

March 2024 Resource Update



What are Memory Cafes?



Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Cafés are free to attend and welcome to all.

There are approximately 11 Memory Cafe's in communities around Montana. For more information on joining a current Memory Cafe, or to begin one in your community, contact Melanie Williams at meawilliams@alz.org.

"I'm not sure what I would do without the memory cafés. They give me an opportunity to take Linda out where she can socialize with others and participate in interesting programs. This has had a significant impact on her outlook on life."

Keith Murie, wife living with memory loss

Upcoming In-Person Support and Education Opportunities

For more information or to register for any of the following programs, contact Melanie Williams

- March 4 1:30 - 3:30 p.m. Art in the Moment (Mimi Jung Exhibit), Missoula Art Museum
- March 5 12:30 - 2:00 p.m. Great Falls Public Library Memory Cafe
- March 5 1:00 - 2:00 p.m. Dillon Caregiver Support Group, 1000 State Hwy 91 S.
- March 12 Ombudsman Training (virtual)
- March 13 4:30 - 6:00 p.m. Havre Support Group, Hill County Library
- March 15 10:30 - 12:00 p.m. Connections at the Art Museum, Yellowstone Art Museum
- March 26 8:30am - 9:00am Understanding Alzheimer's and Dementia, Senior Solutions Inc., staff meeting
- March 27 4:30 - 6:00 p.m. Havre Support Group, Hill County Library
- April 30 10:00am - 4:00pm Great Falls Alzheimer's and Dementia Caregiver Resource Workshop, Great Falls Public Library
- May 21 Time TBD Butte Alzheimer's and Dementia Caregiver Resource Workshop, Butte-Silver Bow Public Archives

Upcoming Virtual Education Opportunities

For more information or to register for any of the following programs, contact the helpline at 1-800-272-3900

- Effective Communication Strategies, Tuesday, March 19, 11:00am - 12:00pm
- 10 Warning Signs, Friday, March 22, 5:00pm - 6:00pm
- Effective Communication Strategies, Saturday, March 30, 3:00 pm - 4:00pm
- Visit CRF for more virtual opportunities.

Younger/Early-Onset Alzheimer's

Alzheimer's is not just a disease of old age. Younger-onset (also known as early-onset) Alzheimer's affects people younger than age 65. Younger-onset is much less common, and prevalence among the more than 6 million Americans living with Alzheimer's is uncertain.

For more info, click on who gets it, diagnosis, causes, and resources, go to <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/younger-early-onset>

Have you heard about the new Miracle Mile?

For more Walk or Miracle Mile information, contact Kelsey Pratt at kepratt@alz.org

SAVE THE DATE FOR A 2024 WALK NEAR YOU

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Great Falls
September 14th

Billings
September 15th

Helena
September 21st

Bozeman
September 22nd

Flathead Valley
September 28th

Missoula
September 29th

Pre-Walk Festivities
10:00 AM—11:00 AM
Ceremony & Walk
Begins at 11:00 AM

BECAUSE YOU WALK. THERE IS HOPE.

For the first time, we have treatments that slow the progression of Alzheimer's. Our work is far from done, but you are helping us get there. We won't rest until everyone living with the disease *at any stage* can get the treatment, care and support they need. So, we're asking you to step up again.

Now is the time to register for your 2024 Walk to End Alzheimer's® event at alz.org/walk It's never too early to start recruiting team members and fundraising!

Alzheimer's Association
Montana Chapter
3010 11th Ave. North
Billings, MT 59101



New for 2024
Earn your Memory Mile Marker to be placed at the memory mile on the walk route. Raise \$250 by August 1, 2024 to qualify.

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