

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.