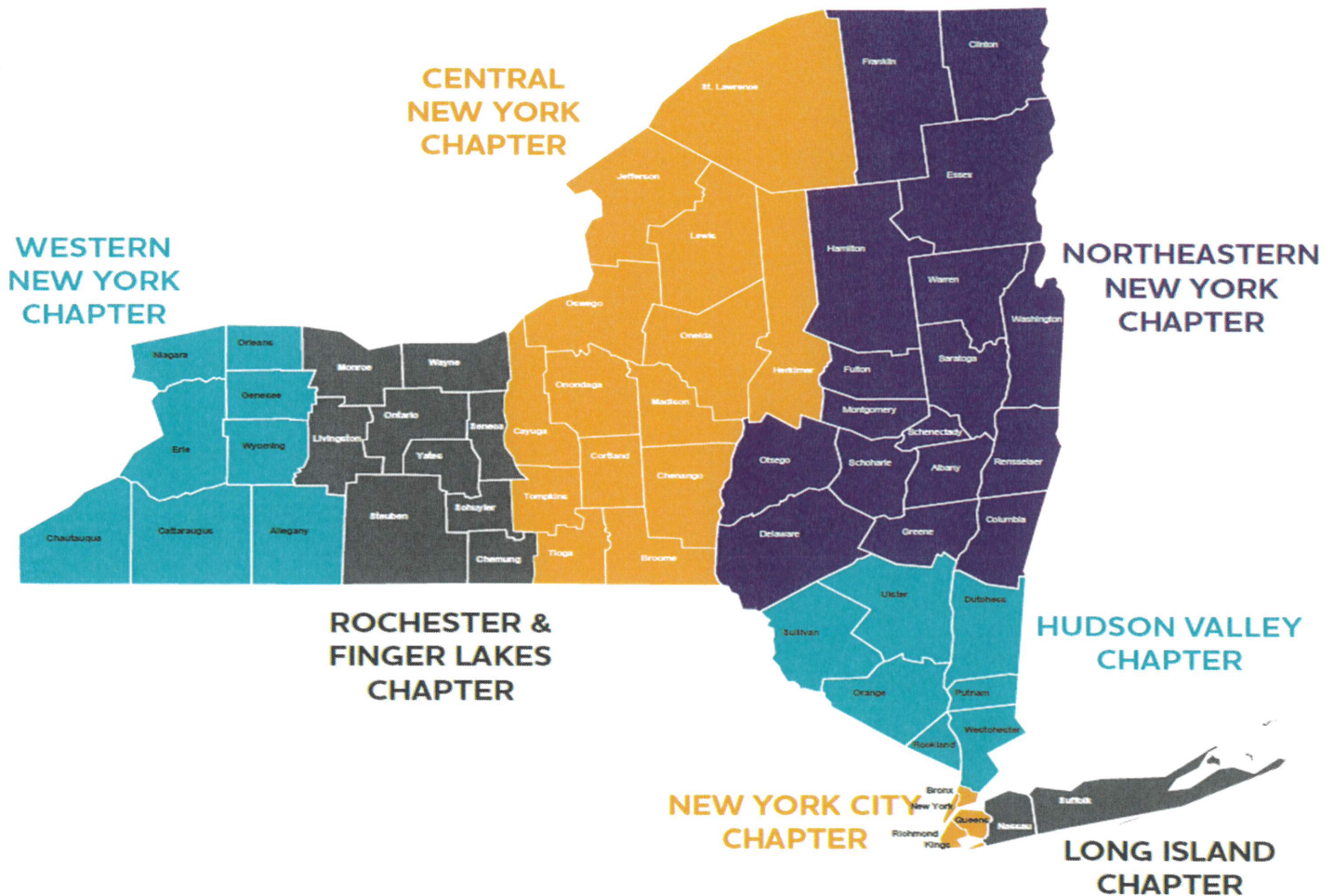


New York State Coalition



**FREE help for people with memory loss and those who care for them is available 24 hours a day, 7 days a week via our toll-free Helpline.  
800-272-3900**

**THE ALZHEIMER'S ASSOCIATION OFFERS:**

**INFORMATION AND REFERRAL**

Obtain information and learn about available community resources.

**CARE CONSULTATIONS**

Personalized session for disease education, support, learning about available community resources and development of an action plan.

**SUPPORT GROUPS**

Peer support to learn about the disease, share experiences and create strategies.

**EDUCATION PROGRAMS**

Provide knowledge and practical tips for understanding and caring for persons living with Alzheimer's disease.

**SAFETY SERVICES**

Provide tips and resources for home safety, wandering and other medical emergencies.

For more information or to talk with a dementia specialist, call **800.272.3900** or visit **alz.org**.

We encourage you to take a photo of this flier with your phone to keep it handy.

*These activities are supported in part by a grant from the New York State Department of Health.*

## NYS Alzheimer's Association Chapter Contacts

### New York State Coalition

- Contact: Erica Salamida, Director of Community Outreach, [esalamida@alz.org](mailto:esalamida@alz.org) 518.675.7197

### Central New York

*Serving Onondaga, Cayuga, Oswego, St. Lawrence, Jefferson, Lewis, Oneida, Madison, Herkimer, Cortland, Tompkins, Broome, Chenango, Tioga*

- **Chapter Contact:** Jessica DesRosiers, Sr. Director, Programs and Services, [jdesrosiers@alz.org](mailto:jdesrosiers@alz.org), 315-330-6025 ext. 1651

### Hudson Valley

*Serving Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester*

- **Chapter Contact:** Meg Boyce, Vice President Programs and Services, [mboyce@alz.org](mailto:mboyce@alz.org), 845-763-4702

### Long Island

*Serving Nassau and Suffolk*

- Chapter Contact: Kate Anastasia, Director of Programs, [canastasia@alz.org](mailto:canastasia@alz.org), 631-315-6487

### New York City

*Serving Bronx, Brooklyn, Manhattan, Queens and Staten Island*

- Chapter Contact: Michele Disken Greco, Senior Program Director, [mdgreco@alz.org](mailto:mdgreco@alz.org), 646.793.4861

### Northeastern New York

*Serving Albany, Clinton, Columbia, Delaware, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington*

- Chapter Contact: Shannon Lawler, Director of Programs and Services, [slawler@alz.org](mailto:slawler@alz.org), 518.675.7212

### Rochester and Finger Lakes

*Serving Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates*

- Chapter Contact: Amanda Drobnica, Senior Director of Programs, [aldrobnica@alz.org](mailto:aldrobnica@alz.org), 518.675.7197

### Western New York

*Serving Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming*

- Chapter Contacts: Amanda Nobrega, Interim Executive Director and Senior Director of Programs, [anobrega@alz.org](mailto:anobrega@alz.org), 716.241.0344



# 10 Early Signs and Symptoms of Alzheimer's

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood or personality



alzheimer's  association®

For more information about Alzheimer's disease, dementia and free available services

**CALL 800.272.3900 OR VISIT ALZ.ORG**