

April 2024

Education and Resource Update



Upcoming In-Person Support and Education Opportunities

For more information or to register for any of the following programs, contact Melanie Williams at meawilliams@alz.org

New or one-time programs:

- April 1 1:00 - 3:00 p.m. Butte Memory Cafe Kick-off, The Springs at Butte
- April 6 11:00 - noon Understanding and Responding to Dementia Behaviors, Carengie Public Library, Big Timber
- April 11 10:30 - noon Butte Monthly Memory Cafe, Butte-Silver Bow Library
- April 23 8:30 - 9:00am Effective Communication Strategies, Senior Solutions Inc., staff in-service
- April 24 2:15 - 4:45 p.m. 10 Warning Signs, Sociology Class, Carroll College
- April 25 3:45 - 5:00pm 10 Warning Signs, Sociology Class, Carroll College

On-going Support Groups and Engagement Programs:

- April 1 1:30 - 3:30 p.m. Art in the Moment (Terry Karsen), Missoula Art Museum
- April 2 12:30 - 2:00 p.m. Great Falls Public Library Memory Cafe
- April 2 1:00 - 2:00 p.m. Dillon Caregiver Support Group, 1000 State Hwy 91 S.
- April 10 4:30 - 6:00 p.m. Havre Support Group, Hill County Library
- April 17 3:00 - 4:30 p.m. Dementia Friendly Missoula, MAS Garden Room
- April 19 10:30 - 12:00 p.m. Connections at the Art Museum, Yellowstone Art Museum
- April 24 4:30 - 6:00 p.m. Havre Support Group, Hill County Library

Upcoming Alzheimer's and Dementia Resource Workshops:

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

To Register for Virtual Courses, visit
Community Resource Finder alz.org/crf

What Causes Memory Loss? Assessing Symptoms and Seeking Help

Various conditions can cause short-term or long-term memory loss and affect thinking or behavior. It can be difficult to know what to do if you've noticed changes in yourself or a family member or friend — particularly changes related to memory loss, thinking or behavior. It may just be normal forgetfulness, or it may be something more serious.

It's natural to feel uncertain about voicing your worries because that can make them seem more "real." However, these are significant health concerns, and it's important to take action to figure out what's going on.

Visit <https://www.alz.org/alzheimers-dementia/memory-loss-concerns> for more info. or call 800.272.3900



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WALK TO END
ALZHEIMER'S

Offer only valid for the 6 Walk to
End Alzheimer's events in the
Montana Chapter.



**FREE Alzheimer's
and Dementia
Resource Workshop**
For anyone impacted by dementia.

**ALZHEIMER'S
ASSOCIATION**
Montana Chapter

April 30
10 am to 4 pm
at the
Great Falls Public Library

Register Online



Questions?
Email Melanie at
meawilliams@alz.org



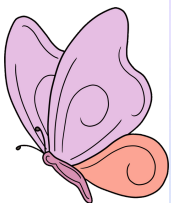
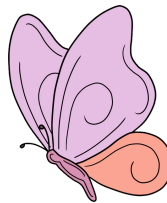
Spring

Register your Walk Team today at
alz.org/walk

Kick Off Event for Memory Café

When: April 1, 2024 1pm-3pm
Where: The Springs Community Center
300 Mount Highland Drive
Questions? Call Kristin Chiamulera
406-494-0083

Engaging in social activity &
raising dementia awareness
for people with early dementia
and their care partner.



The Springs
at Butte



Mobile Memory Café

Engaging in Social Activity & Raising Dementia
Awareness For People with Early Dementia and
Their Care Partner

Look for the Camper (HERB) coming to a
community near you.

To register for the free event:

Contact: Dan Koltz, MSU Extension
406-994-4351 or email: daniel.koltz@montana.edu

