

## LEARN MORE ABOUT GRIEF & SEEK SUPPORT

It is normal for caregivers to have feelings of loss and grief as their life is changed by Alzheimer's and other dementias. You are entitled to these emotions and may start to experience them as soon as you learn of the diagnosis. You may experience the different phases of grieving: denial, anger, guilt, sadness and acceptance. The stages of grief don't happen neatly in order.



Everyone grieves differently and at their own pace. Support is available by calling our free 24/7 Helpline at 800.272.3900 or by visiting [alz.org](http://alz.org). enter 'grief' in the search bar for more information.

## SHARE THE FACTS, JOIN THE FIGHT

Alzheimer's Association releases 2021 Facts and Figures

This annual report reveals the burden of Alzheimer's and dementia on individuals, caregivers, government and the nation's health care system.

The accompanying special report, *Race, Ethnicity and Alzheimer's in America*, examines the perspectives and experiences of Asian, Black, Hispanic, Native and White Americans. The report also examines the devastating impact the COVID-19 pandemic is having on people living with Alzheimer's and their caregivers.


Visit [alz.org/facts](http://alz.org/facts) to view the full report and [Montana statistics](#).

MORE THAN  
**6 MILLION**  
AMERICANS ARE LIVING  
WITH ALZHEIMER'S.

SHARE THE FACTS AND JOIN THE FIGHT. #ENDALZ



IN THE UNITED STATES,  
ALZHEIMER'S AND DEMENTIA DEATHS  
HAVE INCREASED 16%  
DURING THE COVID-19 PANDEMIC.



HISPANICS, BLACKS AND NATIVE AMERICANS  
ARE TWICE AS LIKELY AS WHITES  
**TO SAY THEY WOULD  
NOT SEE A DOCTOR  
IF EXPERIENCING THINKING  
OR MEMORY PROBLEMS.**

## In celebration of our volunteers National Volunteer Week, April 18 - 24

*The Alzheimer's Association works without cease to advance world-class research and ensure access to quality care and support. Our mission-driven volunteers are the force that makes it possible.*



**To our volunteers - how grateful we are for you and all that you do to help move our mission forward.**

*"How did I get so lucky to work with such amazing volunteers?! The Alzheimer's Association volunteers inspire me and energize me each and every day." ~ Lisa, Walk Manager*

*"It is a blessing to have wonderful volunteer angels to encourage us! You feel like family." ~ Caregiver*

*"We could not do what we do without the hands and hearts of our volunteers." ~Monica, Administrative Lead*

**Learn how you can make a difference in the fight to end Alzheimer's and all dementia.  
Visit [alz.org/volunteer](http://alz.org/volunteer).**

alzheimer's association®

**24/7 HELPLINE:  
800.272.3900**







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  |
|---|---|---|
| 10 Warning Signs of Alzheimer's                                       | Thursday, April 1<br>10:00 am — 11:00 am  | <a href="http://bit.ly/10SIGN_apr_1">http://bit.ly/10SIGN_apr_1</a> |
| Understanding Alzheimer's and Dementia                                | Friday, April 2<br>10:00 am — 11:00 am    | <a href="http://bit.ly/UAD_apr_2">http://bit.ly/UAD_apr_2</a>       |
| Understanding and Responding to Dementia-Related Behavior             | Monday, April 5<br>10:00 am — 11:30 am    | <a href="http://bit.ly/BEH_apr_5">http://bit.ly/BEH_apr_5</a>       |
| Dementia Conversations  | Tuesday, April 6<br>2:00 pm — 3:00 pm     | <a href="http://bit.ly/DC_apr_6">http://bit.ly/DC_apr_6</a>         |
| Effective Communication Strategies                                    | Tuesday, April 13<br>2:00 pm — 3:30 pm    | <a href="http://bit.ly/ECS_apr_13">http://bit.ly/ECS_apr_13</a>     |
| Advancing the Science: Alzheimer's and Dementia Research              | Wednesday, April 14<br>2:00 pm — 3:00 pm  | <a href="http://bit.ly/RES_apr_14">http://bit.ly/RES_apr_14</a>     |
| Understanding and Responding to Dementia-Related Behavior             | Thursday, April 15<br>10:00 am — 11:30 am | <a href="http://bit.ly/BEH_apr_15">http://bit.ly/BEH_apr_15</a>     |
| Healthy Living for Your Brain and Body: Tips from the Latest Research | Tuesday, April 20<br>10:00 am — 11:00 am  | <a href="http://bit.ly/HLBB_apr_20">http://bit.ly/HLBB_apr_20</a>   |
| Effective Communication Strategies                                    | Wednesday, April 21<br>7:00 pm — 8:00 pm  | <a href="http://bit.ly/ECS_apr_21">http://bit.ly/ECS_apr_21</a>     |
| COVID-19 and Caregiving   | Monday, April 26<br>10:00 am — 11:00 am   | <a href="http://bit.ly/COV_apr_26">http://bit.ly/COV_apr_26</a>     |

| Specialized Programs  |                                       |   |
|---|---------------------------------------|---|
| Living with Alzheimer's: For Caregivers Early Stage—Part 1  | Monday, April 12<br>6:00 pm—7:30 pm   | <a href="http://bit.ly/LWES1_apr_12">http://bit.ly/LWES1_apr_12</a> |
| Living with Alzheimer's: For Caregivers Early Stage—Part 2  | Monday, April 19<br>6:00 pm—7:30 pm   | <a href="http://bit.ly/LWES2_apr_19">http://bit.ly/LWES2_apr_19</a> |
| Living with Alzheimer's: For Caregivers Early Stage—Part 3  | Monday, April 26<br>6:00 pm—7:30 pm   | <a href="http://bit.ly/LWES3_apr_26">http://bit.ly/LWES3_apr_26</a> |
| Living with Alzheimer's: For Caregivers Middle Stage—Part 1 | Thursday, April 15<br>2:00 pm—3:30 pm | <a href="http://bit.ly/LWMS1_apr_15">http://bit.ly/LWMS1_apr_15</a> |
| Living with Alzheimer's: For Caregivers Middle Stage—Part 2 | Thursday, April 22<br>2:00 pm—3:30 pm | <a href="http://bit.ly/LWMS2_apr_22">http://bit.ly/LWMS2_apr_22</a> |
| Living with Alzheimer's: For Caregivers Middle Stage—Part 3 | Thursday, April 29<br>2:00 pm—3:30 pm | <a href="http://bit.ly/LWMS3_apr_29">http://bit.ly/LWMS3_apr_29</a> |

| En Español   |   |   |
|--|---|---|
| Conozca las 10 Senales de Advertencia: La Deteccion Temprana es Importante | Jueves, 8 de Abril<br>10:00 am — 11:00 am | <a href="http://bit.ly/10S_apr_8">http://bit.ly/10S_apr_8</a> |