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November 2026



Hello subscriber,

November is National Family Caregiver month. Caregiving looks different for everyone, but every caregiver plays a vital role and deserves recognition and support.

Are you a caregiver?

A caregiver is anyone who helps another person manage their health, daily needs, or overall well-being. **Caring for a loved one with dementia is an evolving role.** It goes beyond helping with daily tasks. It's about supporting the whole person as their needs change over time. Caregivers provide day-to-day support, establish routines, and serve as care coordinators and advocates—all while trying to keep up with their own self-care. In many ways, caregiving for dementia is about **adapting, again and again, while holding onto moments of connection and meaning where you can.**

[Council on Aging](#) has local resources

[Caregiver Action Network](#) has online resources

Read [“How to Manage Dementia Caregiver Stress”](#)

Register for the [free Zoom webinar “Through Every Stage – Navigating Long-term Caregiving”](#) – November 17, 11am-noon Mountain time

Check out the [Alzheimer’s Education video series](#)



Caregiver Respite Food Box

As part of its statewide dementia support, MSU Extension offers the **Montana Caregiver Respite Food Box Program**. Created to support unpaid family caregivers across Montana, the program delivers thoughtfully curated boxes of healthy, shelf-stable food directly to caregivers' doors. These boxes not only help ease the burden of meal planning during times of stress, but also serve as a tangible expression of appreciation for those who selflessly care for loved ones.

Unpaid family caregivers of all ages are eligible. To learn more and sign up call 406-613-8191 or email respites@montana.edu



24/7 Support is a Phone Call Away

Alz.org's Alzheimer's/Dementia Helpline is a **free all-hours service offering support for people living with dementia, caregivers, families, and the public.** Connect with a live person who can provide information, local resources, crisis assistance, and emotional support. **All conversations are confidential.**

There are three ways to connect with the Helpline:

- **Call 800-272-3900 to speak with a live person.** Staff are available around the clock, 365 days a year. Dial 711 to connect with a TRS operator.
- **Chat with us online.** Click the "Live Chat" green button [on this page](#) to connect with Helpline staff. Live chat is typically available Monday-Saturday from 6am to 6pm Mountain time.
- **Submit non-urgent questions** [through the online form](#) for a response within 24 hours.



Nov 10: Join DFA Friendsgiving online

The Second Annual Dementia Friendsgiving is a free program via Zoom hosted by Dementia Friendly America. DFA is the national parent organization of Dementia Friendly Bitterroot. This online gathering will include inspiring stories, community spotlights, insights from people living with cognitive change, music, and conversation.

Dementia Friendly America Friendsgiving

Tuesday, November 10, 10:30am-1:00pm Mountain time (join for one presentation or the [entire program](#))

FREE – via Zoom

[Register online](#)



A DEMENTIA FRIENDSGIVING:



Giving thanks for
Dementia Friends,
Dementia-Friendly
Communities, and the
many champions and
supporters carrying
this movement forward

Nov 24: Planning for Better Holiday Experiences

Celebrating holidays when dementia is involved can bring new and unexpected challenges. **The aim is calm and joyful experiences for all, but how?** Join us to talk about

- why recreating holiday traditions can lead to frustration and what to do instead
- the where, who, and what of celebrations that work for your loved one living with dementia
- suggestions for close care partners as well as distant family

Planning for Better Holiday Experiences

Tuesday, November 24, 1:00-2:30pm

Council on Aging, 310 Old Corvallis Rd., Hamilton

FREE – please register to help us plan – call 406-363-5690

[download the flyer](#)



Download our [current events flyer](#).

Have an idea for us? [We welcome your comments.](#)



Dementia Friendly Bitterroot

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Council on Aging, serving Ravalli County

310 Old Corvallis Rd., Hamilton, MT 59840

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