

VISIT OUR CAREGIVER CENTER

Whether you provide daily care like assisting with meals and bathing, participate in decision making like arranging help or simply care about a person with the disease — there's much to do and plenty to know.

The Alzheimer's Association® Alzheimer's and Dementia Caregiver Center can help you find the resources and support you need.

Visit: alz.org/care

Get reliable information on:

- Caregiving for early, middle & late stages
- Behaviors & communication strategies
- Daily care planning
- Caregiving skills and training
- Respite care and other self care topics
- Costs you may face and available support
- Legal and financial implications
- Safety considerations



JOIN US FOR THE LONGEST DAY VIRTUAL SPRING RALLY

Thursday, March 11 at 2 p.m. MT

Learn about new virtual fundraising tools and hear inspiring stories and ideas from others.

RSVP now to reserve your spot!
act.alz.org/springrally

JOIN US Alzheimer's Advocacy Week



Use your voice,
MONTANA!

Monday, March 8 5:30 – 6pm
RSVP to montana@alz.org for Zoom link

alzheimer's association®

Learn about our year round advocacy efforts at alzimpact.org

CONTACT OUR 24/7 HELPLINE DAY OR NIGHT

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Ways to connect:

1. Call us - 800.272.3900
2. Chat with us - Click the green "Live Chat" button or submit an online form found at alz.org/help-support/resources/helpline



March 2021

VIRTUAL EDUCATION CALENDAR

Free programs via webinar & phone

alzheimer's
association®

Please register to receive access information.

Register via links below or call our 24/7 Helpline at 800.272.3900.

CLASS TOPIC	TIME	QUICK LINK
Advancing the Science: Alzheimer's and Dementia Research	Thursday, March 4 2:00 pm — 3:00 pm	http://bit.ly/RES_mar_04
Effective Communication Strategies	Friday, March 5 6:00 pm — 7:00 pm	http://bit.ly/ECS_mar_05
COVID-19 and Caregiving	Tuesday, March 9 6:00 pm — 7:00 pm	http://bit.ly/COV_mar_09
Understanding and Responding to Dementia-Related Behavior	Thursday, March 11 6:00 pm — 7:00 pm	http://bit.ly/BEH_mar_11
Healthy Living for Your Brain and Body: Tips from the Latest Research	Friday, March 12 4:00 pm — 5:00 pm	http://bit.ly/HLBB_mar_12
Dementia Conversations	Tuesday, March 16 10:00 am — 11:00 am	http://bit.ly/DC_mar_16
Effective Communication Strategies <i>In partnership with the Bozeman Public Library</i>	Wednesday, March 17 7:00 pm — 8:00 pm	http://bit.ly/ECS_BPL_mar_17
10 Warning Signs of Alzheimer's	Tuesday, March 23 2:00 pm — 3:00 pm	http://bit.ly/10SIGN_mar_23
Understanding and Responding to Dementia-Related Behavior	Wednesday, March 24 6:00 pm — 7:00 pm	http://bit.ly/BEH_mar_24
Understanding Alzheimer's and Dementia	Thursday, March 25 10:00 am — 11:00 am	http://bit.ly/UAD_mar_25

Specialized Programs		
Living with Alzheimer's: Younger Onset Part 1	Monday, March 1 1:00 pm — 2:30 pm	http://bit.ly/LWAYO1_mar_01
Living with Alzheimer's: Younger Onset Part 2	Monday, March 8 1:00 pm — 2:30 pm	http://bit.ly/LWAYO2_mar_08
Living with Alzheimer's: For Caregivers Late Stage—Part 1	Monday, March 15 1:00 pm — 2:30 pm	http://bit.ly/LWALS1_mar_15
Living with Alzheimer's: For Caregivers Late Stage—Part 2	Monday, March 22 1:00 pm — 2:30 pm	http://bit.ly/LWALS2_mar_22

En Español		
Cuerpo y Cerebro Sano es Vida Sana: Consejos de las Últimas Investigaciones	Martes, 16 de Marzo 11:00 am — 12:00 pm	http://bit.ly/CCS_mar_16