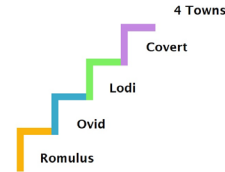


STEPS
7150 N Main Street
P.O. Box 902
Ovid, NY 14521
(607)403-0069
Stepscommunity@s2aynetwork.org



STEPS Personal Health & Wellness Meeting Minutes

May 5th, 2025 Ovid Library

Attendees: Phyllis Motill, Lynne Doyle, Theresa Lahr, Emily Hoffman, Deb Bush, Penny Gugino, Linda Pacelli Dixon, Deborah Putney, AJ VanCuren, Phil Standard, Tom Bouchard, Donna Andersen, Chris Ehlers, Peg Brown

Agenda items

Welcome & Introductions (Phyllis Motill, Workgroup Leader)

Presentation from Penny about the Alzheimer's Association – *see material attached below*

Discussion:

- The group discussed the Ovid Community Health Center and how we could help promote their services. Theresa will speak with Ellen or Mary and see if we can get them to speak to our PHW group.
- The group also discussed telehealth and the telehealth machine at 5-star bank. There is a lack of community members using both. Theresa will see if George can come speak with our group about the machine at 5 star bank.
- The group came up with an idea to put all of the health resources on one flyer and hand it out at Strawberry fest. AJ and Emily to work on creating this. The group also thought it would be a good idea to have telehealth equipment including the machine at 5 star bank set up at the wellness corner for people to learn how to use. Theresa will look into this.

Next Meeting: June 2nd, 2025 - 10:30am-11:30am at the Ovid Library

Have A Question About Alzheimer's or Another Dementia?

OUR 24/7 HELPLINE PROVIDES:

- Reliable Support | Disease Information
- Assistance Navigating Difficult Decisions
- Assessment of Needs
- Tips for Caregiving and Planning
- Action Plans to Provide Families with Guidance



800.272.3900

All local free programs are supported in part by a grant from NYS Department of Health, Monroe County Offices of the Aging and the Health Resources and Services Administration.

SENECA COUNTY

For questions / registration call 800.272.3900

COMMUNITY EDUCATION

10 Warning Signs of Alzheimer's
Tuesday, May 13, 2-3pm
 Edith B. Ford Memorial Library
 7169 Main Street, Ovid

The Empowered Caregiver Series:
Building Foundations of Caregiving
Tuesday, May 6, 2-3pm
 Lodi Public Library
 8484 S. Main Street, Lodi

The Empowered Caregiver Series:
Supporting Independence
Tuesday, May 20, 2-3pm
 Lodi Public Library
 8484 S. Main Street, Lodi

The Empowered Caregiver Series:
Communicating Effectively
Tuesday, June 3, 2-3pm
 Lodi Public Library
 8484 S. Main Street, Lodi

The Empowered Caregiver Series:
Responding to Dementia-Related Behavior
Tuesday, June 10, 2-3pm
 Lodi Public Library
 8484 S. Main Street, Lodi

The Empowered Caregiver Series:
Exploring Care and Support Services
Tuesday, June 24, 2-3pm
 Lodi Public Library
 8484 S. Main Street, Lodi

SENECA COUNTY

For questions / registration call 800.272.3900



Seneca County Community Forum
Tuesday, April 15, 11-1:00pm
 Seneca Falls Public Library
 47 Cayuga Street, Seneca Falls

Join the Alzheimer's Association for a Community Forum listening session. We welcome you at this Community Forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease. Seneca County Office for the Aging will be joining us to share the programs and services they offer. There will be time for your questions and an opportunity to connect with other community members. Thank you for joining us to improve services for people living with Alzheimer's or another dementia. Lunch will be served.
 Registration required by April 11.

Healthy Living for Your Brain and Body
Thursday, June 12, 2-3pm
 Waterloo Library and Historical Society
 31 E. William Street, Waterloo

SUPPORT GROUPS

Caregiver Support Group: Waterloo, Seneca
Second Friday of the Month, 2-3pm
April 11, May 9, June 13
 Seneca County Office for the Aging
 Senior Center
 2465 Bonadent Dr. Suite #4, Waterloo

Caregiver Support Group: Ovid, Seneca
Fourth Wednesday of the Month, 5:45-6:45pm
April 23, May 28, June 25
 Edith B. Ford Memorial Library
 7169 Main Street, Ovid

ALZHEIMER'S ASSOCIATION®

200 Meridian Centre Blvd.
Suite 110
Rochester, New York
14618

585.358.4955 p

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



Challenge your mind

Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.



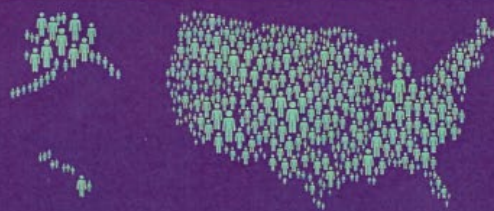
Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Learn more at alz.org/healthyhabits.



ALZHEIMER'S DISEASE FACTS AND FIGURES

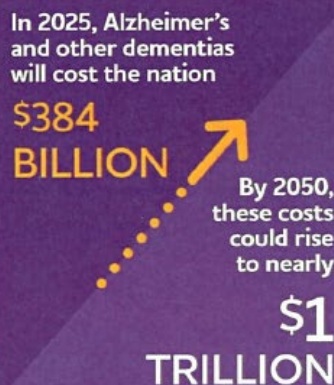
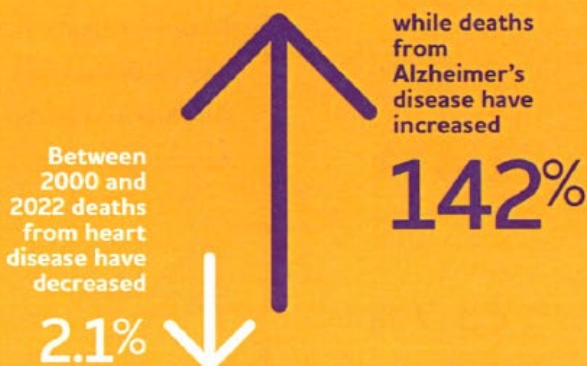


Over
7 MILLION
Americans are living with Alzheimer's

1 IN 3
older adults dies
with Alzheimer's or
another dementia



IT KILLS MORE THAN
breast cancer + prostate cancer
COMBINED



The lifetime risk for Alzheimer's at age 45 is

1 IN 5 for women	1 IN 10 for men
---	--

NEARLY 12 MILLION
Americans provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided more than 19 billion hours valued at nearly
\$413 BILLION

UP TO 4 IN 5
Americans feel optimistic about new Alzheimer's treatments in the next decade

92%
of Americans would want a medication to slow the progression of Alzheimer's following a diagnosis

For more information, visit alz.org/facts

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ALZHEIMER'S  ASSOCIATION®



FINGER LAKES CAREGIVER INSTITUTE

supports families caring for loved ones with **Alzheimer's disease, dementia, or memory impairment**. Services include:

- Respite
- Support groups
- Care management
- Education & training
- Health, wellness & social activities

Call us at: 585-244-8400 or toll-free at 844-249-7126

Serving the Finger Lakes region, including Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates counties.



www.LifespanRochester.org



alz.org/rochesterny

Supported by a grant from the New York State Department of Health. The Finger Lakes Caregiver Institute is a partnership of Lifespan and the Alzheimer's Association.

2025

Let's Talk About Health

CARING FOR OLDER ADULTS IN RURAL NEW YORK

A VIRTUAL CONFERENCE FOR HEALTHCARE PROFESSIONALS AND CAREGIVERS



FOR HEALTHCARE PROFESSIONALS & CAREGIVERS

This event is focused on caring for
older adults in rural areas of NY.

All are welcome!

Scan to Register



**FRIDAY, MAY 9
8:30 AM - 4 PM**

**A fitness band
will be sent to
the first 100
people who
register by
April 18!**

Register Today!

tinyurl.com/RHC2025registration

**For more information visit bit.ly/RuralHealth25
OR e-mail tsblasio@alz.org**

The conference planning committee is committed to making this event accessible to all participants.
ASL services will be made available upon request. Email tsblasio@alz.org for more information.

Continuing education credits available.

Western New York Rural Area Health Education Center, Inc. (WNY R-AHEC) is recognized by the New York State Education Department's State Boards for Social Work (#SW-0685), Physical Therapy, Occupational Therapy, Speech Language Pathology, and Mental Health Practitioners (#MHC-0268) as an approved provider of continuing education for licensed social workers, physical therapists and assistants, occupational therapists, and assistants, speech language pathologists, and licensed mental health counselors.

This program is sponsored, in part, by grants from the NY State Department of Health.

Co-sponsored by:



NOW

IS OUR MOMENT.



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease.

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

2025 NATIONAL PRESENTING SPONSOR

Edward Jones®

2025 NATIONAL DIAMOND TEAMS



Edward Jones SIGMA KAPPA

2025 NATIONAL PLATINUM TEAMS



LOCAL PRESENTING SPONSORS



JOIN US IN OCTOBER

ROCHESTER

Saturday, Oct. 4
Innovative Field

ELMIRA

Saturday, Oct. 11
Eldridge Park

CANANDAIGUA

Saturday, Oct. 18
Finger Lakes Community College

Register today at alz.org/rflwalk

For general questions or sponsorship opportunities contact jademersman@alz.org or by phone/text at 585.705.1012



SCAN ME

