

LIVING WELL WITH DEMENTIA

You have a choice in how you live your life with Alzheimer's or other dementia. It is possible to live well with Alzheimer's by taking control of your health and wellness and focusing your energy on the aspects of your life you find most meaningful.

Visit alz.org/livewell to learn more about reducing stress, helping family and friends, tips for daily life, and online resources.



JOIN US: "STAND UP TO ALZHEIMER'S"

To help raise awareness and funds for the fight to end Alzheimer's, Alzheimer's Association volunteer Michelle Couture is hosting "Stand Up to Alzheimer's - an evening with the funniest people in Missoula" at All Souls Missoula on June 19 at 7pm.

For more information about this event for The Longest Day, call Michelle at 406-541-3216.



Michelle Couture (c) and Edward Jones colleagues, Rachael Morawski and Michael Hyer are shown here with their Walk to End Alzheimer's promise flowers. Edward Jones is the National Presenting Sponsor of Walk to End Alzheimer's. See how your company, church or family can get involved at alz.org/walk.

HONORING MOTHER'S DAY

Happy Mother's Day to all of the moms, aunts, grandmothers and inspiring women who stand with us in the fight to end Alzheimer's. Your heart, grit and unwavering strength move us closer to a world without Alzheimer's.

Alzheimer's disease is a women's issue. Visit alz.org/women to learn more.



ENHANCE QUALITY CARE

Our Person-Centered Dementia Care Training Program — based on the Dementia Care Practice Recommendations — educates professional care workers on current evidence-based, person-centered practices to care for individuals living with dementia. It covers:

- the basics of Alzheimer's and other types of dementia
- person-centered care
- assessment and care planning
- activities of daily living
- communication changes and dementia-related behavior

Learn more about the training and other support available for professional care workers in long-term and community-based care settings by visiting alz.org/qualitycare.



May 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
10 Warning Signs of Alzheimer's	Monday, May 3 2:00 pm — 3:00 pm	http://bit.ly/10SIGN_may_3
Understanding Alzheimer's and Dementia	Wednesday, May 5 2:00 pm — 3:00 pm	http://bit.ly/UAD_may_5
Understanding and Responding to Dementia-Related Behavior	Friday, May 7 2:00 pm — 3:30 pm	http://bit.ly/BEH_may_7
Dementia Conversations	Tuesday, May 11 10:00 am — 11:00 am	http://bit.ly/DC_May_11
Effective Communication Strategies	Thursday, May 13 10:00 am — 11:30 am	http://bit.ly/ECS_may_13
Advancing the Science: Alzheimer's and Dementia Research	Thursday, May 13 11:00 am — 12:00 pm	http://bit.ly/RES_May_13
Healthy Living for Your Brain and Body: Tips from the Latest Research	Tuesday, May 18 2:00 pm — 3:00 pm	http://bit.ly/HLBB_may_18
Legal and Financial Planning for Alzheimer's Disease	Wednesday, May 19 2:00 pm — 3:30 pm	http://bit.ly/LF_may_19
Understanding and Responding to Dementia-Related Behavior	Thursday, May 20 2:00 pm — 3:30 pm	http://bit.ly/BEH_may_20
Effective Communication Strategies	Monday, May 24 2:00 pm — 3:30 pm	http://bit.ly/ECS_may_24
Advancing the Science: Alzheimer's and Dementia Research	Tuesday, May 25 2:00 pm — 3:00 pm	http://bit.ly/RES_may_25
COVID-19 and Caregiving	Wednesday, May 26 2:00 pm — 3:00 pm	http://bit.ly/COV_may_26

Specialized Programs		
Living with Alzheimer's: For Caregivers Late Stage—Part 1	Thursday, May 6 2:00 pm — 3:30 pm	http://bit.ly/LWLS1_may_6
Living with Alzheimer's: For Caregivers Late Stage—Part 2	Thursday, May 13 2:00 pm — 3:30 pm	http://bit.ly/LWLS2_may_13
Living with Alzheimer's: Younger Onset Part 1	Thursday, May 20 2:00 pm — 3:30 pm	http://bit.ly/LWYO1_may_20
Living with Alzheimer's: Younger Onset Part 2	Thursday, May 27 2:00 pm — 3:30 pm	http://bit.ly/LWYO2_may_27

En Español		
Conozca las 10 Señales de Advertencia: La Detección Temprana es Importante	Jueves, 27 de Mayo 2:00 pm — 3:00 pm	http://bit.ly/C10S_may_27

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