby Waddell 716-549-0908

East Aurora

4th Wednesday 10:30 am - 2:30
Baker Memorial United Methodist Church
345 Main St., East Aurora
Contact: Michele Engasser 716-652-0500

Eden

3rd Wednesday, 10:30 am - 2:30 pm
Eden United Methodist Church
2820 East Church St., Eden
Contact: Kevin Karstedt 716-984-5130

Grand Island

2nd Wednesday, 1:30 – 4:30 pm
Golden Age Center
3278 Whitehaven Rd., Grand Island
Contact: Jennifer Menter 716-773-9682

Hamburg

2nd Wednesday, 10:30 am - 2:30 pm
Hamburg United Methodist Church
116 Union St., Hamburg
Contact: Lisa Rood 716-941-5703

Holland

1st Thursday, 10:30 am – 2:30 pm
Holland United Methodist Church
11699 Partridge Rd., Holland
Contact: Cindy Cassavino 716-388-3150

Kenmore

4th Wednesday, 10:30am -2:30 pm
Kenmore United Methodist Church
32 Landers Rd. Kenmore, NY 14217
Coordinator: Michelle Spencer 716-875-5091

1st Tuesday, 11:00 am - 3:00pm
St. John the Baptist RC Church
1085 Englewood Avenue, Kenmore
Contact: Mary Elias 716-874-0672

Orchard Park

3rd Tuesday, 10:30am-2:30pm
St John's Lutheran Church
4536 South Buffalo St. Orchard Park, NY 14127
Contact: Jan Rickard 716-290-7060
Jan: janice.rickard@yahoo.com

1st Wednesday, 10:30 am-2:30pm (Drop off loved one) 3rd
Wednesday , 10:30am-2:30pm (Caregiver and loved one
attend together)

Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca
Contact: Sue Kincaid 716-674-9622 x143
<https://www.ymcabn.org/encourage>

Springville

1st Wednesday, 10:30am – 2:30 pm
First United Methodist Church
474 East Main St., Springville
Contact: Barb Blesy 716-592-7451

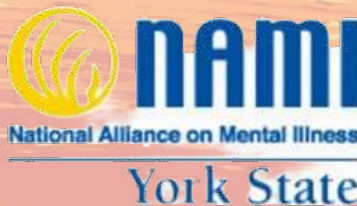
*These respite sites may have eligibility requirements and require pre-registration.
{19} Contact each individual listing for further details.

Handle With Care Registry

The Erie County Sheriff's Office, in coordination with NAMI Buffalo and WNY is pleased to introduce a Handle with Care Registry. The intent of the registry is to better prepare our deputies and emergency responders to provide improved care for your loved one. Caregivers are welcome to use the registry for special needs (i.e.: Autism, Down Syndrome, Alzheimer's, Dementia, Substance Abuse). One of NAMI Buffalo and WNY's leading priorities in mental health crisis is to ensure an appropriate mental health response. We enthusiastically support the Handle with Care Registry which is designed to help keep you and your loved ones safe.

To register visit:

<https://www4.erie.gov/sheriff/form/handle-with-care>





**Family
Help
Center**

Help is Our Middle Name

Grand-Families Program



The New Grand-Families Program Offers:

FUN! In lots of shapes & sizes
for the whole family

Are you:

- A grandparent raising your grandchildren?
- An elder family member, an aunt or uncle helping to raise children from your extended family?
- A kinship provider?

Need a break or some breathing space? If so, call **716-822-0919** for more information.

- Family Support Services at no cost
- Activities for children & teens of all ages
- Educational, therapeutic and recreational services for elders (55+) who are parenting 'all over again'.
- Legal Guidance
- Stress Busters

Gratitude to the Health Foundation for Western and Central New York, and Foundation 214, Inc. for supporting this initiative.



Foundation 214

60 Dingens Street, Buffalo, NY 14206

Resources for Caregivers of Veterans

Caregiver Support Program

Peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans.

For more information visit:

https://caregiver.va.gov/care_caregivers.asp

Or call: (716)862-6516

Medical Foster Home Program

The WNY VA Medical Center is currently seeking compassionate Caregivers who are interested in enrolling in our new Medical Foster Home (MFH) program. Medical Foster Homes are private residences where a trained Caregiver lives with and provides 24/7 care and assistance to Veterans. They offer a warmer alternative to long-term care facilities for Veterans who require nursing home level care but prefer a non-institutional setting in a private home with fewer residents.

Contact the Medical Foster Home program coordinator at 716-862-6306 to learn more.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* can be ordered as a resource at www.powerfultoolsforcaregivers.org.

Find Powerful Tools for Caregivers classes:

- Contact your county Family Caregiver Support Program for a local class schedule.
- Contact the PTC national office for a list of class leaders in your area:

www.powerfultoolsforcaregivers.org

503-719-6980



"After taking this class I am a more confident caregiver!"

Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"

- PTC Class Participant

Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for FREE today!
NewYork-Caregivers.com

Scan me with
your camera
to visit!



Support Groups Available Throughout Erie County

- ALS
- Alzheimer's Disease
- Cancer
- Amputees
- Aphasia
- Better Breathers
- Bone Health/Osteoporosis
- Brain Injury
- Breast Cancer
- Caregivers
- Celiac and Gluten Sensitive
- Diabetes
- Fibromyalgia
- Hoarders
- Husbands
- Independent Living with a Disability
- Kidney Disease
- Mens
- Multiple Sclerosis
- Parkinson's
- Prostate Cancer
- Reflex Sympathetic Dystrophy/Regional Pain Syndrome
- Self Help, Sexual Assault, and Grief
- Stroke
- Substance Abuse and Mental Health
- Suicide and Grief
- Veteran's
- Widows' and Widowers'

To view a list visit:

<https://www3.erie.gov/seniorservices/caregiver-support-groups>

To request a list:

E-mail: caregiver@erie.gov

or

Call: (716) 858-8526