



# Alzheimer's Resource of Alaska

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## Mental Stimulation Slows Alzheimer's Progression

*Bob Woods, Elisa Aguirre, Aimee E. Spector and Martin Orrell*

Can doing crossword puzzles or discussing current events help slow the progression of Alzheimer's disease? A new review of the scientific research shows that puzzles, games and other mentally challenging tasks may indeed be beneficial for people with mild to moderate Alzheimer's.

The report comes from the Cochrane Library, a scientific review board in the United Kingdom. The news is hopeful for anyone coping with the stresses of Alzheimer's disease. While other studies have suggested that mentally challenging games and puzzles may help to ward off Alzheimer's, the Cochrane collaboration is considered particularly scientifically rigorous and looked at people who already have the disease.

Scientists analyzed 15 studies to date involving 718 men and women with mild to moderate Alzheimer's or other forms of dementia. They encompassed a wide range of enjoyable activities aimed at stimulating thinking and memory, including word games, puzzles and

discussions of current events. Music and practical activities like baking or indoor gardening were also among the activities considered to be cognitively stimulating, whereas other activities, like watching TV or going to physical therapy, were not.

In most cases, these activities were facilitated by trained staff who met with small groups of Alzheimer's patients—around four or five people—for around 45 minutes at least twice a week. In other cases, family caregivers encouraged family members with Alzheimer's to engage in mentally stimulating activities at home. Home caregivers who were taught to do this said that it did not pose undue extra demands or strain.

The researchers found that mental stimulation improved scores on memory and thinking tests for those with dementia, equivalent to about a six to nine month delay in worsening of symptoms. Some of the studies also found that those with dementia who engaged in such activities had increased feelings of well-being and a better quality of life, including improved communication and interactions with those around them.

Mental stimulation did not, however, appear to improve mood in those with dementia. They were also no better able to care for themselves or function independently.

*Continued on page 4*

## In Search of a Drug...

*Reviewed by William J. Netzer, Ph.D.*

Is there a medication to prevent Alzheimer's? Not yet, but scientists will soon begin testing to determine whether a drug may be able to prevent the onset of the disease. It will likely be years before the results are in, but the step offers new hope for the millions of people at risk for the disease.

Current Alzheimer's medications, like Aricept and Namenda, may ease symptoms for a while but do nothing to stop the relentless progression of the disease. The drug being tested, Crenezumab, is designed to stop the disease in its tracks, years before memory loss and other symptoms become apparent and damage from Alzheimer's takes its toll on the brain.

The drug is being tested in an extended family in Colombia, in South America, that carries a rare genetic mutation that makes them susceptible to the early-onset form of Alzheimer's, which often strikes before age 50. A small number of Americans with the gene defect will also be participating.

The hope is that, if the drug works in those with early-onset disease, it may help the many people at risk for the far more common late-onset form of Alzheimer's that strikes after age 60.

*Continued on page 4*

Director's Message .....	pg. 3
Caregiver Corner .....	pg. 5
Writing Contest Winner.....	pg. 6-7
News & Events .....	pg. 8
Ongoing Program.....	pg. 9
Donors.....	pg. 10-13
Classes & Groups.....	pg. 13-15



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Phone (907) 561-3313

Fax 561-3315

### Fairbanks

565 University Ave. Suite 2

Fairbanks, AK 99709

Phone (907) 452-2277

Fax 457-3376

### Juneau

3100 Channel Dr. Suite 19

Juneau, AK, 99801

Phone (907) 586-6044

Fax 586-6084

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Suite 110

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## Letter from the Executive Director

### *Entering the new year...*

All around the world, people just like us are ringing in the new year. I write “like us” because they too are in this campaign against Alzheimer’s. A recent newscast alerted me to the prevalence of Alzheimer’s in Australia. There is non-stop research going on “Down Under” and more in the United Kingdom. This research spreads throughout labs across America and across the world, as we work *together* to find a cure. Until that cure is found, our commitment is to increase the quality of life of frail elders and those who experience Alzheimer’s. To that end, I want to take a moment to recognize one of our staff, Gail Spence.



As we enter 2013, Gail Spence will begin her retirement. Spence has been with the Mat-Su office of Alzheimer’s Resource of Alaska for the past 11 years. As an in-home services specialist, Gail has coordinated services for clients including assistance with personal care, chore services and respite for caregivers who need a few hours to themselves. Gail has been instrumental in providing the necessary assistance for elders with all sorts of physical needs like prepping meals, shoveling a walk, or making sure meds are provided on time.

Ms. Spence shared with us her reason for entering this field 11 years ago: “I was working for another agency in Anchorage setting up services & scheduling for children with disabilities. When this position came up in Palmer, I applied for the position because I had taken care of my mother in law for 3 ½ years, who had dementia. Although I wasn’t that well informed about the disease when I began, I knew how rewarding it was to be a caregiver and how essential the services that our agency provides, are to the families of those with Alzheimer’s or a related dementia.”

Her favorite memories on the job include ways in which she has been able to facilitate the increased quality of life for those she serves. One of her clients received chore services and wanted to share with Gail how important our services were. For some time she hadn’t let anyone into her home because she worried so much about it not being clean. After a few months of chore services and having her home in order, she started inviting friends & relatives over again for dinners. She truly felt that she had been given back a part of her life.

Our organization, workers and clients will all miss Gail’s compassion, skills and commitment. We wish her all the best as she begins her retirement, rings in this new chapter of her life and sets out on her new adventure.

The caregiving team at Alzheimer’s Resource of Alaska will continue to facilitate and provide the necessary grocery shopping services, will read to those who enjoy that activity, help to bathe or dress the elder who chooses that assistance and in many other ways, foster independence and maintain dignity.

Best wishes for a healthy and happy 2013.

# Research

## Mental Stimulation

### Slows... cont'd from page 1

Benefits were noted in people in the mild to moderate stages of Alzheimer's disease and other forms of dementia. Those with severe dementia did not seem to benefit from the extra stimulation.

The authors note that more research is needed to find out how long the effects of cognitive stimulation last and for how long it is beneficial to continue the stimulation. They also say that involving family caregivers in the delivery of cognitively stimulating activities merits further study.

By ALZinfo.org, The Alzheimer's Information Site. Reviewed by William J. Netzer, Ph.D., Fisher Center for Alzheimer's Research Foundation at The Rockefeller University.

Source: Bob Woods, Elisa Aguirre, Aimee E. Spector, Martin Orrell: "Cognitive Stimulation to Improve Cognitive Functioning in People with Dementia." *Cochrane Library*, Feb. 15, 2012, published online DOI: 10.1002/14651858.CD005562.pub2



## In Search of a Drug

Cont'd from page 1

By focusing on individuals that carry the gene for the early-onset form of the disease, which guarantees that someone will get Alzheimer's at a relatively young age, scientists can more easily determine whether the drug works. Some gene carriers will get the drug, while others will take a placebo.

The several hundred participants in the trial will be monitored regularly using cognitive tests that measure memory and thinking skills. They will also be closely monitored for glucose uptake in the brain (a measure of brain health), brain shrinkage (a sign of brain cell loss), Alzheimer's proteins in the spinal fluid and other factors.

The study is expected to last five years. Scientists hope to start detecting signs of whether the drug is working in the next two to three years.

Crenezumab is one of several new drugs under testing that slow the formation of plaques in the brain, a hallmark of Alzheimer's disease. The plaques, composed of a toxic form of the protein beta-amyloid, are thought by many to play a major role in Alzheimer's onset. Crenezumab was chosen because it

is thought to have fewer side effects than similar drugs.

The history of Alzheimer's drug testing, however, is riddled with false leads and pitfalls. Some drugs and vaccines designed to attack beta-amyloid and other Alzheimer's targets have actually made patient's worse.

Other drugs have been tested for Alzheimer's prevention, including hormone replacement therapy in women and anti-inflammatory drugs, as well as the herb ginkgo biloba. None have so far shown any benefit.

The current trial is being funded by Genentech, the maker of the drug, with additional funding from the National Institutes of Health and the Banner Alzheimer's Institute in Phoenix.

By ALZinfo.org, The Alzheimer's Information Site. Reviewed by William J. Netzer, Ph.D., Fisher Center for Alzheimer's Research Foundation at The Rockefeller University.

### OTHER STORIES IN THE NEWS:

- *Scientists ID Gene Mutation That May Triple Alzheimer's Risk*
- *Risk Gene for Alzheimer's Disease Associated with Lower Brain Amyloid*
- *Is Alzheimer's Really Type 3 Diabetes?*





# Q & A

***Question: I have recently been diagnosed with Alzheimer's disease. I'm determined to take this in stride and have no interest in giving up and letting this disease win. What can I do to keep up the quality of my life?***

***~Determined***

Dear Determined,

First of all--congratulations on your great attitude! You can continue to live a meaningful and productive life and it is important to understand your life is not over. Living with Alzheimer's means dealing with some life changes sooner than you had anticipated.

Caring for your physical health can improve the quality of your life for years to come. Get regular checkups, take your medications, eat healthy foods, exercise daily, rest when you're tired and drink less alcohol.

Don't forget your emotional needs though: hopelessness can set in from time to time as you deal with the changes brought on by this disease. Be proactive about this. Write in a journal about your experiences, see a counselor, talk

with a clergy member if you have spiritual needs. Openly share your feelings with your friends and family and resist the urge to hide in isolation. Incorporating your friends and family into your solution will be best for you and for them. Talk to your physician to see if there is a medication that may be of assistance if your mood changes. Join a support group with people going through a similar experience.

Keep life interesting and don't join the sidelines just because of this diagnosis. If you like to garden, continue to pursue it; if you're in a book club, continue to participate. Many of the extra-curricular groups and activities enjoyed prior to diagnosis can be continued after diagnosis and the more active you are, the healthier you will be.

Again, these are just general, simplified suggestions. I highly recommend you contact Alzheimer's Resource of Alaska to find out what resources are available to you. We have support groups, consultations, and much more. Remember it is important to care for yourself and to help your loved ones understand your desires while you're able to share your thoughts with them. We can facilitate a family consultation to help your family learn what is coming and how to face it together.

## Caregivers Corner

New activities are important to persons with Alzheimer's. It keeps the day interesting and fun. Here are some ideas to try:

Household chores: Wash dishes, set the table, prepare food, sweep the floor, dust, sort mail and clip coupons, sort socks and fold laundry, sort recycling materials or other items.

Cooking and baking: Decide what is needed to prepare the dish: measure, mix and pour: tell someone else how to prepare a recipe; watch others prepare food.

Do you have a question for our experts?

If so, write in to [aging@alzalaska.org](mailto:aging@alzalaska.org).

All personal information is confidential.

# Community Support

*Congratulations to the Grand Prize Winner of our First EVER*

*Writing Contest “Memories Through My Eyes”*

## *The Weight of Memory* -by Sarah Smith

My grandmother sits at the dining table in her small, dimly lit living room. She has just gotten off the phone with my aunt, the widow of her son five years gone. She has been chatting with her, sharing the latest news, for a quarter of an hour. When she hangs up the phone, she turns to me with a puzzled look on her face, and asks: “Who is Donna?” “Donna is my aunt,” I say, “Donna was David’s wife, remember?” I ask, feeling alarmed. “David? Who is David?” It is then that I realize the extent of her memory-loss. She has forgotten her son. My heart breaks, and I can’t answer. She goes back to her newspaper and I sit down on the couch and put my head in my hands, wondering how long she’ll remember me.

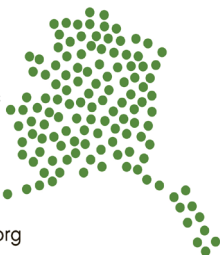
A week earlier my mom died. In the years preceding her death, she did not recognize me as her daughter, and I could not recognize her as the mother who had raised me. I am reeling from her death, and my grandmother’s increasingly evident memory-loss.

When she picked me up at the hospital, she could not remember which pedal controlled the brake. My grandma’s memory is no longer solid, but missing whole chunks of memory as though someone has removed them with shears. My mom’s deterioration is still fresh, and I can no longer deny my Grandmother’s is going too. It feels like the weight of memory is all around me.

I am young. Perhaps it is the curse of the young, but I have memories I would rather forget. Things I’ve done that I regret, things I’ve been through that I still work to block from my memory. Sometimes the things I want to forget seem heavier than the things I want to remember. And yet there are things I’ve forgotten that I wish I hadn’t. Things I hope I never do. I remember heavy rainstorms that soak the ground and mud that squishes between your toes, dancing in the rain with my Mom. I remember my siblings and I curled up in bed while she read Narnia aloud, the voice of Mr. Tumnus loud in my ear. But I badly I want to forget the years of deterioration, the pain when she didn’t recognize me. The realization that I couldn’t reach

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Thank you to each of our community members who has supported us this past quarter! Of these, several stand out: the Lone Star Steakhouse gave us a week of Dine and Donate which included a 15 percent of each diners check donation to Alzheimer’s Resource of Alaska! Thank you so much.

To the Coaches of Compassion group from Mat-Su, thank you for taking on our cause as you coached our youths’ games and to all those who chose us through **Pick.Click.Give.** --thank you.

Your generosity is appreciated.



through the illness to the woman she used to be. The ripping I felt in my gut as she died and grew cold in my arms.

I remember my first kiss, the way my lips seemed to burn for days. I kept reaching up and touching them, sure the world could see the way they felt, flushed and full. And I never want to forget the way my Dad's eyes filled with tears, how tightly he hugged me when he told me he was proud. But I do not want to remember the way his hands felt, the stench of fear in the air. The panicked, trapped feeling that haunts my nightmares. I don't want to remember. I want to remember. I don't want to remember. I want to choose.

My grandparents' memories are precious. We call it history, now, the things they went through. Things we don't want forgotten, experiences I wish I could reach within them and record. My Pawpaw, posed with a wide-grinning Vietnamese woman, leaning over her shoulder as he teaches her to shoot straight. Grandma, growing up black in the segregated south, watching the changes roll in and crying to see a black man elected president. Grandpa's picture on the wall, posed on the deck of some great ship, on his way to Normandy Beach.

I wonder if they wanted to forget, too. If my Grandma, hearing of beatings and lynchings and riots all around her, curled in her bed at night and thought "I don't want to remember this." I imagine she did. But I'm glad she did not forget, not before she could share what those days were like.

I am young, and my experiences seem worth so little, now. They are weightless beside the lives of my parents, my grandparents, my ancestors. And yet one day my children or grandchildren will ask about Iraq, and I will tell them about family and friends who served, about the fear when you didn't have any news, about the way war changes people. They will ask about September 11th, and I will tell them how the world felt heavy, after, how it took weeks for the weight to start to lift off my chest, to be able to breathe through the hurt. They will ask about the sweeping social changes that I can't even see yet, ones my grandchildren will see and read in their textbooks. And for myself, I will want to remember the way my lips throbbed with new use, the way my mom's hair fell across her forehead as she read.

I want to remember. I want to make experiences worth remembering. I want my children and grandchildren to

know my memories, because I know they are precious. I know too well that they can be stolen from you, absorbed into the fog of illness and twisted into demons. They can be cut from you, Alzheimer's brutally obliterating your memories of your loved ones, the things that make you who you are. I am saddened most that my mom's memories are all lost, were lost before I thought to go looking for them. I do not want my grandmother's to be so easily lost.

I get up off the couch and get the scrapbooks down from the top shelf. The old leather cracks with age as I open the first one, sitting down at the table with my Grandma. Seeing them, she perks up, and I scoot nearer to her, leaning to look over her shoulder to hear her stories, so that I can remember them when she no longer can.

*Sarah Smith (24), Fairbanks, Alaska Grand Prize winner of 40,000 Alaska Airline Miles donated by GCI.*

***Note: Thank you to everyone who submitted a written entry to this writing contest. Please go to our website to see the winners of the different age categories.***

Feb. 8-Anchorage  
and Feb. 11-Fairbanks

## “Making the Connection!”

This year's **Winter Workshop** will take place on February 8th, 2013 at the Millennium Hotel in Anchorage, AND on February 11th, 2013 at the Westmark Hotel in Fairbanks. This interactive one day workshop highlights the most important component for quality, person-centered dementia care —Connection! Whether we are relating to those we care for, their families or with each other, connection is a basic human need.

Please join us and learn ways to integrate person-centered/directed dementia care techniques into every day practice.



Guest speakers include Joanne Rader author of “Bathing Without a Battle” and Karen Stobbe, author of “Sometimes Ya Just Gotta Laugh.” These guests are widely recognized for their efforts to increase the level of connection within dementia treatment and bring a wealth of experience, compassion and humor to the floor with them.

Who should attend? Anyone working directly with individuals diagnosed with Alzheimer's or related dementia which can include nurses, social workers, C.N.A's, in-home workers, Personal Care Attendants, assisted living staff as well as administrators supervising and supporting the direct workforce. Family caregivers are also welcome to attend.



Early registration fee is \$75 (through Jan. 25) and late registration fee is \$105. This event is sponsored in part by the Trust Training Cooperative.

Approved for 6.5 C.E.s by the Montana Nurses Association  
and approved by NASW.



Dress in layers to regulate your own comfort. Light breakfast provided and lunch on your own.

NOTE: The Anchorage event will be held at the Millennium Hotel: rooms may be reserved for \$89 a night plus 12% tax if you're attending this event (907) 243-2300. The Fairbanks event will be held at the Westmark Hotel: rooms may be reserved for \$74 per night if you're attending this event (907) 456-7722. Reservations must be made by January 15th and there is limited space available. Reference Alzheimer's Resource of Alaska.

## Save the Date!

May 18, 2013

**AMBLIN' For ALZHEIMER'S-**

**Start forming your team Now!**

**Questions? Call 907-561-3313.**







## Ongoing Program

### In-Home Services

In-Home services are provided for elders with physical or cognitive limitations which enables them to remain safely at home. Every service is uniquely designed to meet the health and financial considerations of each individual.

Our In-Home Services Manager, Karen Cobb relates, “In one situation, we were able to provide daily respite to a caregiver who had not had a vacation in years because she could never afford the 24/7 assistance with her mom. Through our program, the daughter was able to take a weeks’ vacation comforted with the knowledge that her mom was at home in familiar surroundings in competent hands.” We employ hands-on, direct-care, in-home workers who provide 1000’s of hours of respite annually (giving families a short break from caregiving).



In another situation, the need was for assistance with chores. Karen continues with “This client is adamant that she will remain in her home and gets very agitated if the subject of moving is broached with her. Without our chore worker assisting with grocery shopping and household chores, this client would be marginalized and subject to out-of-home placement. This team of caring in-home people also provides assistance with personal care such as bathing and dressing, preparing and serving light meals, providing an escort to appointments, and providing companionship to outings and activities.”

Karen continued to relate, “In one case, one client was slowly going blind and our services were absolutely essential for her to remain independent. She has many medical diagnoses affecting her health. Our workers provide light housekeeping and also shop for her. Due to her low vision, they accommodate her by making sure items are put away in the exact spot each time so she can find them. It’s very frustrating if she has to ‘hunt’ for an item with her poor vision. Because of this assistance, she is still able to stay in her home and care for herself, rather than check in to an assisted care facility.”

In-home services are available for frail elders 60 years and older as well as individuals of any age with Alzheimer’s disease or related disorders. Services are available in communities throughout Alaska in Anchorage, Southcentral, Northwest and Southwest.

<b>Anchorage:</b>	<b>907-561-3313</b>
<b>Mat-Su:</b>	<b>907-746-3413</b>
<b>For other areas:</b>	<b>1-800-478-1080</b>

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 Betty Wood  
 Josie Wooding  
 Rae Woodsum  
 Alice Wright  
 Esther Wunnicke  
 Kay A. Zernia

### Join the Club.

*Giving even a small amount every month can add up in a big way. By joining the Sustaining Partner Club, a monthly giving club at Alzheimer's Resource of Alaska, you can have monthly contributions made directly to us. For just \$25.00 a month you can help a frail elder receive chore services that can include snow shoveling, grocery shopping, washing dishes, and other household chores that are difficult for many of our frail elders across the state.*

*With the Sustaining Partners Club, the amount you specify is charged to your credit card. That makes this program the "greenest" way to donate. It eliminates the need for checks and reduces administrative and fundraising costs—so your donation goes further in supporting our elders in communities across Alaska!*

*You can change your monthly amount or cancel at any time. Just give our development office a call at 907-561-3313 or email Lorraine Guyer at [lguyer@AlzAlaska.org](mailto:lguyer@AlzAlaska.org).*

# Memorials & Tributes

**Martin L. Anderson**  
Debra Fay Vanderbilt

**Ann Burkhardt**  
Carol & Jay Druyvestein

**Virginia "Ginny" Clark**  
Alaska Sales & Service  
Owen & Marie Clark  
Patricia G. Ferucci  
Dorothy Frank  
Mara A Gano  
Beverly Hallberg  
Tom & Margie Hylton  
Marjorie Neal  
Ventis Plume  
Barbara Widtfeldt

**Leonard Ferucci**  
Mary & Ronald Cox  
Alan Crane  
Lorraine Morgester  
Irna Otte  
Marjorie Prichard  
Robert Shem  
Katherine West

**Jack Gannon**  
Matthew & Eileen Heun  
Phyllis A. Leckwold  
Katherine & Robert Maisel  
Kathleen Stewart

**Merlyn Gruhn**  
Scott Gruhn

**Theta Deana Harms**  
Beverly Dalzell

**Margaret Louise Jackson**  
Peter Jackson

**Linda Kerr**  
Douglas & Sandra Farmer

**Marion Lampman**  
Spencer Sneed

**Paul Landry**  
Beta Sigma Phi  
Alpha Master  
Chapter MA163

**Harold Leader**  
Raymond & Luella Seely

**Wei-Jen Lin**  
Marcus Hartley  
Diane Lin

**Dorothy Magette**  
Jackie & John Brunton

**Elaine Manning**  
Mabel L. Ulrich

**Millie Medema**  
B Frederica Billingslea  
Don & Joy Burr  
Kathleen Pierce  
Angelina Savovich

**Meg Meiser**  
Michael N. Meiser

**Elmer Ostbloom**  
Edgar & Mary Lou  
Mueller

**Ingrid Petersen**  
Jean Parsons

**Kay Pomeroy**  
Mary & Michael Horne  
Phillip & Ann Meyer  
Brent Pomeroy  
Brian Pomeroy  
Linda & Walter Pomeroy

**Frieda Ranspot**  
Anita & Allen Tigert

**Ronald Raymond**  
Glen Irwin  
Rick Irwin  
Tina Nelson

**Dorothy Reed**  
Nancy R. Schramm

**Beverly Roses**  
Debra Omstead

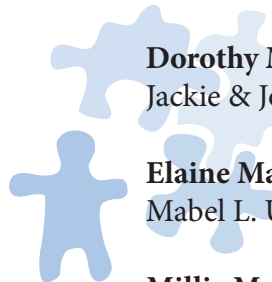
**Dean Wilson**  
Twila K. Palmatier

**Miriam Woodward**  
Violet D. Shimek

## In Honor Of

**Dr. David &  
Pat Lokensgard**  
**Dr. Jerrold &  
Liz Lokensgard**  
Ronald & Marilyn Martinson

**Mark Acton & Sara Lyons**  
**Pauline Acton**  
**Stephen Acton**  
**Matt & Kim Crawford**  
**Gary Holthaus & Lauren Pelon**  
**Abby Kirk**  
**Shirley Olson**  
**Dorothy & Gale Williams**  
**Greg Williams & Kat Sprague**  
**LilLing Young & Nicholas Ponzio**  
Ken Acton







## Volunteers and In-Kind Donations

Alaska Aces	CIS-AK	Fairbanks Pioneers	Holly Parks
Alaska Adventure Media	Jim Clark	Home	Pierce Cartwright Company
Anchorage Senior Center	Terri & Lee Croft	Elaine Hughes	Barb Powers
Katherine Bacon	Philip Downing	Illuminada's Assisted Living Home	George Rhyneer, MD
Elder Bamlul	Rose Feltz	Pak Wah Lin	Sears
Bankston Gronning	Harriet Fenerty	Gayle Mathiesen	Jannis Sherrill
O'Hara P.C.	Denise Fouts	Marilyn McKay	Rosemarie Spencer
Marlene Barnard	Carol Fox	Les McRae	Mitzy Tacas
Jim & Carolyn Bell	Zetta J. Gardner	Elder Moreno	UAF Kuskokwim Campus
Chugiak Senior Center	Heather Green	Randy Moss, PhD.	
	Susan Hinshaw	Mary Mumma	
	Josh Hodge	Oriental Healing Arts	
	Jane Hollandsworth		

## CLASSES & EVENTS around the state

*For information on any of these classes or programs visit [www.AlzAlaska.org](http://www.AlzAlaska.org) or contact the office nearest you.*

### Anchorage

1750 Abbott Rd.  
561-3313

- **Adult Guardianship**  
10 - 11:30 AM or 5:30 - 7 PM  
Monday, January 21
- **Communication**  
10 - 11:30 AM or 5:30 - 7 PM  
Monday, January 28
- **Community Resources**  
10 - 11:30 AM or 5:30 - 7 PM  
Monday, February 11
- **Benefits of Exercise**  
10 - 11:30 AM or 5:30 - 7 PM  
Monday, February 25
- **Choosing an Assisted Living Home**  
10 - 11:30 AM or 5:30 - 7 PM  
Monday, March 4

- **Safety Tips & Dementia**  
10 - 11:30 AM or 5:30 - 7 PM  
Monday, March 18
- **Mind Matters**  
10 - 11:30 AM  
Tuesdays, starting January 8  
Screening required.
- **Art Links** 11 - Noon Fridays
- **Dementia Care Essentials**  
1 - 3 PM Wednesdays  
March 20 - April 17  
Registration Required
- **Savvy Caregiver**  
5:30 - 7:30 PM Tuesdays  
February 12 - March 19  
AND 10 AM-Noon  
Wednesdays February 13 -  
March 20  
Registration Required

### Copper River Basin

822-5620

- **Mind Matters**  
Glennallen Senior Center  
12:30-1:30 PM  
Last Thursday of each month  
Screening required.
- **Live in Valdez?  
Need a Consult?**  
Last Tuesday of each month,  
Gay Wellman travels to  
Valdez. Please call for  
appointment.

### Mat-Su Valley

10355 E. Palmer-Wasilla Hwy.  
746-3413

- **A Written Choice Can  
Assure Your Voice** 1 - 2:30  
PM and 6 - 7:30 PM  
Tuesday, January 22

# CLASSES & EVENTS around the state (cont'd)

For information on any of these classes or programs visit [www.AlzAlaska.org](http://www.AlzAlaska.org) or contact the office nearest you.

- **Choosing an Assisted Living Home**  
1- 2:30 PM or 6 - 7:30 PM  
Monday, February 18

- **Healthy Body, Healthy Brain**  
1- 2:30 PM or 6 - 7:30 PM  
Wednesday, March 20

- **Dementia Care Essentials**  
10 AM - Noon Tuesdays  
January 29 - February 26  
Registration Required

- **Savvy Caregiver** Six week course, coming in March. Call to sign up.

- **Art Links** 1 - 2 PM Fridays

## Fairbanks

565 University Ave. Suite 2  
452-2277

- **Compassionate Touch**  
5:30 - 7 PM  
Tuesday, February 12

- **Savvy Caregiver**  
5:30 - 7 PM Thursdays  
February 21 - March 28  
Registration Required

- **Adult Guardianship**  
5:30 - 7 PM  
Tuesday, March 26

- **Mind Matters**

12:30 - 2 PM  
Thursdays, February 14 -  
March 28  
Exercise your brain.  
Sign up by calling Joan at  
452-2277

## Juneau We are Moving!

*Locations Will Be Announced on  
website, by postcard and by  
calling: 586-6044*

- **Being a Friend**  
Noon - 2 PM  
Tuesday, February 26
- **Savvy Professional training for professionals**  
8 AM-5 PM  
Wednesday, February 27  
Registration Required: \$125
- **Savvy Caregiver for families**  
Starting in Spring: 6-week  
course for family caregivers  
Registration Required

## Ketchikan

*Call for location: 586-6044*

- **Savvy Professional training for professionals**  
8 AM - 5 PM  
Friday, March 1  
Registration Required: \$125

## Rural Alaska Webinars

**Pre-register by email or phone**

Led by Mariel Fonteyn: 561-3313  
[mfonteyn@alzalaska.org](mailto:mfonteyn@alzalaska.org)

- **Adult Guardianship**  
January 9 Noon-1:30 PM
  - **Community Resources**  
February 13 Noon-1:30 PM
  - **Safety Tips and Dementia**  
March 13 Noon-1:30 PM
- Led by Gay Wellman: 822-5620  
[gwellman@alzalaska.org](mailto:gwellman@alzalaska.org)
- **Behaviors that Challenge Us**  
February 5, Noon-1:30PM
  - **Being a Friend**  
March 5, Noon-1:30 PM

*Check our website at  
any time for an updated  
list with descriptions  
of classes and events  
around the state:  
[www.AlzAlaska.org](http://www.AlzAlaska.org)*

*Become a Facebook or  
Twitter Fan and get  
up-to-date reminders in  
your feed at  
[AlzAlaska.org](http://AlzAlaska.org)*



# SUPPORT GROUPS around the state

Anchorage				
Alzheimer's Resource of Alaska 1750 Abbott Rd.	General Caregiver General Caregiver	2nd Thursday 4th Thursday	10 AM-12 PM 5:30-7 PM	Mariel Fonteyn 561-3313
Eagle River				
Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	General Caregiver	2nd Thursday	6:30-8PM	Marilyn McKay 561-3313/Linda Shepard 746-3413
Copper River Basin & Prince William Sound				
Alzheimer's Resource of Alaska	General Caregiver	1st and 3rd Wednesday 2-3 PM Telephone support group. Dial in 1-877-783-2009, Code 786108		Gay Wellman 882-5620 or (800) 478-1080 x6
Fairbanks				
Alzheimer's Resource of Alaska 565 University Ave. Suite 2	General Caregiver	1st Tuesday	11:30 AM-1 PM	Joan Adams 452-2277
Homer				
Friendship Center	General Caregiver	3rd Thursday	5-6:30 PM	235-2295
Juneau				
KTOO 1st Floor Conference Room, 360 Egan Drive	General Caregiver	2nd Wednesday Location will change, please call ahead.	12-1 PM	463-6177 or (866) 746-6177
Ketchikan				
Southeast Senior Services	Family Caregiver	Call for more information		Bernice 225-8080
Kodiak				
Kodiak Senior Center 302 Erskine Ave.	General Caregiver	4th Thursday	12:30-1:30 PM	Kathy Drabek 486-6181
Mat-Su Valley				
Alzheimer's Resource of Alaska Trinity Barn Plaza Mile 2.2 Palmer-Wasilla Hwy.	General Caregiver	2nd Wednesday	1-2:30 PM	Linda Shepard 746-3413
Seward				
Seward Senior Center	General Caregiver	4th Thursday	1-2 PM	262-1280 or (800) 776-8210
Sitka				
Brave Heart Volunteers	General Caregiver	2nd Wednesday	12-1 PM	747-4600
Soldotna				
Soldotna Senior Center	General Caregiver	2nd & Last Tuesday	1-3 PM	262-1280 or (800) 776-8210
Sterling				
Sterling Senior Center	General Caregiver	3rd Tuesday	1-2 PM	262-6808



**Alzheimer's  
Resource  
of Alaska**

1750 Abbott Rd.  
Anchorage, AK 99507

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In January, when you apply for your Permanent Fund Dividend, you will have the opportunity to give to your favorite Alaska nonprofit organizations through Pick. Click. Give.

Alzheimer's Resource of Alaska supports Pick. Click. Give. We believe it helps all of us together become an important force in bettering our communities and our state.

When you go online to sign up for your dividend, you will see the Pick. Click. Give. option. Follow the instructions to make a donation. Please take the extra step you will see after you make your donation to provide your contact information to us. We want to acknowledge and respond to your generous support.