

# Alzheimer's Disease Resource Center Education Conference



**March 14, 2024  
Stony Brook University  
Student Activities Center  
100 Nicolls Road, Stony Brook, New York**



**[www.adrcinc.org](http://www.adrcinc.org) • 631.580.5100**

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



# THE ALZHEIMER'S DISEASE RESOURCE CENTER

The Alzheimer's Disease Resource Center (ADRC) is a Long Island nonprofit organization dedicated to serving families who may have a loved one with cognitive decline or impacted by Alzheimer's Disease or other forms of dementia.



- Care Consultations
- Resources & Referrals
- Support Groups
- Art, Music, Equine Therapy Programs
- Educational Workshops
- CEU's for Professional Caregivers

Services are free for families



Memory Walk & Spring Festival  
Saturday, May 4, 2024  
Marjorie Post Park, Massapequa, NY  
Get Involved! Scan the Code



[www.ADRcinc.org](http://www.ADRcinc.org) / 631-580-5100



The Alzheimer's Disease Resource Center is a Long Island nonprofit organization focused on providing support and resources for those impacted by cognitive decline.

We offer care consultations, support groups, life-enrichment activities, education and training, and community outreach. Since 1983, ADRC has been providing Help & Hope.

ADRC is grateful for the support of our sponsors and exhibitors. Please be sure to visit their resource tables for valuable information.

## 2023 Highlights of ADRC Success

### Care Consultations

- 176** Initial care consultations
- 145** Followup care consultations
- 303** Families who received resources

### Support Groups

- 54** Groups held
- 275** Average number of people attending each quarter

### Family Education Programs

- 85** Programs
- 876** People

### Life Enrichment Activities

- 229** Activities
- 1904** Participants

### Training for Professional Caregivers

- 46** Programs
- 808** People trained
- 95** Social Workers earned CEU's

### Art Expression Collaboration with other organizations

- 198** Sessions
- 150** Participants

### Community Presentations

- 58** Presentations
- 3484** People educated about early signs and resources



## 2024

## ALZHEIMER'S DISEASE FACTS & FIGURES

More than 6.7 Million Americans are living with Alzheimers

New York state spends about \$26 million a year on Alzheimer's research, services for patients and support for caregivers

About 1 in 8 Long Island seniors – 12.5% in Nassau and 11.7% in Suffolk – has Alzheimer's disease



Over 11 Million Americans provide unpaid care for people with Alzheimer's or other dementias

About 2/3 of Americans with Alzheimer's Disease are women



[www.adrcinc.org](http://www.adrcinc.org)

**9:00 am: Registration - Lobby of Student Activities Center (SAC)****9:00 am – 10:00 am: Continental Breakfast/Expo Hall (SAC Ballroom B)**

*Sponsored by: Jake's 58 & SOTB*

**10:00 am – S.C. Sheriff's Department Presentation of Colors (SAC Ballroom A)** *Presenting Sponsor: Northwell Health***10:15 am – Welcome & Introductions (SAC Ballroom A)**

Master of Ceremonies – Tommy DiMisa, The Nonprofit Sector Connector

Adam Demetri, Esq., President of ADRC

Dr. William Wertheim, Interim Executive Vice President, Stony Brook Medicine

Lauren Vlachos, Executive Director, ADRC

ADRC Segment on The Balancing Act

**10:30 am – 11:30 am – Caregiver to Caregiver Panel (SAC Ballroom A)**

Moderator Julie Wexler, Director of Business Development, The Bristol  
Panel of Family Caregivers

An interactive discussion addressing the challenges and rewards of caregiving,  
followed by Q&A.

**11:30 am – 12:00 pm – Expo and Coffee Break (SAC Ballroom B)**

*Sponsored by: Seniorcare Companions*

**12:00 pm – 1:00 pm – Breakout Sessions (SAC Upstairs Classrooms)**

*(Choose One – All qualify for CEU Credits) Sponsored by: The Arbors Assisted Living in Islandia, The Bristol Assisted Living, A Gentle Touch Senior Home Care*

- *Gamechanger: How Improv Exercises and Games Boost Well-Being, Creativity, and Community* – Jude Treder-Wolff, LCSW and Certified Practitioner of Applied Improvisation; Moderated by Linda Martinez, NYU Langone
- *Unlocking Potential: The Montessori Method in Dementia Care* – Carol Hartmann, MBA, ACC, ADRC Director of Programs, Education, & Training; Moderated by Beth Chiarella, Long Island Museum
- *Progress in the Diagnosis and Treatment of Alzheimer's Disease* – Dr. Suzanne Fields, Renaissance School of Medicine, Stony Brook University
- *Navigating the Continuum: A Comprehensive Approach to Dementia Care* – Mike McClernon, Assisted Living Locators of Long Island; Linda Gillan, LMSW, Island Medicaid Consulting, Inc.; Jeraldine Fedoriw, LMSW, Gurwin Healthcare; Mary C. Crosby, RN, MPH, East End Hospice

- *Planning for your Future/Protecting your Assets and the Family Home* – Adam Demetri, Estate Law Attorney; Robert Kurre, Elder Law Attorney; Aaron Futterman, CPA, Esq.; Michael A. Wertheim, CFS, CMFC, RTRP; Moderated by Angel Ortiz, SeniorCare Companions Inc.

**1:00 pm – 2:30 pm – Luncheon (SAC Ballroom B & A)**

*Sponsored by: Russo Law Group, P.C.*

**1:30 pm – 2:30 pm – Luncheon Keynote Sandeep Jauhar (SAC Ballroom A)**

*Sponsored by: Stony Brook Medicine*

Sandeep Jauhar is cardiologist at Northwell health and best-selling author of the memoir – [\*My Father's Brain\*](#).

**2:45 pm – 3:45 pm Breakout Sessions (SAC Upstairs Classrooms)**

*(Choose One – All qualify for CEU Credits)*

- *Gamechanger: How Improv Exercises and Games Boost Well-Being, Creativity, and Community* – Jude Treder-Wolff, LCSW and Certified Practitioner of Applied Improvisation; Moderated by Linda Martinez, NYU Langone
- *Unlocking Potential: The Montessori Method in Dementia Care* – Carol Hartmann, ADRC Director of Programs, Education, and Training; Moderated by Beth Chiarella, Long Island Museum
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- *Planning for your Future/Protecting your Assets and the Family Home* – Adam Demetri, Estate Law Attorney; Robert Kurre, Elder Law Attorney; Aaron Futterman, CPA, Esq.; Michael A. Wertheim, CFS, CMFC, RTRP

**4:00 pm – Expo & Ice Cream Social (SAC Ballroom B)**

*Sponsored by: Artis Senior Living of Commack*

**4:30 pm – Concludes**

## **Gamechanger: How Improv Exercises and Games Boost Well-Being, Creativity, and Community**

By Jude Treder-Wolff, LCSW and Certified Practitioner of Applied Improvisation; Moderated by Linda Martinez, NYU Langone

Participants will discuss the importance of using play in caregiving, will practice improvisation techniques in caring for someone with AD/dementia, and will identify ways to adapt creativity and storytelling into the care of somebody living with AD/D.

## **Unlocking Potential: The Montessori Method in Dementia Care**

By Carol Hartmann, MBA, ACC, ADRC Director of Programs, Education, & Training; Moderated by Beth Chiarelli, LIM

This session will address creating a “Montessori Friendly Environment” that promotes personalized care, respects each individual’s preferences, encourages engagement, and enhances the quality of life for those living with dementia.

## **Progress in the Diagnosis and Treatment of Alzheimer’s Disease**

By Dr. Suzanne Fields, Renaissance School of Medicine, Stony Brook University

This session will delve into the latest progress made in the field, discussing breakthroughs in understanding the disease, advancements in diagnostic tools, and emerging treatments that offer hope for individuals and their families impacted by Alzheimer’s. The discussion may include cutting-edge research, clinical trials, and the potential impact of these advancements on the future of Alzheimer’s care.

## **Navigating the Continuum: A Comprehensive Approach to Dementia Care**

By Mike McClernon, Assisted Living Locators of Long Island; Linda Gillan, LMSW, Island Medicaid Consulting, Inc.; Jeraldine Fedoriw, LMSW, Gurwin Healthcare; Mary C. Crosby, RN, MPH, East End Hospice. Moderated by Angel Ortiz, SeniorCare Companions, Inc.

Join us for an informative and empowering discussion of supportive services and programs available along the continuum of the disease progression. This includes accessing in-home care to adult day programs to memory care and skilled nursing communities. This workshop is designed to equip you with the knowledge needed to make informed decisions for yourself and your loved ones throughout the journey. We will explore the intersection of hospice care and its relevance to Persons Living With Dementia (PLWD), whether being cared for at home or in a care community.

## **Planning for your Future/Protecting your Assets and the Family Home**

By Adam Demetri, Estate Law Attorney; Robert Kurre, Elder Law Attorney; Aaron Futterman, CPA, Esq.; Michael A. Wertheim, CFS, CMFC, RTRP

In this informative session, our panel of experts will discuss asset allocation, the benefit of a written financial plan, monthly retirement income needs, transfer of wealth, the importance of advanced directives, and how to protect assets and the family home.

## My Father's Brain: Life in the Shadow of Alzheimer's

Sandeep Jauhar, MD



**Sandeep Jauhar** will discuss his NYTimes Best Selling Book, *My Father's Brain*, a memoir of his relationship with his father as he succumbed to dementia. In the book, Jauhar sets his father's descent into Alzheimer's alongside his own journey toward understanding his father's disease.

### Gamechanger: How Improv Exercises and Games Boost Well-Being, Creativity, and Community



**Jude Treder-Wolff, LCSW and Certified Practitioner of Applied Improvisation**

**Jude Treder-Wolff**, a singer, songwriter, and

performer, is a Certified Practitioner of Applied Improvisation. She designs and facilitates personal and professional development workshops using the techniques and skills she learned through improvisation. A Licensed Clinical Social Worker, Certified Group Psychotherapist and creative artist therapist, she presents at conferences and organizations around the country about applications of storytelling and improvisation in clinical and educational settings. She is a NYS-approved provider of Continuing Education for social workers.



**Linda Martinez, LCSW-R** received her masters from Adelphi School of Social Work, with a major in Older Adults and minor in Group Work. She has over 30 years of experience in the field of Geriatrics, dedicating her entire career to geriatric care and working in almost every aspect of the field. She has worked at NYU Langone Geriatric Medicine –Long Island since July 2009 where she has run support groups for patients and caregivers. She presents programs for both social workers and community members on aging and caregiving.

### Unlocking Potential: The Montessori Method in Dementia Care



**Carol Hartmann, MBA, ACC, ADRC Director of Programs, Education, & Training**

**Carol Hartmann** has over 25 years of experience

in caring for seniors, implementing and leading programming for people living with Alzheimer's disease and other forms of dementia. She earned her MBA with Graduate Certificate in Health Care Management, is a Licensed Instructor and Activity Consultant certified through the NCCAP, and is a Master Instructor in Montessori principles In Dementia Care through the National Intergenerational Montessori Center.

### Progress in the Diagnosis and Treatment of Alzheimer's Disease



**Dr. Suzanne Fields, Renaissance School of Medicine, Stony Brook University**

**Suzanne Fields** specializes in geriatric medicine, falls, dementia, and comprehensive geriatric assessment. During her tenure at Stony Brook, she has established the University's affiliation with the Long Island Veteran's Home in Stony Brook, created a geriatrics curriculum, coordinated conferences on geriatric education, and published an extensive range of topics related to her field.

### Navigating the Continuum: A Comprehensive Approach to Dementia Care

**Mike McClernon, Assisted Living Locators; Linda Gillan, Island Medicaid; Jeraldine Fedoriw, Gurwin Healthcare; Mary Crosby, East End Hospice.**  
Moderated by **Angel Ortiz, SeniorCare Companions**



**Mike McClernon** is the Senior Advisor and Principal of Assisted Living Locators of Long Island. His personal experience in caring for his mother with dementia

motivated him to receive training and education necessary to guide families in choosing a supportive housing community for a senior. Mike is a Certified Senior Advisor and is Dementia Care Certified.



**Mary Crosby** is President & CEO of East End Hospice. Mary has an extensive background in clinical care, healthcare research and project management.

She previously held positions at Memorial Sloan Kettering Cancer Center and the United Nations. Mary was born and raised in Southampton, New York and returned to the region in 2014. Before assuming the role of President & CEO, she worked as a hospice nurse and later as nurse manager of EEH's inpatient facility, the Kanas Center for Hospice Care. She holds degrees from the College of the Holy Cross, Columbia University and New York University's School of Nursing. Mary is a member of the Board of Trustees of Hospice and Palliative Care Association of New York State (HPCANYS). She lives in Southampton with her husband, Hilton, and their two sons.



**Linda Gillan** is a LSW who has worked in the geriatric population for the past 30 years mostly in the Nursing Home industry. More recently she started her own

company with her business partner Debbie Imperio called Island Medicaid Consulting. They help seniors and their families apply for Community Medicaid to get homecare services in the home and assist with Nursing Home placement and Nursing Home Medicaid.



**Jeraldine Fedoriw** has been a SW for 27 years with experience in long term care (Skilled Nursing Facility), medical SW for Long-Term Home Health Care, a semester as

adjunct professor at Stonybrook University School of Social Work and a therapist in private practice. She has been in ADHP for 20 years.



**Angel Ortiz** is the community liaison at Seniorcare Companions, Inc. Angel has over 15 years of experience working with elderly communities. Angel's philosophy

is - Be compassionate when it comes to humans. One day we will all grow older. "Take one day at a time".

## Planning for your Future/Protecting your Assets and the Family Home

Adam Demetri, Estate Law Attorney; Robert Kurre, Elder Law Attorney; Aaron Futterman, CPA, Esq.; Michael A. Wertheim, CFS, CMFC, RTRP



**Adam Demetri, Esq.** is the principal attorney of The Demetri Law Firm, PLLC ([www.demetrilaw.com](http://www.demetrilaw.com)) in Garden City, New York with over 30 years of legal experience. Adam

serves as President of the Board of Directors for ADRC. Adam is a member of the Trusts and Estates and Elder Law and Special Needs sections of the NYS Bar Association and a member of the National Academy of Elder Law Attorneys.



**Robert J. Kurre, Esq.** is the managing partner of Kurre Schneps LLP in Manhasset, New York and the Vice President of the Board of Directors for ADRC. He has been

practicing exclusively in the areas of elder law and trusts & estates law for 24 years. Mr. Kurre is a certified elder law attorney, former chairman of the Elder Law Committee of the Nassau County Bar Association, and has been listed in *The Best Lawyers in America* for elder law every year since 2015.



**Aaron E. Futterman, CPA, Esq.** is a well-respected attorney and a highly regarded CPA. He founded Futterman, Lanza & Pasculli, which assists families in preparing for

any eventuality through the use of Last Wills & Testaments, Living Trusts, Powers of Attorney, Living Wills, Health Care Proxies and Medicaid planning. FLP has staffed offices in Smithtown, Bay Shore and Garden City, New York. [www.trustedattorneys.com](http://www.trustedattorneys.com)



**Michael A. Wertheim, CFS, CMFC, RTRP** is a US Navy Veteran and Founding Partner of Main Street Financial Group. Founded in 1997 and located in Smithtown & Kings

Park, NY, Main Street Financial now has over \$1 billion of Assets Under Management. Main Street Financial Group provides financial planning, asset management, and tax planning services to individuals, businesses, charities, and municipalities.

## Master of Ceremonies

Tommy DiMisa, The Nonprofit Sector Connector, Vanguard Benefits



**Tommy DiMisa** brings over 20 years of expertise in strategic alliances with business owners and trusted advisers and is known as a selfless connector who consistently adds value to his networking partners, clients, and community. Tommy's work at ADP, TriNet and CoAdvantage honed his expertise in PEO and HR outsourcing. During his time at Safeguard Global, Tommy helped businesses tackle the global need for easy and agile global employment outsourcing solutions. Through this variety of experience Tommy has become

keenly aware of the options available in the HR & Benefits market positioning him as a consultant with Vanguard Insurance Agency.

Tommy's passion for the nonprofit sector has made him a beloved philanthropic activist. Tommy created Philanthropy in Phocus, a project that provides support to nonprofits through networking opportunities, thought leadership, and a soon to be launched podcast series. Contact Tommy 516-492-4928, [tdimisa@vgdny.com](mailto:tdimisa@vgdny.com)

## Caregiver to Caregiver Panel

Moderated by Julie Wexler, Director of Business Development

Caregivers: Mike Frischberg, Sandy Galloff, Bruce MacDonell, Gail Sapp, Helen Vitulli



**Julie Wexler** is the Director of Business Development for The Bristol Assisted Living. Julie has demonstrated success working in the senior living and non-profit industries. She is the recipient of the 2023 LI Business Woman of the Year Award. Julie serves as a community educator for The Alzheimer's Association and often partners with many organizations to bring education and resources to families. She possesses skills in Nonprofit Organizations, Elder Care, Dementia Care, Healthcare Management, Public Speaking, and

Assisted Living Management and Sales. Julie graduated from Southern Methodist University and Baruch College School of Public Affairs.



### Affinity Skilled Living & Rehab Center

Situated, in the beautiful neighborhood of Oakdale, Long Island. We are one of Long Island's most progressive rehabilitation facilities. Our 280 bed facility offers both short and long term care. Our 20-bed ventilator unit is staffed with highly trained and dedicated professionals 24/7. Affinity Skilled Living provides an inviting environment while utilizing state of the art equipment and highly dedicated staff. Our complete respiratory care unit can support all respiratory needs including tracheostomy care and ventilator support. Shelly Samuels 631.300.0874 Shelly@affinityskilled.com

### Allegiant Home Care

Allegiant Home Care (An Accord Care Company) is a licensed and bonded agency (LHCSA) with certified home health aides servicing all of Long Island, all the boroughs, and Westchester. We typically provide personal care within a private residence, assisted living, or independent living. We may also provide bedside companion care within skilled facilities or hospitals. We also offer a very affordable digital home care solution exclusive to Allegiant Home Care called Accord Connex. We accept multiple payment sources such as Direct billing to LTC insurance with assignment of benefits, VA contract, Suffolk County DSS immediate need, NHTD/TBI Waiver program, Community Medicaid MLTC's. www.allegiant-homecare.com Simply call or text Melanie Stephen for a free home care or AccordConnex consultation with no obligation. Cell (516) 385-2836

### Amber Court

Amber Court Assisted Living communities epitomizes the steadfast commitment of Alfred and Judith Schonberger and their family. Their vow to bring outstanding care to the elderly is rooted in a simple, heartfelt philosophy. They believe everyone deserves to age in an affordable, comfortable, safe, and cheerful environment where each person is treated with kindness, compassion and respect. With Amber Court communities in 6 locations across Long Island and the boroughs we bring that commitment, dedication and quality care to a neighborhood near you.

### The Arbors of Islandia

The Arbors Assisted Living was created 20 years ago because there was a growing need for affordable senior living for the hard-working Long Islander. The Arbors is home to residents who want to stay active in their mind, body and soul, but may need a little bit of help. Knowing that help is right there, 24 hours a day provides peace of mind to both residents and their families.

The Arbors Assisted Living, with five communities located in both Nassau and Suffolk County Long Island, is among the finest choices you can make. You can simply have it all at The Arbors. All care. All services. All amenities. All included. The Arbors monthly rate includes all care. No additional fees. No confusion. This simplified cost of assisted living makes it easier to plan ahead.

The Arbors offers a variety of recreational and social activities, a wellness program that promotes healthy living, restaurant-style cuisine and plenty of beautifully appointed décor. Their highly trained team of professionals are on hand to focus on providing a nurturing, caring and active senior living environment that fosters independence.

### Artis Senior Living of Commack

Artis Senior Living proudly provides compassionate, individualized memory care to residents who discover new ways to experience a rich and rewarding life in our warm, family-like communities. Positive partnerships start with building a personal relationship with each resident, so they feel empowered in their care and in the community. At Artis Senior Living, we work to engage residents, their loved ones and care partners to foster the dignity and grace that is a right for all. Call 631.343.7942 or visit www.artis seniorliving.com/commack

### Brightview Senior Living

Conveniently situated in Sayville and Port Jefferson, we set the benchmark for independent living, assisted living, and dementia care. Our immaculate communities provide top-tier fine dining, premium healthcare, and exceptional amenities. With a wide range of activities and outings, Brightview is the gold standard for vibrant living and offers something for everyone. Seeing is believing, so book a tour and witness firsthand the Brightview difference. www.brightview seniorliving.com

### The Bristol

Since 2000, The Bristol has helped families understand and embrace the advantages of assisted living, and our family of genuinely caring professionals has continued to provide exceptional assistance and support to all who have come through our doors.

In addition to our traditional assisted living services, each community also offers Reflections – our innovative memory care program that specializes in helping aging adults manage Alzheimer's disease and other memory-related cognitive disorders — and do so with dignity and grace.

For more information, and for a list of all locations in the tri-state area, visit: thebristol.com

### Burner Prudenti Law

Burner Prudenti Law, P.C. is a women-owned full-service law firm specializing in elder law, estate planning, trusts & estates and real estate. For more than 28 years, the firm has provided trusted and compassionate legal services to the Long Island and greater New York area community with offices in East Setauket, Westhampton Beach Manhattan, and East Hampton. Burner Prudenti Law represents decades of experience in the legal field with attorneys and professionals who are respected pillars of the New York legal profession and the communities in which they live. At Burner Prudenti Law, P.C. it is the client that matters most. Learn more at burnerlaw.com.

### Catholic Home Care/Good Shepherd Hospice

Providing Skilled Care in the comfort of your home in Nassau, Suffolk, or Queens. Skilled medical and supportive care with compassion. For more information for Good Shepherd Hospice please call 631.465.6363 or for Catholic Home Care 631.465.6830

### DAVIDOW, DAVIDOW, SIEGEL & STERN LLP

Davidow, Davidow, Siegel & Stern was originally founded in 1913 in Patchogue by Harry A. Davidow and later expanded with the addition of his two sons. Two generations later, Harry's grandson, Lawrence Davidow redirected the firm into one of the first and most successful Elder Law, Special Needs,

Estate and Business Planning practices on Long Island. The firm's mission is to provide outstanding legal representation and service in the areas of Elder Law, Estate Planning, Probate and Administration of Estates, Special Needs Planning, Fiduciary Services, Real Estate, Business Counseling and Commercial Transactions. Lawrence Davidow, now the Senior and Managing Partner, is dedicated to educating individuals and their families to their rights; he is a published author and frequent lecturer tackling complex topics in an easy to understand and entertaining manner. The firm is located at 1050 Old Nichols Road in Islandia and can be reached by phone at 631-234-3030 or email at info@davidowlaw.com.

### Day Haven

Day Haven, a social model adult day services program, provides daytime care for frail older adults and individuals with Alzheimer's or related dementia. Day Haven's services offer a structured program of recreational activities, socialization, assistance with activities of daily living, nutritious meals and meaningful days. Our centers are located in Port Jefferson and Ronkonkoma. Free visit days, flexible schedules and limited transportation are available.

### Dementia Solutions, LLC

DEMENTIA SOLUTIONS, LLC is a caregiver coaching practice founded by Rochelle A. Pachman, LCSW.

Rochelle's unique training and depth of experience has supported thousands of dementia caregivers, mostly as the clinical partner of Dr. Alan Steinberg, in his geriatric psychiatry practice.

Known for her warm and direct style, she helps people to become capable and confident caregivers, as it is the caregiver who really treats dementia with all they do each day.

Rochelle received her training at the (Northwell) Zucker Hillside Hospital Geropsychiatry service and held a voluntary faculty appointment at University Hospital Stony Brook assisting Dr. Steinberg with the training of residents and fellows.

Rochelle is a frequent speaker to community and professional audiences, and is also available for staff training.

### Family Service League

FSL is a social service agency that provides support and security to our Long Island neighbors who need it most. From children and families to individuals and seniors, we empower more than 50,000 of our community's most vulnerable to mobilize their strengths and improve their quality of life. www.fsl-li.org/

### Futterman, Lanza, & Pasculli, LLP.

An Elder Law and Estate Planning Law Firm on your side. We are proud to help people who need advocacy in critical aspects of their lives, including elder law, Medicaid benefits, veterans' benefits and estate planning. The firm also handles personal injury and real estate cases, often for our existing elder law and estate planning clients. www.trustedattorneys.com

### A Gentle Touch Senior Home Care

We provide professional senior companion care service and the necessary home care and housekeeping services necessary to keep our loved ones, healthy, safe and happy at home. In addition to the non medical services, we also provide consulting and referral for all medical and hands on care giver services and durable medical equipment through our network affiliates utilizing a best in breed of services approach. www.agentletouchseniorcare.com

### The Hamptons Center

The Hamptons Center for Rehabilitation and Nursing is a 280 bed Skilled Nursing Facility offering quality medical care to all of our residents. Our highly regarded Alzheimer's/Dementia programs offer resident comfort, stimulation and socialization in a secure environment. Our specialized staff evaluates each dementia resident and a plan of care that best suits that individual. At the Hamptons Center, we recognize the importance of one's dignity and sense of independence and are focused on making every individual feel at home.

### Island Medicaid Consulting, Inc.

Island Medicaid's Mission is to assist families and clients applying for Medicaid from beginning to end. We specialize in both community and nursing-home Medicaid applications. We will assist you in obtaining community Medicaid to get services to stay at home with proper care. We work closely with Medicaid Assisted Livings Facilities. We help families find the proper nursing home for their loved ones and obtain Nursing Home Medicaid. Together we have 30 years of experience helping our clients and their families apply for Medicaid. Our dream was begun to help people navigate through a difficult system to obtain needed services. We feel very strongly that everyone should get the appropriate services they need. We support all those affected by Alzheimer's disease and work hard towards a cure. From Our Heart To Your Home. Linda Gillan and Debbie Imperio 516-308-8131 | 516-308-8130 linda@islandmedicaid.com | debbie@islandmedicaid.com

### Jake's 58 Casino Hotel

Jake's 58 is Long Island's elite casino hotel, offering 1,000 video and electronic gaming machines. Our play hard, relax hard, soak up the moment lifestyle keeps our loyal patrons coming back for another taste of life at its prime. At Jake's, the world is at your doorstep. www.jakes58.com

### Jerusalem Memorial Chapels

Jerusalem Memorial Chapels was founded to improve the quality of time a family spends together to honor and celebrate the memory of a lost loved one. Every aspect of our concierge service is based on this principle that these precious moments should be spent reflecting and sharing memories. We are conveniently located in a central location with easy access to cemeteries in both Nassau and Suffolk counties, as well as the 5 boroughs. We are here to provide your family with all of your pre-planning and burial needs.

### Long Island Carriage Museum

The Long Island Museum (LIM) proudly serves the community by preserving and displaying its collection of art, historical artifacts, and carriages, as well as providing educational and public programming. Since 2011, the museum's *In the Moment* programs have served those living with Alzheimer's disease and other forms of dementia and their care partners. Participants take part in specially designed guided tours and art making workshops that emphasize creativity and engagement. The museum also collaborates with other arts organizations, such as *Making Memories at the Movies* and *OnGrowing Mindfulness*, to provide additional enriching experiences. All *In the Moment* programs are offered at no charge due to generous funding. For more information, please contact Beth Chiarelli, Assistant Director of Education at bchiarelli@longislandmuseum.org or 631.751.0066 ext. 211

### Long Island State Veterans Home

For more than 35 years the Long Island Alzheimer's & Dementia (LIAD) Center has served as a lifeline to diagnosed individuals and their families throughout Long Island. Our mission is to help improve the quality of life for those living with Alzheimer's Disease and other related dementias, and their caregivers. The LIAD Center takes considerable pride in its pioneering role in the development of cutting-edge services that foster the independence, dignity well-being and safety of individuals with dementia, thus aiding in the prevention of premature nursing home placement. We are committed to the belief that there is life worth living after a diagnosis. Our caring professionals help program participants maximize their remaining abilities, while providing much-needed information, support and respite to family caregivers. Visit us at [www.lidementia.org](http://www.lidementia.org) or call us at 516-767-6856.

### Long Island Alzheimer's & Dementia Center

At the Long Island Alzheimer's and Dementia Center our mission is to improve the quality of life for those living with Alzheimer's disease and related forms of dementia, and their caregivers. We actively work to achieve this mission through programs for all stages of Alzheimer's, Caregiver Support Groups, in-home respite solutions, transportation options, and additional services.

### Northwell Health

Northwell's Zucker Hillside Hospital operates the most extensive Geriatric Psychiatry service regionally, with a continuum-of-care model ranging from dedicated inpatient geriatric psychiatry units (totaling 42 beds), a soon-to-be reopened Geriatric Psychiatry Partial Hospital Program, and a Geriatric Psychiatry Clinic with an intensive outpatient track serving over 2000 registrants and staffed by multidisciplinary aging-expert behavioral health professionals (geriatric psychiatrists, geropsychologists, and gerontological social workers and nurses). Our programs also serve as training sites for geriatric psychiatry fellows, general psychiatry residents, psychology externs, interns and post-doctoral fellows, and other multidisciplinary trainees. Populations served include patients with depression, anxiety disorders, adjustment reactions, psychotic conditions, and Alzheimer's disease and related dementias with concomitant behavioral disturbances. Our focus is on comprehensive assessment to assure accuracy of diagnoses, with treatments that subsume geriatric-sensitive psychopharmacological interventions and individual and group psychotherapy. We are an Institute for Healthcare Improvement (IHI) designated Age-Friendly Hospital. Contact number: 718-470-8140 or 8159.

### On the Marc Patient Advocacy

Marc Berlin is a board certified, patient advocate, and the founder of On The Marc Patient Advocacy Services. His aim is to help older aging adults remain safe at home and agent place. He will assist with medical appointments billing and claim issues and home health matters. He will offer medical alerts so they can get assistance at the push-up button, if you are in panic or shock, please call Marc your patient advocate who will be your rock. Marc S. Berlin, BCPA, Board Certified Patient Advocate [onthemarcadvocate.com](http://onthemarcadvocate.com) • Good Help For Good Health 516.749.6135

### Parrish Art Museum

The Parrish Art Museum is a place to discover and connect with artists and art with a focus on the rich creative legacy of the East End and its global impact on the art world. In our continued commitment to making our building, programs, and resources accessible to all audiences, we have partnered with regional agencies to develop Access Parrish—a series of learning experiences designed to engage and welcome visitors with special needs. Please contact Museum Educator Wendy Gottlieb at [gottlieb@parrishart.org](mailto:gottlieb@parrishart.org) or call 631-283-2118 during Museum hours for more information.

### Pathways to Senior Living

Lisa Albinowski and Patty Mayo developed Pathway to Senior Living. Offering seminars and resources that assist with Stage vs. Age. Their mission is to Equip, Empower and Educate older adults and their families to better manage late life moves In a world where age often defines one's abilities and limitations, Lisa: 631.793.7329 • Patty: 631.624.4443 Email:[info@PathwaytoSeniorLiving.com](mailto:info@PathwaytoSeniorLiving.com) [www.PathwaytoSeniorLiving.com](http://www.PathwaytoSeniorLiving.com)

### Rebuilding Together Long Island

We are your neighbors and we're here to help. RTLI transforms the lives of income-qualified homeowners by improving the safety and health of their homes and revitalizing their communities. Our experienced volunteers perform the vast majority of the work we do and come from all walks of life and represent all professions, corporations and businesses. Neighbors helping neighbors, one home at a time! RTLI performs repairs including carpentry, electrical, plumbing and home modifications including wheelchair ramps for the physically challenged. Rebuilding Together Long Island is one of the leading organizations in Nassau and Suffolk counties that provides home repairs and there is NEVER a cost to our income-qualified clients. [www.rebuildingtogetherli.org](http://www.rebuildingtogetherli.org)

### SeniorCare Companions

We strive to provide the highest and most trusted home companion services to seniors and adults with disabilities since 2004. We preserve and protect the independence and dignity of our clients by providing an unsurpassed experience. Our client's loved ones have peace of mind, knowing that their loved ones are cared for by our caring and compassionate caregivers, leading to a better quality of life. Our companions strive to add years to your loved ones lives, but more importantly, "life to their years". Contact 631-581-9000 [www.seniorcarecompanions.com](http://www.seniorcarecompanions.com)

### Suffolk County Sheriff's Office

#### Project Lifesaver

Project Lifesaver is a rapid-response program that aids victims (and their families) who wander as a result of cognitive impairments, or other afflictions. The program combines technology and specially trained Sheriff's Deputies to locate individuals who have wandered. Project Lifesaver clients wear a "watch-type" wristband transmitter (worn on the wrist, ankle or as a necklace), which emits a tracking signal. When a caregiver calls the Suffolk County Sheriff's Office Project Lifesaver line to report that a client has wandered, a search team responds to the wanderer's area and, while in route, activates the vehicles mobile locator tracking system.

A hand-held unit is used to search for clients in areas inaccessible by vehicles. In an emergency, caregivers must immediately notify the: Suffolk County Sheriff's Office Project Lifesaver Emergency Response Line at 631-852-2791 and dial 911. [www.suffolkcountysheriffsoffice.com/project-lifesaver](http://www.suffolkcountysheriffsoffice.com/project-lifesaver)

### Stony Brook Medicine

The Stony Brook Center of Excellence for Alzheimer's Disease program provides access to high quality, compassionate care, as well as support and resources to individuals and their families in both Suffolk and Nassau Counties that are affected with Alzheimer's Disease and related dementias. Through an interdisciplinary team of psychiatrists, social workers and a neuropsychologist, the Center provides technical assistance and educational supports to physicians and other medical service professionals in diagnosing and treating these individuals. In addition, the Center provides comprehensive neurological and psychiatric evaluations, neuropsychological testing, referrals to community supports, care giver supports, access to care, access to clinical trials and free cognitive screening. Visit [Ceadlongisland.org](http://Ceadlongisland.org) or call 631-954-2323 for more information.

### Russo Law Group

Russo Law Group, P.C. is a renowned law firm based in Long Island, specializing in elder law, estate planning, and special needs planning. Since 1985, they have established a strong national reputation for their knowledge and experience, helping over 17,000 families (and counting). With convenient offices in Garden City, Lido Beach, and Islandia, they are ready and equipped to provide comprehensive legal services to their clients and their families. For more information, please visit [www.vjrussolaw.com](http://www.vjrussolaw.com)

### United Way of Long Island

United Way of Long Island's Safe at Home for Seniors program was established in 2020 to coordinate a broad range of health and social services to support older residents as they age in place. The program incorporates the Centers for Disease Control and Prevention's checklist for STEADI – Stopping Elderly Accidents, Deaths & Injuries model and assessment tools when making home visits. With the help of the Older Adult Home Modification Program, Long Islanders can safely stay in their home. This free program includes: Accessibility and Fall Protection Modifications; Healthy Home Evaluation; Home Safety Adjustments and minor Repairs. If you're over 62 and own your own home, learn how qualified seniors in Nassau and Suffolk Counties can apply. [www.unitedwayli.org/safe-home-seniors](http://www.unitedwayli.org/safe-home-seniors)

### Unparalleled Performance - 5Ls

Combining over 70 years of Global Business and People Development expertise across multiple industries, has given rise to this truly dynamic and different personal, professional and leadership development practice. This vast knowledge and passion allows our organization to pinpoint our client's needs and deliver exceptional results. We are a thought leadership company that motivates and drives individuals, teams, and organizations to attain Unparalleled Performance in their personal and professional life. Unparalleled Performance will create fully customized experiences for all levels of your organization to successfully drive employee engagement, employee mental fitness / well-being for improved performance and results.

Our executive team consults with you and your leadership to achieve your objectives. [www.unparalleledperformance.com](http://www.unparalleledperformance.com)

### Willing Hearts, Helpful Hands

Willing Hearts, Helpful Hands is an innovative community program serving family caregivers in Queens, Nassau, and Suffolk Counties by connecting them with a circle of help that includes trained volunteers who provide an array of respite services. Our well-trained volunteers provide family caregivers of older adults with the time to meet self-care needs, as well as other family obligations, at no cost. Without help in the daily tasks of care-giving, the risk to your health and well being is as real as it is to your loved one. That is why the volunteers of Willing Hearts, Helpful Hands provide the assistance you need, on a schedule designed to allow you the time, personal space and freedom that is essential for healthy living. Our mission is to improve the quality of life for family caregivers of older adult loved ones by engaging the broader community to provide assistance and respite services. The program is offered by Parker Jewish Institute for Health Care and Rehabilitation, in cooperation with partnering community organizations and is funded by a grant from the New York State Department of Health. [www.willingheartshelpfulhands.org](http://www.willingheartshelpfulhands.org)

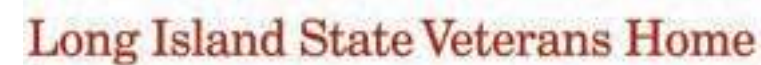


ADRC would like to thank Theresa Venezia for all her graphic expertise and labor in designing and publishing this program journal. Any errors or discrepancies are the error of ADRC. We are so grateful to all our volunteers, sponsors, and colleagues who supported this endeavor. Thank you. #HELP&HOPE





"Quality Care You Can Trust"  
(631) 581-9000



# Caregiver Support Groups

Are you providing care for someone with Alzheimer's Disease or another dementia? You DO NOT have to meet the Challenges Alone!

## In-Person Groups

### Nassau County

#### Farmingdale Public Library

116 Merritts Road, Farmingdale  
3rd Monday of the month, 10:00 am

#### The Merrick Library

2279 Merrick Avenue, Merrick  
1st Friday of the month, 10:30 am

#### Rockville Centre Public Library

221 N Village Ave, Rockville Centre  
1st Monday of the month, 10:30 am

### Virtual Groups

#### Adult Children

1st Monday of the month, 6:00 pm

#### Adult Children

2nd Tuesday of the month, 5:30 pm

#### Spouse Meeting

2nd Wednesday of the month, 11:00 am

#### \*Share the Care

2nd Monday of the month, 9:30 am

#### \*Share the Care

4th Monday of the month, 9:30 am

\* Share the Care is for those whose spouse is living in a community facility

For registration and meeting details contact:

**Sharon Reichman, LMSW at 631.580.4416**

[sharon.reichman@ADRCinc.org](mailto:sharon.reichman@ADRCinc.org)

Caregiver Support Groups provide emotional, educational and social support.

ADRC offers individual & family consultations.

### Suffolk County

#### Alzheimer's Disease Resource Center

200 Carleton Avenue, East Islip  
3rd Wednesday of the month, 11:00 am

#### Atria Bay Shore

53 Ocean Ave, Bay Shore  
3rd Wednesday of the month, 5:30 pm

#### Center Moriches Public Library

235 Montauk Highway, Center Moriches  
2nd Tuesday of the month, 11:30 am

#### Commack Public Library

18 Hauppauge Road, Commack  
4th Tuesday of the month, 11:00 am

#### Lindenhurst Memorial Library

1 Lee Avenue, Lindenhurst  
3rd Monday of the month, 6:00 pm

#### Half Hollow Hills Community Library- Melville Branch

510 Sweet Hollow Road, Melville  
2nd Monday of the month, 5:30 pm

#### Sunrise of Huntington

300 West Hills Road, Huntington Station  
3rd Wednesday of the month, 3:30 pm

#### Our Lady of Lourdes Church

455 Hunter Avenue, West Islip  
3rd Thursday of the month, 5:30 pm

#### Rogers Memorial Library

91 Coopers Farm Road, Southampton  
3rd Tuesday of the month, 11:00 am

#### Spouses of Younger Onset Dementia Alzheimer's Disease Resource Center

200 Carleton Avenue, East Islip  
4th Wednesday of the month, 10:30 am

### Our Partners in providing groups

## Life-Enrichment Programs

(These programs are for caregivers and their loved one impacted by cognitive decline)

- Art Expressions Community Art Program
- Art Therapy at ADRC
- Bingo - Virtual and In-Person at ADRC
- Come Bake With Us - Virtual
- Drumming at the Parrish Art Museum
- Equine Wellness Program at Spirit's Promise
- In the Moment at The Long Island Carriage Museum
- Memory Cafes - Libraries and at ADRC
- Music, Mind, and Movement Therapy at ADRC
- Paint at the Parrish Museum - In Person & Virtual
- Throwback Thursdays - Virtual
- Through Our Eyes at The Long Island Carriage Museum
- Where Memories Take Flight at The Cradle of Aviation

## Education and Training

- 8 Hour Montessori Dementia Capable Certification - CEU's offered with an NCTRC Microcredential and Digital Badge - National Center for Montessori and Aging - Dementia Capable Certification
- 1 Hour Education & Training Workshops that include CEU's: Montessori Principles, Human Needs and Aging, Navigating the Maze of Dementia, Behavioral Management, Communication, Personal Care, Therapeutic Activities, Person Centered Care. Additional topics are available upon request.



National Center for  
Montessori and Aging



Cradle of Aviation Museum  
and Education Center

LIM  
LONG ISLAND MUSEUM

LONG BEACH  
N.Y.  
BLACKSMITH'S  
BREADS

aetna  
Aetna Better Health  
of New York

BethanyHouse



Parker Jewish Institute  
for Health Care and Rehabilitation

Home Instead  
*To us, it's personal.*



Right at Home



SeniorCare  
Companions, Inc.



LOYOLA  
UNIVERSITY MARYLAND

ASPIRE



# ADRC'S MEMORY CAFES 2024

Lunch + Music - 2 Hour Program

*Sponsor a Cafe - \$1000*

WHY SPONSOR A CAFE? - EACH MONTH, ADRC HOSTS A MEMORY CAFE ON-SITE AT ITS EAST ISLIP OFFICE FOR FAMILIES ON LONG ISLAND. A CAFE USUALLY HAS 40 ATTENDEES COMPRISED OF A CAREGIVER AND AN INDIVIDUAL BEING IMPACTED BY DEMENTIA.

BY SUPPORTING OUR MEMORY CAFES ORGANIZATIONS WILL RECEIVE RECOGNITION AT THE EVENT, ON PROMOTIONAL MATERIALS AND ON SOCIAL MEDIA. ALL SPONSORS MAY BRING BROCHURES TO PLACE ON THE RESOURCE TABLE, AND A REPRESENTATIVE IS WELCOME TO ATTEND, MINGLE AND SPEAK FOR A FEW MINUTES ABOUT THE SERVICES THEY OFFER.

ADRC WILL TAKE CARE OF ALL THE DETAILS - FOOD, ENTERTAINMENT, MARKETING, REGISTRATION, AND CLEAN-UP

CONTACT CAROL.HARTMANN@ADRCINC.ORG / 631-580-4417

THE BENEFITS - MEMORY CAFES PROVIDE INDIVIDUALS IN EARLY AND MIDDLE STAGE DEMENTIA A SAFE, RELAXED AND FRIENDLY PLACE TO ENJOY A CHAT, LIGHTEARTED ACTIVITIES AND SOME COFFEE AND CAKE. IN ADDITION, THEY PROVIDE A GREAT SUPPORT SERVICE FOR FAMILIES AND CAREGIVERS. CAFES ARE FREE TO ATTEND.

# Alzheimer's Disease Resource Center 2024 Memory Walk and Spring Festival

Saturday, May the Fourth

Raindate 5.5.24

Marjorie R. Post Community Park  
451 Unqua Road, Massapequa, NY

## Program of the Day

8:30 am Registration & Grab & Go Breakfast  
9:30 am Opening Ceremony  
10:00 am WALK Begins  
10:30 am-1:00 pm Festival Fun & BBQ Lunch



This outdoor event will bring a Galaxy of community organizations together to share resources for Long Island families impacted by cognitive decline. There will be fun activities for all ages including:

Live Band 🪐 Selfie Spots 🪐 Giveaways 🪐 Star Wars Characters  
Touch a Fire Truck 🪐 Lawn Games 🪐 Living Memory Tree 🪐 BBQ

*Join the Force!*

Register your  
Stormtroopers  
TODAY!

[www.adrcinc.org/adrc-walk](http://www.adrcinc.org/adrc-walk)



[www.ADRcinc.org](http://www.ADRcinc.org)



Alzheimer's Disease  
Resource Center  
Keeping Help and Hope In Mind

631.580.5100



**SIGN UP TODAY! PROGRAM WILL  
BEGIN OCTOBER 1, 2024**

# Art Expression Program 2024 - 2025

ADRC provides art therapy training and program materials to recreational therapists and others who work at a wide variety of assisted living, nursing and rehabilitation homes, veterans' residences and other senior centers. Therapists are then able to extend the benefit of art therapy to those in their own communities each month with guidance and ongoing support provided by ADRC. The program culminates in an Art Exhibit held each Fall with the Islip Arts Council. Artists select their favorite piece and submit a headshot and bio to be displayed with their art in the Exhibit. Each piece carries the weight of unique memories, rekindling a tapestry of lived experiences.

If your community is interested in participating in the program for 2024 - 2025 please contact [Carol.Hartmann@adrcinc.org](mailto:Carol.Hartmann@adrcinc.org) or 631-580-4417 to sign up.



I've learned that  
people will  
FORGET WHAT YOU SAID,  
people will  
FORGET WHAT YOU DID,  
But people will  
NEVER FORGET  
HOW YOU MADE THEM FEEL

-MAYA ANGELOU



 **Alzheimer's Disease  
Resource Center**  
*Keeping Help and Hope in Mind*

**631.580.5100**  
**[www.adrcinc.org](http://www.adrcinc.org)**