

CAREGIVER COMMUNITY INFORMATION & RESOURCES SPRING 2026

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Erie County Department for the Aging

Tel: (716) 858-8526

Website: www3.erie.gov/aging/

**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 for the Aging**





Why Catching Dementia or Alzheimer's Early Really Matters

Dementia, including Alzheimer's disease, can be a tough topic to talk about, but it's one we shouldn't avoid. These conditions affect how people think, remember, and manage everyday life. While there's no cure yet, getting a diagnosis early can make a big difference for the person affected and their loved ones.

So, why is early diagnosis so important?

- 1. It helps you understand what's going on** - If someone's having memory problems or changes in behavior, it can be confusing or even frightening. Knowing what's behind it can bring a sense of relief, and it opens the door to getting the right help.
- 2. Treatments work best early on** - While we can't stop dementia, there are treatments and strategies that can slow things down or make symptoms easier to manage, especially if they started early.
- 3. It gives people time to plan** - An early diagnosis gives individuals and families time to make important decisions about care, finances, and future wishes, while the person is still able to take part in those conversations.
- 4. More support, less stress** - When dementia is diagnosed early, people can access support groups, services, and information sooner, making life a bit easier for everyone involved.
- 5. It helps others too** - People who are diagnosed early may be able to take part in research studies that could lead to better treatment for future generations.
- 6. Improve quality of life** - Early support helps people with dementia live independently and with dignity for longer.

What should I look for? Some early signs include forgetting recent events or conversations, struggling to find the right words, getting confused in familiar places, trouble handling money or daily tasks, changes in mood or personality.

What should I do if I'm worried? You don't have to figure it out alone. UBMD Neurology's Alzheimer's Disease and Memory Disorders Center is here to help. Many conditions can cause memory problems, and finding the cause early can make a big difference.

Located in Erie County and serving the surrounding eight WNY counties, the center offers:

- In-depth memory evaluations
- Telehealth appointments
- Expert care from dementia specialists
- Information on treatments, support groups, and research opportunities

You don't need a diagnosis to reach out, just a concern. Whether it's memory loss, confusion, or behavior changes, we're here to guide you toward answers and peace of mind.



UBMD Neurology – Alzheimer's Disease and Memory Disorders Center A NYS
Department of Health Center of Excellence for Alzheimer's Disease 1001 Main St.
4th Fl., Buffalo, NY 14203 | 4851 Main St., Williamsville, NY 14221
Phone: (716) 829-5056 | Fax: (716) 829-3010

2026 ELDER LAW DAY

Free
Event!

Tuesday, June 2nd
8:00am - 2:00pm

Buffalo Marriott Niagara
1340 Millersport Hwy - Amherst 14221

Providing information to assist older adults, family members and caregivers in making informed choices about their health and financial well-being.

Topics include:

Long Term Care Planning & Asset Protection, Medicaid, Advanced Directives, Estate Planning Basics, and more!

Scan the QR code, visit erie.gov/ELD,
or call 716.858.6517 to register today!



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

Morning refreshments and a box lunch are available for those who pre-register online by 5/14/26!

If you need a reasonable accommodation, please contact Jaclyn Strawbrich at 716.858.6517

Hosted by the Erie County Department for the Aging in partnership with the Center for Elder Law & Justice



Legal & Financial Risk Screening

We offer easy-to-use free screening tools designed to help older adults and professionals identify legal and financial warning signs early. These web-based tools provide a trusted first step toward safety, peace of mind, and access to personalized support.



CENTER FOR
ELDER
LAW &
JUSTICE

Legal Risk Detector

- To access: type the full web address **or** use the easy-to-enter TinyURL **or** scan the QR code below.
 - <https://probononet.neotalogic.com/a/riskdetectorny>
 - <https://tinyurl.com/bdcppmpt>
- Then select "Begin Interview with Client"
- Then select "CELJ"



Senior Financial Safety Tool

- To access: type the full web address or use the easy-to-enter TinyURL or scan the QR code below.
 - <https://probononet.neotalogic.com/a/st>
 - <https://tinyurl.com/zee7urt6>
- Then select "Begin Risk Assessment"



Disclaimer: The risk detectors do not provide legal advice and do not form an attorney-client relationship.



www.elderjusticenyc.org
info@elderjusticenyc.org

Our Locations:



438 Main Street, Suite 1200
Buffalo, NY 14202
716-853-3087

1 Park Place, Suite 248
Fredonia, NY 14063
716-261-3275

175 Walnut Street, Suite 1
Lockport, NY 14094
716-878-9297



**HOSPICE &
PALLIATIVE CARE**
BUFFALO



National Healthcare Decisions Day is April 16th, intentionally the day after taxes are due, noting the only two sure things in life are death and taxes. The goal of this nationwide initiative is to educate and empower all adults to communicate and document their future healthcare decisions-- referred to as *advance care planning*.

Advance care planning begins with self-reflection. Future health care decisions will be impacted by your individual values, beliefs, and preferences. Even with the best intentions, your loved ones and medical providers cannot fully understand your healthcare wishes unless they are discussed and documented in advance. While many people tend to equate advance care planning with end-of-life planning, advance care planning is designed to ensure we receive the care we want during *all stages of life*.

Please use April 16th to decide, discuss, and document your preferences, whatever they may be. It is also a good reminder to revisit previous conversations and documents knowing over time care options and wishes may change. While this process can feel overwhelming, you want to ensure your voice is heard, no matter what the future holds. It is important to know this planning will relieve others from the burden of making decisions for you, and in turn, you will have more control over your health care.

For more information and resources visit:

nhdd.org

ag.ny.gov/sites/default/files/advancedirectives.pdf

hospicebuffalo.com/resources/advance-care-planning

Contact our community outreach team to schedule a group education session to learn more about advance care planning, caregiving, or managing serious illness.

Call (716) 901-0294 or submit an inquiry via HospiceBuffalo.com.



Lynn Riker
Director of Community Outreach
Hospice & Palliative Care Buffalo
(716) 901-0294 | lriker@palliativecare.org



Hospice
MEMORIAL
Presented by
Wegmans Walk
Walking for Hospice, Together.

Sunday, May 17
at the Buffalo
Outer Harbor

- \$35 registration fee for all walkers. Fee counts toward your fundraising goal and comes with a free Memorial Walk t-shirt.
- Picnic lunch on Walk Day.
- Many family-friendly activities before and after the walk.

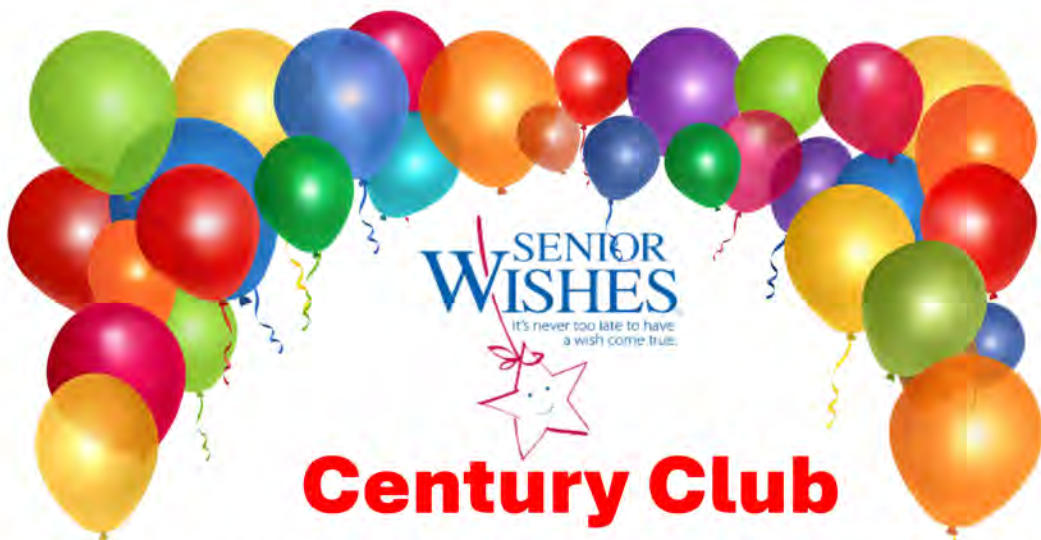


**HOSPICE
FOUNDATION**

Register online today!
HospiceMemorialWalk.com

Questions? Contact the Special Events
Team at events@palliativecare.org
or (716) 989-2010.





Century Club

Honoring WNY Seniors turning 100+ years old

The Senior Wishes' Century Club honors any resident of Western New York who is turning 100 years of age or older. These incredible individuals have gracefully navigated a century of life and we take an opportunity to shine a spotlight on their incredible stories and wisdom. Each honoree receives a framed certificate to display and a gift bag.

Nominate a centenarian and you're not only celebrating their life but also fostering connections and community support, aligning perfectly with our mission at Senior Wishes. There are no income guidelines for this program. Every centenarian deserves to be celebrated and your nomination could make their day just a little bit brighter!

Return application to:

**Senior Wishes
One Fox Run Lane
Orchard Park, NY 14127
Fax: 716-662-7692
www.seniorwishes.org
Phone: (716) 508-2121**

EVERYDAY MINDFULNESS

Participants will be given a FREE informational packet.

Join us and discover innovative methods to incorporate simple mindfulness practices that can help alleviate stress, enhance brain fitness, and promote healthier living. Studies indicate that just a few minutes of practice several times a day can significantly benefit both your body and mind!

ALL SESSIONS ARE FREE

Location: Virtual Sessions ZOOM

Wednesdays:
April 15, 22, 29, and May 6

Evenings:
6:30 PM - 8:00 PM

Contact Program Director:
Jan Burns
716-207-7315
jburns@thepreventioncouncil.ec.org

April/May Everyday Mindfulness



REGISTER HERE

TESTIMONIALS <https://forms.office.com/r/Ly0YLxgg5>

"This course has been helpful to my mindfulness journey and has given me some new insights. The teacher was knowledgeable. The course was easy to understand." - BB

"It was great to have a sweet, thoughtful package hand delivered to my home! Thanks again!" - TJ

"These sessions have been very helpful!" - DS



AT AUTUMNWOOD SENIOR CENTER
1800 CLINTON ST.

A TASTE OF MINDFULNESS

MONDAY, APRIL 13, 11 AM-12 PM

Want to try something "delicious"?

Come and explore what mindfulness is about and experience a few tools that you can apply to your daily life. With just a little practice, mindful awareness skill-building is available to everyone and it's a free, human ability that we can all develop more fully.

Cultivate joy! Support brain fitness!

How can intentionally paying attention to the present moment, with curiosity rather than judgment, support you and the kind of life you'd like to have?



Mind Full, or Mindful?



Add to your stress-management toolbox

COME AND EXPLORE what mindfulness is all about

Discover simple tools to use daily

HAVE YOU EVER WONDERED HOW TO MANAGE A DIFFICULT MOMENT?

Come with an open mind and be ready to experiment!!

SPONSORED IN PARTNERSHIP WITH The Prevention Council of Erie County
1625 Hertel Ave.
716-831-2298

Check out our website at www.thepreventioncouncil.ec.org



The Prevention Council Of Erie County Presents

JUST PRACTICE

For those who have some familiarity with mindfulness and/or who have participated in one of our past mindful awareness series.

JOIN US ON ZOOM --- FREE OF CHARGE



Practice
Mindfulness
Daily

Connect with others exploring mindful awareness practices. Shared practice supports a commitment to weaving mindful awareness practices into your daily life.

Benefits of Mindfulness

- Increased responsiveness, clarity, and resilience to stress (which aids health)
- Decreased reactivity, impulsivity, and operating on "automatic pilot"

Register in advance for the day(s) and the time(s) of the sessions you'd like to attend --- you do not have to attend each week.

Monica: Monday Afternoon, 12:30pm-1:15pm EST
<https://us02web.zoom.us/join/register/tZwkD0usrD4oGNzV3dgbU-luc0wNNVryBAYZ>



After registering, you will receive a confirmation email containing information about joining the sessions.



The Prevention Council
Building The Best Tomorrow Together



JUST FOR OUR SENIORS:
RICHMOND SUMMER
SENIOR CENTER
337 Summer St.

TUESDAYS, 11 AM-12:30 PM APRIL 7, 14, 21, & 28 ART & WELLNESS

Come and join us for this fun 4-part series. You'll experiment with various, take-home art materials each week and playfully experience how to use art as a wellness tool at home. And it's FREE!!!



Register at the front desk or call:

(716)
1852-
3220

COME AND EXPLORE
VARIOUS ART
TECHNIQUES

TAKE HOME ART
MATERIALS TO
CONTINUE AT-HOME
PRACTICE

NO ART EXPERIENCE
NECESSARY

Come with an open
mind and be ready to
experiment!!

SPONSORED IN
PARTNERSHIP WITH
The Prevention Council
of Erie County
1625 Harfel Ave.

Check out our website at
www.thepreventioncouncil.org

Quick & Simple Stress Relief with **Breath-Body-Mind™**



Breath-Body-Mind™ is a set of gentle exercises that are based on science and designed to help ease stress and calm your mind and body.

Everyone is Welcome!

If you need extra help joining our sessions, we're here to assist you. Just email tinrc@ccsi.org. We want everyone to be able to take part.

BBM Practice Sessions



Our virtual sessions are free and open to all New Yorkers.



English and Spanish sessions offered.



No prior experience needed.



A wide range of practice sessions to fit your schedule.

Our Mission:

Helping You Thrive

The **New York State Trauma-Informed Network and Resource Center (NYS TINRC)** is a virtual network funded by the NYS Office of Mental Health. We help people learn, grow, and better understand trauma.

Scan here

to find a session that works for you or visit us online at traumainformedny.org



Activities, Education, and Classes



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

503-719-0980



"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.



Office for
the Aging

New York

Caregiving Portal

Provided in Partnership With
Association on Aging
in New York

Access free training and resources to help you build skills and 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!



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HEAP Cooling Assistance Benefit

The 2025-2026 HEAP Cooling Assistance Benefit is scheduled to open **April 15, 2026**.

If you are eligible, you may receive one HEAP Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.

In circumstances where an air conditioner cannot be safely installed, a fan will be provided.

Only one air conditioner or fan, not to exceed \$800 with installation for a window, portable air conditioner, or fan and not to exceed \$1,000 for an existing wall sleeve unit, will be provided per applicant household. No additional HEAP cash benefits are available.

Eligibility: www3.erie.gov/heap/cooling-benefits

Your household eligibility requirements include filing an application, (Erie County Department of Social Services HEAP @ 716-858-7644, at a Community HEAP Outreach www3.erie.gov/heap/heap-calendar or by calling the Erie County Dept. for the Aging -NY Connects @ 716-858-8526), providing all necessary documentation, and the household must reside in an eligible living situation.

Apply at an outreach:
www3.erie.gov/heap/heap-calendar



**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.

60 Dingens Street, Buffalo, NY 14206

- 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

Resources for Veterans and their Caregivers

Erie County Veterans Service Agency

Information for veterans, current service members, and their families on federal, state, and local benefits.

www3.erie.gov/veterans/

Phone: (716) 858-6363

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: 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.

Erie County Department For The Aging Caregiver Assistance



Are you caring for a loved one and need a break?

Call us today at (716) 858-8526.

Our Certified Case Managers can provide Options Counseling. Options Counseling is a free, unbiased, service to explain all care options so you can choose what works best for you and your loved one.

Services available:

- Overnight Respite
- Social Adult Day Service
- In-Home Aide Service
- Caregiver Counseling
- Alzheimer's Disease Caregiver Support Initiative (Legal Services, Safety Devices, and Respite Care)
- Linkage to Community Resources
- Linkage to Medicaid and Managed Long-Term Care

Website:

www3.erie.gov/aging/

E-Mail: caregiver@erie.gov



ERIE COUNTY DEPARTMENT FOR THE AGING

95 Franklin Street, Buffalo, NY
14202-3968
(716)858-8526

www3.erie.gov/aging/

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
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
www.kaleidahealth.org/care/Adult-Day-Services

Lord of Life Adult Day Services

1025 Borden Road, Depew, NY 14043
(716) 668-8000
lordoflife.us/adult-day-health-center

Orchid Adult Day

102 Broad St. Tonawanda, NY 14150
(716) 264-4703
www.orchidadultdaycare.com/



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

Free Dementia Caregiver Respite

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

Amherst

2nd Wednesday 10am-2pm
(Caregiver may drop off loved one or stay and utilize the Y facility)
Independent Health YMCA
Tech Drive Amherst, NY 14221
Contact: Christina Philips
(716)276-8300 cphilips@ymca.org

Buffalo

2nd Thursday, 10:30 am-2:30pm
Friendship Baptist Church
402 Clinton St., Buffalo
Contact: 716-847-1020

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

Derby

1st Thursday, 10:30 am – 2:30 pm
First Church of Evans
7431 Erie Rd. Derby 14047
Contact: Debby Waddell 716-562-7240

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

Springville

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

West Seneca

Drop-Off Respite

1st Wednesday, 10:00am-2:00pm
(Caregiver may drop off loved one or stay and utilize the Y facility)

Companion Care Respite

3rd Wednesday, 10:00am-2:00pm
(Caregiver and loved one attend together)
Southtowns Family YMCA
1620 Southwestern Blvd., West Seneca
Contact: Sue Kincaid 716-674-9622 x143
skincaid@ymca.org

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: 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: 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: cradlebeach.org/senior-services/

Burchfield Penny Memory Café

Friends of the Burchfield Penney Memory Café is specifically designed for people with Alzheimer's and their caregivers to inspire joy and make connections. Our Memory Café provides a stimulating and comfortable setting in which to spend time together in an art museum. The sessions will include interactive tours and hands-on art activities in a creative and safe environment.

When: 1st Wednesday of the month. Time: 10:00-11:30 am.

Where: Burchfield Penny Art Center 1300 Elmwood Ave. Buffalo, NY 14222

To Register: burchfieldpenney.org/learn/access-tours/memory-cafe/

Questions: Contact Kathy Shiroki at shirokkg@buffalostate.edu 716.878.3549.

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

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

Outreach
Cheektowaga Senior
Center
4/5/26
10am-12pm

Save \$\$ On Your
Prescriptions with
EPIC

Outreach Event
Amherst Senior Center
4/21/26 & 5/27/26
11am-1pm

Join EPIC to save \$\$ on
your prescriptions
with Medicare Part D!



Department
of Health

EPIC
Elderly Pharmaceutical
Insurance Coverage
Program

- ❖ EPIC is a New York State Program that provides secondary drug coverage for seniors with Medicare Part D.
- ❖ You can join if you are 65 or older, a New York State resident, and have income up to \$75,000 single or \$100,000 married. To receive EPIC benefits, you must be enrolled in a Medicare Part D drug plan.

EPIC

- ✓ provides co-payment assistance for Medicare Part D and EPIC covered drugs after your Medicare Part D deductible is met
- ✓ pays the monthly Medicare Part D drug premium up to the basic plan amount for those with income up to \$23,000 single or \$29,000 married
- ✓ provides co-payment assistance for covered Medicare Part D excluded drugs
- ✓ lowers co-payments, ranging from \$3 - \$20, after billing Medicare Part D drug plan

EPIC Outreach Representative will be available to answer questions or assist with applications at :

Amherst Senior Center: 11am to 1 pm:
4/21/26 and 5/27/26

Cheektowaga Senior Center: 10 am to 12 pm
4/5/26



The Elderly Pharmaceutical Insurance Coverage program (EPIC) saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan.

Who can join?

- A resident of New York State 65 or older with annual income up to \$75,000 if single or \$100,000 if married.
- An eligible senior with a Medicare card (over 65) receiving full Medicaid benefits.

For More Information or Questions regarding EPIC call the Helpline 1-800-332-3742



Our Goals:

Screening for Health and Basic Needs in caregivers and those they care for—how can we connect you to services that make your life easier?

Referral Services—Through our extensive network, we can help caregivers access referrals for vital services such as mental health support, nutritional assistance, and financial aid programs.

Access to Adult Disposable Underwear Supplies—Caregiver Coverage provides adult incontinent supplies to caregivers at no cost.

How to Access Every Bottom Covered's Caregiver Coverage program: When you register, you can choose to either pick up supplies at 852 Kensington Ave, Door B on select Friday mornings from 10-12 noon or opt for our delivery service through Door Dash.

We supply adult disposable underwear, wipes, and personal care products, along with referrals and information on senior and community services that may be right for you and your loved ones.



Brought to you by your friends at Every Bottom Covered, Inc.

FIREARM LIFE PLAN

*Everything you'll
need to make a plan
for your firearms
that's right for you
and those you trust.*



Responsibility and safety. Training and preparation. Protecting family and community. No matter the reason people have firearms, these ideals are shared by many responsible gun owners.

And responsible ownership means planning for the future – even things we hope don't happen. If you could no longer operate your firearms safely, what would you want to happen to them? Responsible ownership also means making decisions about what will happen after your death.

The Firearm Life Plan was developed to help firearm owners think about these important questions and protect those they trust from the burden of making difficult decisions without their guidance.



Scan here to access the
[Firearm Life Plan resource kit](#)



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

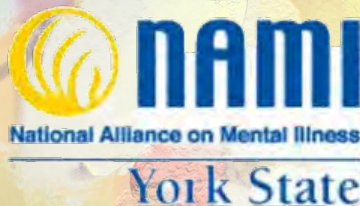
Developed by clinicians and caregivers, this publication promotes greater knowledge and understanding of FTD and shares best care practices. We encourage you to share these with your healthcare professionals.

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:

www4.erie.gov/sheriff/form/handle-with-care



Navigating OPWDD Services? *We're Here to Help*

The Intellectual and Developmental Disabilities Ombudsprogram, also known as IDDO, provides independent guidance and advocacy. Call our statewide helpline, open **Monday to Friday, 9 AM to 5 PM.**



We are free and private

Call us at

1-800-762-9290

or Email us at iddo@cssny.org

What does IDDO do?

The IDDO can help you:

- **Get information** about services and the supports offered through OPWDD.
- Connect you to **OPWDD's Front Door.**
- Support you and advocate with you alongside your providers, **Fiscal Intermediary**, Care Manager, **Care Coordination Organization** or anyone else who supports you.
- Advise you on how to **file a complaint.**



IDDO

Intellectual and Developmental
Disabilities Ombudsprogram

Call us at

1-800-762-9290

Email us at iddo@cssny.org

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'

www3.erie.gov/aging/caregiver-support-groups

To request a list:

E-mail: caregiver@erie.gov

or

Call: (716) 858-8526