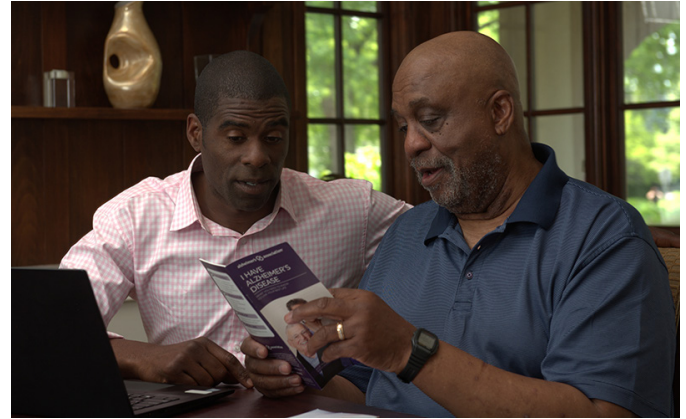


Our free programs and services

- Around-the-clock support through our 24/7 helpline, 800.272.3900
- Consultations with professional social workers who can offer guidance and help
- Support groups where you can share experiences with others who understand
- Classes with tips on how to handle the challenges at every stage of the disease
- Social programs for people with dementia and their loved ones that offer an opportunity to meet others and interact
- Time Away grants to help caregivers pay for respite care so they can have some time for themselves
- Information on legal and financial issues to consider, forms to complete and help with future planning



Together, we can end Alzheimer's

PARTICIPATE IN A WALK



The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise



awareness and funds for Alzheimer's care, support and research. In the Hudson Valley, we host five walks every fall. Visit hudsonvalleywalks.org to gain access to tips and coaching. Start fundraising and join us on Walk day!



USE YOUR CREATIVITY AND PASSION



The Longest Day is the day with the most light — the summer solstice. Throughout the year, participants around the world fight the darkness of Alzheimer's by doing something they love to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. Then we celebrate on the longest day of the year, the summer solstice. Visit thelongestday.org for ideas, resources and more!



Visit alz.org/hudsonvalley for more information.