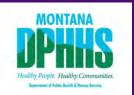
800.272.3900 | alz.org°

April 2021 Resource Update

in partnership with





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 <u>alz.org</u>, <u>enter 'grief'</u> in the search bar for more information.

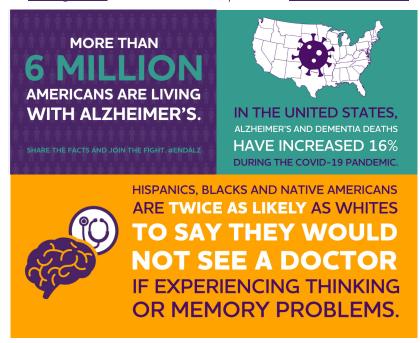
SHARE THE FACTS, JOIN THE FIGHT

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 to view the full report and Montana statistics.



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 <u>alz.org/volunteer</u>.

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

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

En Español		
Conozca las 10 Senales de Advertencia: La Deteccion Temprana es Importante	Jueves, 8 de Abril 10:00 am —11:00 am	http://bit.ly/10S_apr_8

