



COMMUNITY PROGRAMS & SERVICES

Winter 2026

New York City Chapter
800.272.3900 | alz.org/NYC

ALZHEIMER'S  ASSOCIATION®

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The Alzheimer's Association is here for you – in person, virtually and through our 24/7 Helpline at 800.272.3900. Call us anytime, day or night, for confidential support.



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CARE CONSULTATIONS

Dealing with an Alzheimer's diagnosis is challenging, but we're here to help. Care consultations from the Alzheimer's Association are free, confidential meetings with a dementia expert, in person, over the phone, or online. Our team works with you to navigate caregiving decisions and family issues, assess current needs, and anticipate future care challenges. Care consultations are different for everyone but can include:

- Education about Alzheimer's and treatment options
- Development of a care plan
- Safety assessment and planning
- Assistance with finding resources in the community
- Understanding and managing legal and financial issues
- Addressing caregiver stress

To schedule your free consultation:



Call 800.272.3900



Email nyccare@alz.org.

SUPPORT GROUPS

CAREGIVER SUPPORT GROUPS

Support groups encourage caregivers to maintain their own health and provide the best care possible for loved ones with dementia. Trained facilitators lead our support groups; unless otherwise noted, all groups are virtual. To register, call 800.272.3900.

ACT Caregiver Support Group

Every Thursday, 7-8 p.m.

Bronx Caregiver Connect

1st Friday of every month,
11 a.m.-12 p.m.

Caregivers Link

4th Thursday of every month,
6-7 p.m.

Heart to Heart

Last Wednesday of every month,
5-6 p.m.

Manhattan Caregivers Connect

1st & 3rd Friday of every
month, 11 a.m.-12 p.m.

Self-Care Conversation

2nd Thursday of every month,
6-7 p.m.

SPANISH GROUP

Café con Leche

Cada primer sábado,
10:30 a.m.-12 p.m.

EARLY-STAGE SUPPORT GROUPS

Dementia Chat: Manhattan

Tuesdays, Jan. 20-March 10, 2:30 - 4 p.m. Meets in midtown.

Early Stage Meetup

Mondays, Jan. 26-March 23, 9:30-10:30 a.m.

Reading and Reminiscing

Tuesdays, March 24-April 28, 3-4:30 p.m. Virtual

These groups are for people in the early stages of Alzheimer's or other dementia. Pre-screening is required; to schedule, call 800.272.3900.

SPECIALTY CAREGIVER SUPPORT GROUPS

Specialty support groups are designed for specific caregiving situations, such as caring for a spouse or people whose loved ones are in a residential care facility. Unless otherwise noted, all groups are virtual. To register, call 800.272.3900.

Adult Child Caregivers

2nd Tuesday of every month,
6-7 p.m.

Caregiver Expressions Writing Group

2nd and 4th Friday of every
month, 12-1 p.m.

Caring and Sharing Spousal Support Group

In-Person: Midtown Manhattan
2nd Thursday of the month,
2-3 p.m.

Caring Apart (For caregivers with loved ones in facilities)

1st Thursday of every month,
6-7 p.m.

Caring Partners Group

2nd and 4th Thursday of every
month, 10-11 a.m.

LGBTQ+ Caregivers

hosted by the MN/ND Chapter
2nd Thursday of every month,
4:30-5:40 p.m.

Manhattan Adult Child Caregivers

3rd Tuesday of every month,
6-7 p.m.

Men's Caregiver Group

3rd Thursday of every month,
6-7 p.m.

Space for Spouses: Brooklyn

3rd Wednesday of every
month, 10-11 a.m.

Space for Spouses: Manhattan

2nd and 4th Wednesday of
every month, 11-12 p.m.

Young Adult Caregiver Group

4th Monday of every month,
6-7 p.m.

COMING SOON!

Staten Island Caregivers

In partnership with Staten
Island University Hospital

EDUCATION PROGRAMS

GENERAL EDUCATION PROGRAMS

Our free education programs feature the latest information on dementia-related topics, including living with Alzheimer's disease, caregiver training, and more. To register, call 800.272.3900 or visit alz.org/nyc/education-programs.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for.

- Thursday, February 26, 4-5 p.m.
- Monday, March 16, 1-2 p.m.

ALZ Talks: Take Charge of Your Brain Health

Learn how everyday actions can impact brain health, including memory and thinking. It's never too early or too late to build brain-healthy habits. This webinar is supported by Lantheus.

- Thursday, Jan. 29, 11 a.m.-12 p.m.

Healthy Living for Your Brain and Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these tips into a plan for healthy aging.

- Thursday, January 15, 1-2 p.m. - Session 1 in a 3 part series in partnership with Hamilton-Madison House.
- Wednesday, February 4, 1-2 p.m. In person at Park Avenue Synagogue, 50 East 87th Street, New York 10128.
- Wednesday, February 18, 7-8 p.m.

Managing Money: A Caregiver's Guide to Finances

It's never too early to put important financial plans in place. Join us to learn how.

- Thursday, January 22, 1-2 p.m. - Session 2 in a 3 part series in partnership with Hamilton-Madison House.
- Wednesday, February 25, 6-7:30 p.m.

New Advances in Alzheimer's Treatment

In this program, you'll learn risk factors, the landscape of dementia science, and advances in clinical trials, treatments and lifestyle interventions.

- Thursday, January 29, 1-2 p.m. - Session 3 in a 3 part series in partnership with Hamilton-Madison House.
- Thursday, February 26, 6-7 p.m.
- Tuesday, March 10, 12:30-1:30 p.m.

Understanding Alzheimer's and Dementia

Join us to learn the difference between Alzheimer's and dementia, stages and risk factors of Alzheimer's, current treatments, and available resources.

- Tuesday, January 13, 1-2 p.m.
- Thursday, February 5, 1-2 p.m.
- Tuesday, February 10, 7-8 p.m.
- Thursday, March 5, 12:30-1:30 p.m.

Impact of Alzheimer's and Dementia in our Community: For First Responders

As a first responder, it's critical to understand how to best approach situations involving someone living with dementia.

Join us for this program to learn about Alzheimer's and dementia and tips that will help you be ready for the right response in situations involving a person living with dementia.

- Wednesday, March 25, 12-1 p.m.

EDUCATION PROGRAMS

THE EMPOWERED CAREGIVER

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

To register, call 800.272.3900 or visit alz.org/nyc/education-programs.

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

- Friday, February 13, 6:30-7:30 p.m.
- Friday, March 6, 11 a.m.-12 p.m.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

- Tuesday, February 10, 1-2 p.m.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

- Thursday, January 8, 1-2 p.m. In partnership with New Jewish Home.
- Wednesday, March 11, 12-1 p.m. In partnership with SNAP.

Responding to Dementia-Related Behaviors details common behavior changes, non-medical approaches to behaviors and recognizing when additional help is needed.

- Tuesday, January 27, 6-7 p.m.
- Friday, March 20, 11 a.m.-12 p.m.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence.

- Wednesday, February 11, 12-1 p.m. In partnership with SNAP.

PROGRAMAS EN ESPAÑOL

Para registrarse, llame al 800.272.3900 o visite alz.org/nyc/education-programs

El Cuidador Empoderado: Apoyando la independencia

Este programa abordará cómo ayudar a las personas con demencia a mantener la independencia, facilitar sus actividades diarias y cómo brindar el nivel adecuado de apoyo garantizando al mismo tiempo la seguridad.

— Jueves, 5 de febrero. 6:30-7:30 p.m.

El Cuidador Empoderado: Construyendo las bases del cuidado

Aprenda cómo la demencia cambia las relaciones a lo largo del tiempo, los beneficios de los enfoques de atención centrados en la persona, cómo formar un equipo de apoyo y los pasos para identificar y manejar el estrés del cuidador.

— Jueves, 15 de enero, 7-8 p.m.

Entender el Alzheimer y la Demencia

Únase a nosotros para aprender la diferencia entre el Alzheimer y la demencia, las etapas y los factores de riesgo del Alzheimer, los tratamientos actuales y los recursos disponibles.

— Miércoles, 21 de enero, 5-6 p.m.

— Lunes, 2 de marzo, 7-8 p.m.

中文普通話课程

有益腦部和身體健康的生活方式

幾個世紀以來，我們已經知道大腦健康和身體的狀況息息相關。現在，最新科學研究揭示隨着年齡的增長我們該如何優化我們的身體與認知健康。這個講座讓你了解基於最新的研究結果，飲食和營養，運動，認知活動和社會參與對於保持腦部和身體健康的重要性。

— 2025年2月4日，星期三，6-7 p.m. 如需注册，請致電 800.272.3900 或訪問 alz.org/nyc/education-programs

BLACK HISTORY MONTH

These free programs delve into the impact of Alzheimer's and dementia on the Black community, including discussions about caregiving, brain health, improving Alzheimer's care and support for communities of color. Register by calling 800.272.3900 or visiting bit.ly/2026AlzBHM.



**FEB
5**

Understanding Alzheimer's & Dementia
1-2 p.m.



**FEB
18**

Healthy Living for Your Brain & Body
1-2 p.m.



**FEB
22**

Faith, Family, Memory: Honoring Black History Through Brain Health
4-5:30 p.m.



**FEB
26**

New Advances in Alzheimer's Treatment
6-7 p.m.



**FEB
28**

Empowering Black and Brown Communities: A Brain Health Conference
12-3:30 p.m.

ECHO PROGRAM

WHAT IS PROJECT ECHO?

The Alzheimer's and Dementia Care ECHO® Program is a virtual, interactive learning experience for professionals sharing evidence-based practices for dementia risk reduction, diagnosis and person-centered care. Each session blends brief expert-led lectures with collaborative case-based discussions – where participants tackle real-life scenarios, share challenges and discover solutions together. Courses are offered at no cost through live, interactive Zoom sessions, with new series launching regularly.

WHAT WILL I GAIN?

- Mentoring from experts in the field
- Strengthened confidence and capacity to navigate care for people living with dementia
- Access to resources and professional networks
- Certificate of completion
- No-cost continuing education units (CME/CNE/CEUs/NAB)

WHO SHOULD JOIN?

- Medical professionals
- Professional care providers
- Public health professionals
- Other care professionals

HOW DO I REGISTER?

The ECHO program is 100% virtual and free to attend. For more information, visit alz.org/echo or email projectecho@alz.org



ALZHEIMER'S ADVOCACY INTEREST SESSION



Thursday, Jan. 15, 7-7:45 p.m.



Via Zoom



To register, visit bit.ly/4piwCvE or scan the QR Code below. Questions? Email Debbie Warburton at dwarburton@alz.org.

Our most experienced volunteer advocates from across New York will provide an introduction to Alzheimer's advocacy and answer your questions. Learn how your voice can make a difference!





VOLUNTEER OPPORTUNITIES

Are you ready to be a part of something meaningful and make a positive impact in your community? Learn about volunteer opportunities in New York City.

Why Volunteer With Us?

- Make a tangible difference for your NY community
- Develop new skills and gain valuable experience
- Build meaningful connections and friendships
- Be part of a passionate and supportive team working together to end Alzheimer's and support those affected by the disease today

Interested? Visit bit.ly/VOLNYCALZ, email nycinfo@alz.org or call 646.418.4466.



DO WHAT YOU LOVE. HELP END ALZHEIMER'S

No matter what your passion is, you can make it a fundraiser to end Alzheimer's and all other dementia.

Select an activity, pick a date, and fundraise for a future without Alzheimer's.

Scan the QR Code or visit
alz.org/dowhatyoulove to get started.

**DO WHAT
YOU LOVE
TO END ALZ**TM



ALZHEIMER'S ASSOCIATION



CHAPTER NEWS

Follow Us on Social Media!



For all the latest information on news, events and services offered by our Chapter.

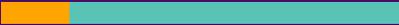


GET THE LATEST NEWS!

SIGN UP FOR OUR E-NEWSLETTER

We have so many free programs going on all the time plus updates in research and of course, our annual events – the best way to stay connected is through our E-Newsletter! It will show up in your email every Wednesday and you can read it from your desktop, laptop, tablet or smart phone. Sign up takes less than a minute at: alz.org/e-news.

CONTACT US



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