



NorthwellSM
Peconic Bay
Medical Center
Caregivers Center

10TH ANNUAL

FAMILY CAREGIVERS CONFERENCE RESOURCES

CARING FOR YOU SO YOU CAN
CARE FOR THOSE YOU LOVE

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*David & Marja Ames
and Nikka Torronen*



AARP

Bernard Macias

Bmacias@aarp.org | <https://www.aarp.org/caregiving/>

Information for those either just beginning their caregiving journey or veteran caregivers looking for more tools and resources online. Everything from home safety tips to financial advice are available. Connect with other caregivers from all walks of life to share personal experiences.

Acadia

Christina Livingston

(631) 727-4400 | info@acadiacenter.com

Acadia offers residents outstanding patient care in a beautiful setting which promotes recovery and independence. Our team of physicians, registered nurses, and physical, occupational, and speech therapists, along with consulting specialists and dietitians in a 24 hour skilled environment. Acadia has been designed with the resident and family in mind. Our facility offers state-of-the-art technology along with experienced and caring medical, nursing, rehab, therapeutic recreation and dietary staff, to make your stay at Acadia Center as comfortable as possible. We offer a variety of clinical services including subacute care, restorative therapy, wound care, and long-term care.

***Alzheimer's Association**

Lori Maldavir

Lkmaldavir@alz.org

The Alzheimer's Association is the leading voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. We offer a 24/7 Helpline - (800) 272-3900 - staffed by dementia care experts to answer questions about Alzheimer's disease, dementia, chapter services, support groups, community resources and provide tips and assistance during times of crisis. Free help is available in more than 200 languages.

Our Caregiver education programs are offered in-person at community locations (or virtually) on a variety of different topics ranging from Understanding Alzheimer's & Dementia to legal and financial planning. We also offer a Living With Alzheimer's series which provides an in-depth overview for each stage. Support Groups are free and located across Nassau and Suffolk Counties and virtually. Call (800) 272-3900 or visit alz.org/longisland.

Alzheimer's Disease Resource Center

(631) 580-5100 | info@adrcinc.org

ADRC is a Long Island nonprofit providing resources and support for those impacted by cognitive decline. We partner with families to provide care consultations, support groups, life-enrichment activities, and education. Our mission is to provide care, support and educational programs for families in need, and to be advocates for local families who are coping with Alzheimer's Disease and other dementias. We provide care consultations, information & referrals, community education, support groups, life-enrichment and therapy programs for caregivers and their loved ones. We offer educational training to professional healthcare workers, graduate students, and other organizations throughout Long Island.

Amber Court

Laura LaFauci

LlaFauci@ambercourtal.com

Amber Court Assisted Living, an Aging in Place assisted living community, has brought unmatched quality care to seniors since 1968. Today, second generation family members lead the Amber Court team using the same guiding principles established by founders, Alfred and Judith Schonberger. The Amber Court vision is centered on a commitment to provide every resident with a warm, safe and joyful home combined with a highly personalized and comprehensive program designed to meet their medical, emotional and social needs. Amber Court Assisted Living has locations in Westbury, Smithtown and Ronkonkoma, as well as Pelham Gardens in the Bronx, Brooklyn and Elizabeth, N.J. The Alcove, located in Amber Court of Westbury, provides state of the art memory care in a secure and protective setting. For more information on Amber Court Assisted Living, including its Medicaid options, call 888-929-4929 or visit www.ambercourtal.com. *You're with family at Amber Court!*

Brightview Senior Living

Chris O'Hara

(212) 665-7645

Brightview is a resort-style senior independent living and assisted living on Long Island. We have assisted living, memory care and independent senior living communities for monthly rentals. Residents in our assisted living, senior independent living, and Memory Care neighborhoods will experience daily chef-inspired meals, spacious and gorgeous apartments, enriching activities and programs, and unparalleled service from our associates. Residents will enjoy other resort-style amenities

and services such as a movie theater, billiards, pub, fitness center, salon, library, and more.

CDPAP Services

Megan Shergill

(914) 357-0114

The Consumer Directed Personal Assistance Program (CDPAP) is a New York State Medicaid program that allows consumers to recruit, hire, and direct their own home care workers. One of the highlights of the program is that it allows consumers to hire family members and friends.

Day Haven

Liz Fiordalisi

(631) 476-9698

Since 1984, Day Haven has been a pioneer in developing services to support elders in their desire to remain at home for as long as possible. Day Haven provides respite care, adult day care services, specialized services for Alzheimer's, emergency respite care, and an innovative intergenerational program where children and older adults will socialize. Our therapeutic activities, professional and caring staff, and our fun and supportive environment enrich the daily lives of our participants. We offer flexible scheduling and full or part time enrollment. Our commitment to caring ensures all participants are treated with the dignity and respect they deserve.

***Eldercare by Meghan**

Meghan Healy

(631) 987-8083

Eldercare by Meghan is a care management company. We advocate during Medicaid assessments, assist with medical appeals, act as an extension of the family during all medical appointments. We can cover both Suffolk and Nassau counties. The care managers work closely with the healthcare system by attending medical appointments, ensuring clear communication between doctors, clients, and families, and assisting in the coordination and oversight of services such as home health care and hospice for their clients. Care managers can provide valuable support to overwhelmed clients and their families. Meghan Healy has worked in the field of aging for decades and will put their valuable experience and contacts to work for your family.

Family & Children's Association (FCA)

Regina Anderson & Lisa Stern

(516) 292-1300 x2239 | RAnderson@fcali.org | LStern@fcali.org
FCA's Alzheimer's Caregiver Support Program offers free assistance and support to caregivers who are caring for a loved one with Alzheimer's disease or other dementias in the underserved communities of Nassau and Suffolk counties. We are funded by the Willing Hearts, Helpful Hands Caregiver Initiative from Parker Jewish Institute for Healthcare and Rehabilitation through a grant by New York State Department of Health. We support our families by offering assessments in the home by our licensed professionals, support groups, education and training, respite care, volunteer services and joint enrichment programs. Our program provides both volunteer respite and a financial scholarship for paid respite care through Parker Jewish. We also provide short-term individual counseling, referral to community resources, follow-up support and assistance acquiring homecare through EISEP and Medicaid. All our services are free of charge.

Family Service League

Bette Trojanowski

(516) 406-1085

Beth Signore

Beth.signore@fsl-li.org

Since its inception in 1926, Family Service League has grown dramatically, achieving national accreditation, and expanding its scope of influence and support throughout Long Island. Today, more than 55,000 individuals a year, from newborns to centenarians, rely on the social safety net that FSL provides. FSL manages one of the largest and most comprehensive networks of care across Long Island, operating more than 60 programs at 20 different locations and employing over 700 full- and part-time staff.

Family Service League's (FSL) Caregiver Support program provides counseling, support groups, and trainings to those caring for someone over the age of 60 or older who has a chronic illness or disability as well as individuals of any age with Alzheimer's disease or related disorder. The Caregiver Support program is now in its 17th year. Our caregiver support program extends throughout Suffolk County and primarily serves spouses, significant others, and adult children. All services are free of charge as we are funded by the Department of Health and Human Services through the New York State Office for Aging and the Suffolk County Office for the Aging.

*Feldman, Kramer and Monaco

Diane Zambori

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Feldman, Kramer and Monaco.... where our knowledge is your power.

Our attorneys specialize in over ten practice areas of law including: Elder Law & Care Planning and caring for an aging, elderly or disabled family member with ongoing healthcare issues can be both emotionally and financially challenging. Some people are thrust into crisis planning under great pressure and overwhelmed by the need to make immediate decisions. Advance planning will help to reduce stress and conflict among family members because it enables you to make the best possible choices for your individual situation. However, it is essential to have an experienced interdisciplinary team to help you and your loved ones navigate the complex decision-making process. With the support and guidance of professionals with expertise in legal, financial, social, and clinical aspects of care coordination you can enjoy being with your family secure in the knowledge that our team is working for you. With the client always at the center of our team approach, we specialize in wills, trusts, legal and clinical advanced directives, financial planning, and transitional clinical care coordination. This enables our clients to access the resources to pay for the care they need while protecting their assets.

LIAD: Long Island Alzheimer's and Dementia Center

Melissa Katz

(516) 767-6856 x14 | Mkatz@lidementia.org

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 including our Social Adult Day Program, caregiver support groups and counseling, in-home respite, transportation options, and additional educational and support services. We take a considerable amount of pride in our pioneering role in the development of cutting-edge services that foster the independence, dignity, well-being, and safety of individuals with Alzheimer's and related forms of dementia. The LIAD Center is here for you every step of the way.

Long Island State Veteran's Home

Samantha Calandrino

(631) 444-8590 | Samantha.calandrino@stonybrookmedicine.edu

The Long Island State Veterans Home is a 350-bed Skilled Nursing Facility, located in Stony Brook, New York. The LISVH is a premier

provider of Long Term Care, Short Term Rehabilitation, Palliative/Hospice Care, Respiratory and Dementia/Alzheimer's Care to honorably discharged Veterans, Spouses and Gold Star Parents. The LISVH also provides a medical model, Adult Day Health Care Program, where registrants can receive skilled nursing care enabling them to continue living at home. For more information on eligibility and the services we provide please contact our Admissions Department at (631) 444-8547.

New York State Department of Veterans' Services

Ingrid Alexander

(917) 227-5728

The New York State Department of Veterans' Services advocates on behalf of New York's Veterans and their families, as individuals and as a group, to ensure they receive benefits granted by law for service in the United States Uniformed Services. The NYS Department of Veterans' Services provides free benefits advising. Experienced and dedicated advisors work in a network of field offices across the state and offer Veterans and their families with professional help to resolve social, medical, and economic matters. Veterans Benefits Advisors assist the claimant — whether a Veteran, spouse, child, or parent — in completing applications, obtaining necessary documentation, and filing claims for a broad spectrum of federal, State, local, and private Veterans' benefits. Veterans Benefits Advisors also assist by responding to follow-up correspondence and, appealing an unfavorable ruling. By working closely with other State, federal, local, and private agencies, DVS utilizes the expertise and resources of others to help Veterans and their families with specific needs, such as economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption.

Northwell Health At Home: Hospice & Home Care Services

Shannon Prasad

(516) 318-3857

Bill White

(516) 318-8696

<https://www.northwell.edu/doctors-and-care/at-home>

For more than 35 years, Northwell Health At Home has provided skilled professional patient-centered care to meet your individual needs. Our team includes nurses and nurse practitioners, physical and occupational therapists, speech/language therapists, social workers and home health aides who work with you to provide the same caliber of care you expect in our hospital setting in the privacy of your own home. Our home care services were recognized in the top 500 providers nationwide two years in a row by Homecare Elite. We serve more than 40,000 patients and conduct more than 360,000 home visits annually.

Services may be covered by Medicare, Medicaid and most insurance plans if your physician deems them medically necessary.

Northwell Health's Cancer Institute in Riverhead

Anna Maria Vasallo

(631) 846-5250

Northwell Health's Cancer Institute in Riverhead provides East End residents with integrated cancer services in an outpatient setting. Some services offered include medical oncology and hematology, infusion and chemotherapy, immunotherapy, hormone therapy, nutritional counseling, surgical consultations, social work and much more.

Northwell Patient Safety Institute

Paul Powers

(516) 351-9184 | PPower@northwell.edu

The Patient Safety Institute (PSI) is the simulation center for Northwell Health, the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell and the School of Graduate Nursing and Physician Assistant Studies. It is a key element in Northwell's focus on using simulation in an interprofessional clinical learning environment to achieve patient safety. With 20 simulation rooms, including an operating room and catheterization lab, it is designed to develop capabilities that are critical during low-frequency, high-risk events. Educational activities stress experiential learning, and emphasize teamwork and communication skills.

PSI is accredited by the Society of Simulation in Healthcare (SSH) in the areas of core standards, teaching/education, assessment, research and systems integration. Several PSI team members serve as SSH accreditation site reviewers and have been designated Certified Healthcare Simulation Educators by SSH.

Oasis

(631) 878-4400

At Oasis Rehabilitation and Nursing, our focus is on the collaboration of our multidisciplinary team of experts. We develop an individualized care plan based on your and your loved one's medical, social and emotional needs which is monitored by each member of the team and adjusted as necessary to promote recovery. We offer rehab and pulmonary rehab with our state-of-the-art gymnasium, equipped with the most advanced and most effective tools to bring you back to your fitness goals. We take pride in our Parkinson's program where we offer rock steady boxing, LSVT BIG, LSVT LOUD, physical therapy,

occupational therapy, speech and swallow therapy, individual and group therapy, and education for both patients and caregivers.

Parker Jewish

(877) 727-5373

Since its inception in 1907 as a shelter for 25 indigent men and women, the Parker Jewish Institute has evolved into a nationally recognized non-profit center for the health care and rehabilitation of adults. We are proud to be able to offer our community short term rehabilitation, long term care, palliative care, and dialysis. We are also able to provide at home assistance in the forms of home physicians, diagnostic testing and services, chronic care management, telemedicine, and a connection to resources in the community.

Peconic Bay Medical Center Cancer Services Program of Suffolk County

Nicole Menard

(631) 548-6320

Cancer Services Program of Suffolk County is a program of Peconic Bay Medical, funded by the NYS Department of Health. Free clinical breast exam, Pap tests, mammograms, and colorectal screening tests through the Cancer Services Program for uninsured and underinsured residents. For more information, please contact (631) 548-6320.

Peconic Bay Medical Center Caregivers Center

Megan Stettinger, LMSW

(631) 548-6259 | mstettinger1@northwell.edu

The Peconic Bay Medical Center Caregivers Program is dedicated to the support and well-being of family caregivers who provide care for a loved one confronted with an illness. This free-hospital based program offers help from social workers and trained volunteer Caregiver Coaches available Monday through Friday. The Caregivers Center is a place for family caregivers to have access to free support, education, and resources while their loved one is hospitalized, as well as beyond discharge and throughout their caregiving journey. Every family caregiver's journey is unique and requires individual and personalized support. Family caregiving can be an isolating and stressful experience. The mission of the Caregivers Center is to empower and advance the quality of life of family caregivers, which in turn positively impacts those who rely on their care.

Peconic Bay Medical Center Rehabilitation Program PBMC LSVT Program

Annie McGarry

(631) 727-9654

Here at Peconic Bay medical Center, we have a comprehensive rehabilitation program to services to the east end of Long Island. Our team includes well trained and specially certified, Physical and Occupational therapists and Speech language Pathologists. Our service lines include: orthopedics, neurologic, spine, vestibular/ balance, pelvic floor, cancer rehabilitation, Parkinson's disease rehabilitation (LSVT program), lymphedema therapy, Concussion/ Vestibular, sports injuries, hand therapy, voice disorders. Our therapist work to improve overall function leading to improvement in quality of life. The outpatient clinic is located at 64 Commerce Drive in Riverhead. Contact (631) 727-9654 to learn more about our program and to schedule an assessment.

Suffolk County Office for the Aging

(631) 853-8200 | aging.office@suffolkcountyny.gov

The Suffolk County Office for the Aging is the designated Area Agency on Aging under the Older Americans Act. For almost 50 years, Suffolk County Office for the Aging has administered federal, state and county programs for those who are 60 years of age and older. The Suffolk County Office for the Aging strives to assist 60 years of age and older in sustaining maximum independence, break down barriers to economic and personal independence, provide a continuum of care for the vulnerable elderly, helps connect caregivers to various resources and most importantly, acts as an advocate on behalf of all Suffolk County senior citizens.

Town of Riverhead Senior Advisory Council-Town of Riverhead Senior Citizen Department & Riverhead Free Library

(631) 722-4444

The Senior Citizen Advisory Council works to enhance the quality of life for senior citizens in the Town of Riverhead. It is the Town of Riverhead Senior Citizen Advisory Council's mission to assess and address the evolving needs of our dynamic seniors.

Town of Southold-Katinka House Senior Adult Day Care Program & Southold Senior Center

Shatina Jayne

(631) 298-4460

This social model program serves the frail elderly and those with mild cognitive impairment who live in the Town of Southold. This program serves as a cost effective means of delivery of community based long-

term alternative care services. It is a therapeutic recreation program. Clients must be able to participate and receive a benefit from the program.

The Southold Senior Center provides home delivered meals 5 days a week to homebound residents aged 60 and older. Frozen meals are available for holidays and weekends. Home visits are made to all clients in order to complete periodic assessments and updates. The suggested contribution is \$4.00 per meal. Lunch is served Monday through Friday in the congregate dining room. Case management services are available including long-term care planning. Transportation for seniors 60 years and older is provided for various outings, including to medical appointments. The Southold Senior Center also prides a residential repair program including household assistance with chores that do not require skills of a licensed craftsman.

Tully Law

Brian Tully

(631) 424-2800 | <https://tullyelderlaw.com/>

We are an Elder Care & Estate Planning Law Firm with over 130 combined years of legal and care management experience. Through time-tested strategies, understandable advice and caring support, we help our clients fulfill their wishes, prepare for care and achieve peace of mind. Team Tully is led by Certified Elder Law Attorney Brian Andrew Tully and consists of talented attorneys, dedicated care coordinators, diligent paralegals and the best support staff on Long Island.

Whether young or old, starter home or second home, we can craft an estate plan for your family and a protection strategy for your assets. And, at the end of the day, should your aging loved one start to need help, we'll be here to guide you, advocate for them and coordinate everything in between so they can stay at home for as long as possible. Call Team Tully today — we are your elder care and estate planning law firm.

*Every Caregiver's Journey is Unique and
Requires Individual and Personalized Support*

Care GIVERS



Caregivers are an integral part of a patient's care. The Peconic Bay Medical Center Caregivers Program is dedicated to the support and well-being of caregivers who provide for a loved one confronted with an illness. This free hospital-based program offers help from trained volunteer Caregiver Coaches and social workers — available Monday - Friday. The Caregivers Center is a place for support, solace and information for caregivers while their loved one is hospitalized, as well as beyond discharge and throughout their caregiving journey. For information and support, caregivers can visit the specially designed Caregivers Center located in the lobby of the hospital. Feel free to speak with your loved one's care team in the hospital. All of the hospital staff can help connect you.

**Please feel free to contact the
Caregivers Center at (631) 548-6259
or mstettinger1@northwell.edu.**