

JOIN FREE ONLINE EDUCATION*Several programs available in Spanish*

Being a caregiver doesn't come with an instruction manual, but there are resources available to help. Use the free trainings and workshops on-demand or live virtual sessions to learn caregiving skills and practical advice.

Topics include: 10 Warning Signs of Alzheimer's, Understanding Alzheimer's & Dementia and Effective Communication Strategies.

- Participate in online programs:
 - alz.org/training
- RSVP to live virtual sessions:
 - alz.org/crf or call our 24/7 Helpline at 800.272.3900.


**CELEBRATING COMMUNITY PARTNERS:
National Active and Retired Federal
Employees Association (NARFE)**

Since 1985, NARFE members have played an important role in the fight against Alzheimer's through donations and community outreach.

Leland "Wally" Walbruch, whose family has been touched by Alzheimer's disease, is a leading example. Together with his wife, Vicki, he raises awareness and funds all throughout the year. Wally is also as a community educator. Read more about our important partnership with NARFE and Wally's leadership: alz.org/blog

**alz.org/care**

Access reliable information and resources, such as:

- » Alzheimer's Navigator® – Assess your needs and create customized action plans.
- » Community Resource Finder – Find local resources.
- » ALZConnected® – Connect with others affected by dementia.
- » Safety Resources – Access information and tips.

**alz.org/CRF**

Get easy access to resources, community programs and services in your area.

**800.272.3900**

24/7 Helpline – Available around the clock, 365 days a year.

**SAVE THE DATE: 2021 LEADERSHIP
SUMMIT**

February 21-24, no-cost, virtual event

The Alzheimer's Association invites to take part in our annual Leadership Summit. There will be brief sessions to fit both your interests and schedule with expert speakers, workshops and networking opportunities.

We'll focus on how volunteer, community partners and staff can work together to expand the reach of support in Montana and deliver the mission of the Alzheimer's Association to create hope for families.

For details, email us at montana@alz.org.



February 2021

VIRTUAL EDUCATION CALENDAR

Free programs via webinar & phone

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
Effective Communication Strategies	Wednesday, February 3 2:00 pm — 3:00 pm	http://bit.ly/ECS_feb_03
COVID-19 and Caregiving	Tuesday, February 9 4:00 pm — 5:00 pm	http://bit.ly/COV_feb_09
Understanding and Responding to Dementia-Related Behavior	Wednesday, February 10 2:00 pm — 3:00 pm	http://bit.ly/BEH_feb_10
Healthy Living for Your Brain and Body: Tips from the Latest Research	Friday, February 12 11:00 am — 12:00 pm	http://bit.ly/HLBB_feb_12
Effective Communication Strategies	Tuesday, February 16 2:00 pm — 3:00 pm	http://bit.ly/ECS_feb_16
10 Warning Signs of Alzheimer's <i>In partnership with the Bozeman Public Library</i>	Wednesday, February 17 7:00 pm — 8:00 pm	http://bit.ly/10SIGN_BPL_feb_17
Understanding Alzheimer's and Dementia	Monday, February 22 5:30 pm — 6:30 pm	http://bit.ly/UAD_feb_22
Understanding and Responding to Dementia-Related Behavior	Tuesday, February 23 2:00 pm — 3:00 pm	http://bit.ly/BEH_feb_23

Specialized Programs		
Living with Alzheimer's: For Caregivers Middle Stage—Part 1	Monday, February 1 1:00 pm — 2:30 pm	http://bit.ly/LWAMS1_feb_01
Living with Alzheimer's: For Caregivers Middle Stage—Part 2	Monday, February 8 1:00 pm — 2:30 pm	http://bit.ly/LWAMS2_feb_08
Living with Alzheimer's: For Caregivers Middle Stage—Part 3	Monday, February 22 1:00 pm — 2:30 pm	http://bit.ly/LWAMS3_feb_22

En Español		
Conozca las 10 Senales de Advertencia: La Deteccion Temprana es Importante	Martes, 16 de Febrero 11:00 am — 12:00 pm	http://bit.ly/C10S_feb_16