



Alzheimer's Resource of Alaska

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Genetic Analysis of 74,000 People Finds Elusive Gene Variants

An international group of researchers has identified 11 new genes that offer important insights into the disease pathways involved in Alzheimer's disease.

The highly collaborative effort involved scanning the DNA of over 74,000 volunteers—the largest genetic analysis yet conducted in Alzheimer's research—to discover new genetic risk factors linked to late-onset Alzheimer's disease, the most common form of the disorder.

By confirming or suggesting new processes that may influence Alzheimer's disease development—such as inflammation and synaptic function—the findings point to possible targets for the development of drugs aimed directly at prevention or delaying disease progression.

An international group comprised of four consortia in the United States and Europe, the International Genomic Alzheimer's Project (IGAP) has been working since 2011 on genome-wide association studies (GWAS) involving thousands of

DNA samples and shared datasets. GWAS are aimed at detecting the subtle gene variants involved in Alzheimer's and defining how the molecular mechanisms influence disease onset and progression.

“Collaboration among researchers is key to discerning the genetic factors contributing to the risk of developing Alzheimer's disease,” said Richard J. Hodes, M.D., director of the National Institute on Aging. “We are tremendously encouraged by the speed and scientific rigor with which IGAP and other genetic consortia are advancing our understanding.”

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Eye Cells Could Help Diagnose Alzheimer's disease

Changes to specific cells in the retina could help diagnose and track the progression of Alzheimer's disease, scientists say.

A team found genetically engineered mice with Alzheimer's lost thickness in this layer of eye cells.

As the retina is a direct extension of the brain, they say the loss of retinal neurons could be related to the loss of brain cells in Alzheimer's.

The findings were revealed at the US Society for Neuroscience conference. The team believes this work could one day lead to opticians being able to detect Alzheimer's in a regular eye check, if they had the right tools.

Alterations in the same retinal cells could also help detect glaucoma - which causes blindness - and is now also viewed as a neurodegenerative disease similar to Alzheimer's, the researchers report.

Scott Turner, director of the memory disorders program at Georgetown

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Winter Workshop

Anchorage
Egan Center
555 West 5th Avenue
February 3rd, 8:30am-5pm

Fairbanks
Westmark Hotel
813 Noble Street
February 4th, 8:30am-5pm

Sitka
Westmark Hotel
330 Seward Street
February 6th, 8:30am-5pm

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Letter from the Executive Director

Dear Friends,

I would like to introduce myself as the new executive director of Alzheimer's Resource of Alaska. I joined the team in October and experienced the good fortune to spend two weeks transitioning with my predecessor, Dulce Nobre. She was instrumental in leading the organization, working with the board and staff and expanding services for over 19 years. Dulce shared a tremendous amount of her knowledge with me and others.



My professional experience includes leading and managing non-profit healthcare organizations serving elder Alaskans, with over 20 years at Providence Health System. Now I am privileged to be part of the Alzheimer's Resource of Alaska team. I intend to work with the staff, board, volunteers, donors and community partners to ensure the quality of life of those we serve and helping them to remain living safely and independently in their homes for as long as possible.

The Alaska senior population and those with Alzheimer's disease and related disorders are expected to nearly double within the next 6 years and continue to rapidly grow after that. Preparing the organization to meet the needs of these people will be important in furthering our mission and serving the Alaska community. Our board has established a strategic plan to move the organization forward to meet this challenge. We will also continue to work together with our whole team of staff, board and community partners to unite all of the pieces of the puzzle together. Thank you for your continual support as together we make a difference in the lives of the people we serve.

This year Alzheimer's Resource of Alaska celebrates 30 years of service to Alaskans. We stand on the shoulders of many who have come before us. We also have a very dedicated and knowledgeable team who strive to provide meaningful outcomes to improve the quality of life, such as early detection, informed and empowered family caregivers, individualized plans of care and expert and compassionate personal care. Working together we will be able to fulfill our mission for many years into the future; "To unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found."

Best regards,

Karl Garber
Executive Director

Elusive Gene Variants... *Continued from cover*

The search for late-onset Alzheimer's risk factor genes had taken considerable time, until the development of GWAS and other techniques. Until 2009, only one gene variant, Apolipoprotein E-e4 (APOE-e4), had been identified as a known risk factor. Since then, the list of known gene risk factors has grown to include several other players as well as the 11 new genes discovered by this most recent research.

IGAP's discovery of 11 new genes strengthens evidence about the involvement of certain pathways in the disease, such as the role of the SORL1 gene in the abnormal accumulation of amyloid protein in the brain, a hallmark of Alzheimer's disease. It also offers new gene risk factors that may influence several cell functions, to include the ability of microglial cells to respond to inflammation.

The researchers identified the new genes by analyzing previously studied and newly collected DNA data from 74,076 older volunteers with Alzheimer's and those free of the disorder from 15 countries.

"Interestingly, we found that several of these newly identified genes are implicated in a number of pathways," said Gerard Schellenberg, Ph.D., University of Pennsylvania School of Medicine,

Philadelphia, who directs one of the major IGAP consortia. "Alzheimer's is a complex disorder, and more study is needed to determine the relative role each of these genetic factors may play. I look forward to our continued collaboration to find out more about these—and perhaps other—genes."

Research goals under the U.S. National Plan to Address Alzheimer's Disease call for intensified exploration of the genetic underpinnings of the disease, with the goal of effectively treating Alzheimer's and related disorders by 2025. The 2011 National Alzheimer's Project Act (NAPA) calls for a stepped up national effort and coordination on research, care, and services for Alzheimer's disease and related dementia. The law mandated that the Department of Health and Human Services establish the national plan.

Source: National Institute on Aging, <http://www.nia.nih.gov>

Eye's Cells Could Help Diagnose...

Continued from cover

University Medical Center, said: "The retina is an extension of the brain so it makes sense to see if the same pathologic processes found in an Alzheimer's brain are also found in the eye."

Dr Turner and colleagues looked at the thickness of the retina in an area that had not previously been investigated. This included the inner nuclear layer and the retinal ganglion cell layer.

They found that a loss of thickness occurred only in mice with Alzheimer's. The retinal ganglion cell layer had almost halved in size and the inner nuclear layer had decreased by more than a third.

"This suggests a new path forward in understanding the disease process in humans and could lead to new ways to diagnose or predict Alzheimer's that could be as simple as looking into the eyes," said Dr Turner.

Treatments developed for Alzheimer's could therefore also be useful for treating glaucoma, he added.

But he also said that so far it was still speculation to say that retinal thinning may predict impending Alzheimer's disease.

"We're hoping that this translates to human patients and we suspect that retinal thinning, just like cortical thinning, happens long before anyone gets dementia," Dr Scott told BBC News.

"Human studies are needed to test this idea as a diagnostic [test]. Current leading biomarkers of Alzheimer's disease are either very costly or invasive. A retinal thickness scan - as measured by optical coherence tomography - would be both inexpensive and non-invasive."

Laura Phipps, at Alzheimer's Research UK, said there was



increasing evidence linking retinal cell loss to Alzheimer's disease, and that it was "positive to see this line of research being followed up".

"This early-stage study, which is yet to be published in full, was carried out in mice, and further research

will be necessary to determine whether changes in the retina found here are also found in people with Alzheimer's

"Diagnosing Alzheimer's with accuracy can be a difficult task, which is why it's vital to continue

investing in research to improve diagnosis methods," Dr Phipps added.

Courtesy of BBC News Online.

Winter Workshop *Accepting the Challenge with Teepa Snow O.T.*

February 3, 8:30am-5pm
Egan Center,
555 West 5th Avenue, Anchorage

February 4, 8:30am-5pm
Westmark Hotel
813 Noble Street, Fairbanks

February 6, 8:30am-5pm
Westmark Hotel
330 Seward Street, Sitka

To register visit
www.AlzAlaska.org

About Teepa

Teepa is an occupational therapist currently working as a dementia care and dementia education specialist with an independent practice. She has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. Teepa has over 30 years of experience in geriatrics. Previously, she served as a program director and an instructor for community college and a clinical associate professor at UNC's School of Medicine, Program on Aging. She was the OT director in a head injury facility, a clinical specialist in geriatrics at a Veteran's Administration Medical Center and has worked as a restorative care coordinator for long term care facilities, as well as providing direct care in community, home health, long term care, assisted living, and rehabilitation settings. She has worked collaboratively to conduct clinical research in a variety of settings and on a variety of geriatric topics.



Cost

Early Registration: \$95 (November 4-January 17)
Late Registration: \$125 (January 18-January 31)

This interactive one day workshop will look at dementia from many perspectives to build a collective understanding of issues and solutions, explore ways to connect and communicate, and grasp technique to move from resistance to cooperation and participation.

The purpose of this educational activity is to equip participants with communication tools and care strategies that will enable them to provide the highest quality of care for individuals diagnosed with dementia.

This continuing nursing education activity was approved by the Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

There is no conflict of interest identified for any planner or presenter with this educational activity.

This activity has also been approved by the National Association of Social Workers to award six and one quarter (6.25) contact hours.

Alzheimer's Resource of Alaska partners with the Trust Training Cooperative to sponsor this workshop.



Celebrating 30 Years of Service!

This year marks the thirtieth anniversary of Alzheimer's Resource of Alaska. The organization began in 1984 with two sisters, Rebecca Clement and Beverly Tallman, who were caring for their mother with dementia; upon realizing the little information and few services available for individuals in their circumstances, they began a grassroots outreach effort. Becky and Beverly formed the first caregiver support group. Thirty years later, Alzheimer's Resource of Alaska has grown to provide Education, Care Coordination and In-Home Services and is recognized as the State's leading source of information for those with Alzheimer's disease and related demetia. We serve thousands of people in well over 100 communities and continue to grow to meet the challenge of providing the best possible quality of life for Alaska's seniors.

Thank You 2 Friends Gallery!

During the month of November, 2 Friends gallery generously donated a portion of its proceeds to Alzheimer's Resource of Alaska. An important part of the gallery since its beginning, the gallery selects a local non profit to distribute a portion of proceeds to each month. In the past, funds from the gallery have supported our Art Links program, a natural partner!

Save the Date: May 17, 2014 Amblin' for Alzheimer's

For the tenth year in a row Amblin' for Alzheimer's will have us tie our shoes, and walk with a purpose: supporting Alaska's elders. There are many walks taking place during the summer; however, only one fundraises for elder care. As the number of seniors affected by Alzheimer's disease continues to grow the need for our services grow with it. The funds we raise support frail elders over 60 and those with dementia or Alzheimer's disease; these are your friends, family and neighbors.

Our top fundraisers are eligible for round trip tickets, rail fare, boat trips, and so much more; join us at Kincaid Park rain, snow or sunshine!

View current sponsors on page 13. Visit our website www.alzalaska.org for more details.

Care Coordinator Rachel Burkhart Receives CCM Certification

Staff at Alzheimer's Resource of Alaska continue to advance their knowledge and reputation as Alaska's leading team of experts regarding Alzheimer's disease and related dementia. Most recently, care coordinator Rachel Burkhart became the fourth member of our team to become a certified care manager (CCM) along with Janie Haiar, Meg Smith and Lisa Wawrzonek.

This certification is part of the long-term goal to "advance the quality of care management services" using continued education and setting standards for care managers. The National Academy of Certified Care Managers exam covers topics in all areas of health care, not just geriatrics.

According to the National Academy of CCMs, having certified CCMs on staff demonstrates an organizations competency in: aging issues, disabilities issues, community services, chronic disease management, benefit and financing options, legal and ethical concerns, special needs and advocacy, and family and individual support.



Medicare Scammer Notice

Scammers pretending to be Medicare representatives have been calling Alaska seniors recently looking for their Medicare numbers and banking information. They say they need the information so that the senior can get a new Medicare card. (Frequently they say it is needed under the Affordable Care Act.)

Medicare will NEVER contact beneficiaries by phone, email, or at their door seeking personal information. Neither Medicare nor Social Security needs personal banking information. Do not give information to callers pretending to be from these agencies; remember, scammers are very convincing and may sound official. They may have your name, address, and some of your banking information. They will use this information to attempt to get additional personal information from you.

Take these steps to protect yourself:

- 1) Screen your phone calls if you do not recognize the number calling. Let your answering machine work for you so that you don't have to try and deal with these professional scammers.
- 2) Prepare a safety script by your phone, telling people "I do not give out personal information to anyone who calls on the phone." Tell them that you must verify their identity and to give you their name, agency, and call-back number. Stick to this script no matter what they say to convince you. Usually, they will just hang up.
- 3) If you receive a scam call, report it to Alaska's Medicare Information Office, 1-800-478-6065.

Serving Fairbanks Since 1986.

Whether cold wintery months or the sunlight days of summer, Fairbanks is a place of beauty as well as history. The Alzheimer's Resource of Alaska is proud to be a local part of the community since 1986 providing education and support to individuals, families and professionals who are affected by Alzheimer's disease and related dementia.

Joan Adams has been a long time staff member in Fairbanks offering memory screenings, consultations, classes and support groups. As an organization we are proud of the success Joan has had with a 97% satisfaction rate for these services. Alaska is a unique state, Fairbanks a unique community and individuals affected by ADRD have unique stories; we are humbled to be a part of their lives.



Shop Scan Home and Support Alzheimer's Resource of Alaska

Don't miss out on an upcoming opportunity to support Alzheimer's Resource of Alaska while shopping for furniture and viewing Rhonda Scott's latest art. A percentage of sales from Scan Home and Rhonda Scott Art will be donated to Alzheimer's Resource of Alaska during this evening event.

The event will take place at Scan Home Basics at 36th Ave. and Arctic Blvd. on February 20th from 5-7pm. For more information visit www.AlzAlaska.org. You can also call 907-561-3313 or email Lorraine Guyer at LGuyer@alzalaska.org.

scanhome

MEMORABLE *Moments* OF CARE

Taking care of a parent or aging family member is part of daily life for thousands of Alaskans; it is a task that poses great challenges but also rewards those who accept the challenges with many memorable moments.

As a part of Alzheimer's Awareness Month we ask Alaskans to share lasting memories through a short story or essay. This year's annual writing contest theme was Memorable Moments of Care. Dozens of entries were received from across the state with winners in five age categories and one grand prize winner of 40,000 Alaska Airlines miles. The five winning stories and essays along with four honorable mentions are available to read at www.alzalaska.org/writing-contest. The grand prize winning entry was entitled "Pebbles" and was written by Jane Wiebe. This is her story...

Pebbles

I keep the memories of Mom's early Alzheimer's years in my pocket, smooth river pebbles that roll against each other, translucent. If you hold them to the sky, light comes through.

Here's one, from when Mom was just beginning to sweetly lose her mind:

Mom and Dad have come to visit in Alaska. It's September, harvest-time. Picking stems from gooseberries and slicing apples to freeze for pie filling are good activities for her. She doesn't have to wonder what she should be doing, because the bowl in front of her reminds her every instant. It's soothing, for both of us, to have her safely occupied.

So we bake some gooseberry-apple crisp, and enjoy it with vanilla cream for dessert. Later in the evening, she wanders past the half-eaten pan of crisp.

"I haven't tasted this. I'd like to try it."

"Sure, Mom, you should have some, especially since you did all the work, getting the stems off those gooseberries."

"I did? Oh. Well. I didn't have anything else I needed to do," she says, and scoops a bit onto a plate. "I think it would be better warmed up a little." She lifts her plate into the microwave, closes the door, and turns it on.

I'm preoccupied with my dad, not paying attention. Ten minutes later, Mom wanders by the gooseberry-apple crisp again. "I haven't had a chance to taste this dessert. I'd like to try some."

What's another little bit of dessert. "Sure Mom, you should try it."

"I think it would be better if I warm it up a little." She spoons a small section onto a plate, opens the microwave door, then pauses upon spotting the plate of crisp inside. She takes it out and extends it to me. "Is this yours?"

Conversations with Mom reminded me of a bird expert who once described bird calls as little messages saying: "Here I am, where are you?" He claimed much of our conversation does the same thing. Mom and I would pick raspberries for an hour and the same topics circled round.



Sometimes she knew I had a son named Miles, and would ask how he got to school. Other times she would say, “I’ve forgotten, how many children do you have?” I asked her once how many children she had, and she said, “Oh, about 5 off the top of my head. And 15 grandchildren.” Why get hung up on details? So what if she really only had 3 children and 6 grandchildren? We were joined in conversation. She hung on to the rhythm of conversation even after reasonable responses eluded her. She knew when it was her turn, and what inflections would work.

Here are a few more pebbles, from a year or two or three later, during visits to Mom and Dad in Arizona, where they went to escape the South Dakota winters. They lived in a park-model, a mini-trailer house, alongside hundreds of other mid-westerners.

We’re leaving a building at night, under streetlights. Mom pauses at the curb, spots a white parking line painted on the pavement and walks along the curb to get to it. She steps off the curb onto the white line and tight-rope walks down the line until it ends. She stands stranded. I offer her my hand, she takes it, tests the black pavement with her toe, then steps trustingly off into her abyss.

She’s brushing her teeth and I’m watching. “Hey, Mom, you didn’t brush the backs.”

“Hmmm?” She looks at me, puzzled.

“The backs of your teeth. The back side.” I point at mine.

She looks at me like I am crazy. “Well...okay...” she says dubiously, and raises her toothbrush up to her eye. She’s aiming to get at the backs of her teeth through her eye! I catch her in time; we let it go.

I follow Mom to the bathroom all the time. She can’t get the toilet paper thing right. I wipe her bottom with a wipe, and every time she says “Thank you!” as if I’ve just clasped a necklace for her.

Mom goes to bed early one night. Later, I head down the tiny hall of the park model. Through the open bedroom door I spot Mom, squatting over the wastebasket.

“Mom! Don’t go potty in the wastebasket! Come to the bathroom!”

She looks at me with equal parts pragmatism and vacancy. “But I already did it. I don’t think there’s any point in doing it again.”

She has indeed “done” it; there is a puddle in the bottom of the wastebasket.

As she crawls back into bed, she looks at me searchingly. “Am I doing okay?” she asks. This feels like a question coming from her whole true self. “Am I doing anything wrong?”

Heartbreaking. Oh Mom. Are you doing okay. How can I answer? On one hand, no, you're not doing okay at all. You just peed in the wastebasket. On the other hand, you are kind, positive, loving, and innocent as a child. The truer answer surely is yes, you are as okay as any of us.

Do I love these pebbles because I sought out and clung to positive memories from a time that was mostly difficult? Or is there something luminescent about a person stripped of fluff, distilled, to a more transparent essence?

Mom died Tuesday of last week, almost 5 years after we took her to the dementia unit in my South Dakota hometown. I have no pebbles from these years. Mom had gradually seeped away. The last time I saw her, the only thing I recognized was the way she crossed her legs, and the way her toes naturally pointed.

Now everyone's helping dig up and polish the memories of the pre-Alzheimer's years. If I keep them in my pocket, eventually they'll let light through too.

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Holy Spirit Episcopal Church
Fairbanks Pioneers Home
Rita Jacobs
Nancy Jones
Henry Jung, Jr.
Jean Kay
Kenny Lake Community Chapel &
Library
KLEF FM 88.1
Kodiak Providence

Ed Mulcahy
Holly Parks
Marti Pepper
Joe & Jahna Pollock
Natasha Pope
Gerald & Mary Powell
Lois & Elmer Salontai
Bernard Sarkodie
Mae Ann Smith
Soldotna Senior Center
Staples

Memorials & Tributes

Joanne Adams
Marianne Dabbs
Linda Shepard

Marge Braginton
Consuelo Rock

Judy Carson
Dean Carson

Alice Crewdson
Wayne & Betty Rockne

Don Cunning
Artina Hilsinger, Carol Sanders &
Jean Hederson

Keith Ferguson
General Teamsters Local 959

Herbie Green
Marianne Green

Merlyn Gruhn
Scott & Carrie Gruhn

Jack Gumbetter
Cathie Nicolet
James Raymond

Don Hanson
Marianne Green

Maxine Helmers
Alice Holinger

Carlton Jacobs
JoAnn Asher

Cora Ethel Kesterson
Anonymous
Linda Comerci
Julia Coster
Lisa Fitzpatrick
Kathleen King
Marilyn May
Linda M. O'Bannon
Diane Smith

**Dorothy Magette**

John & Jackie Brunton

Helen Kathleen "Kay" PratherAlison E. Browne
Karen A Harris
Mary Ellen Rafferty**James Ryan**Beverly Dalzell
Charlotte Johnson
George Rhyneer & Marilyn McKay
Victor Ross & Judy Beckhorn-Ross
Frances Vadla
Ted & Dorothy Ziemplak**Bettie Sells**

Chugiak Lions Club

Lois B. SwanbergLayton & Thelma Allen
Anonymous
William & Susan Barrickman
Helene Brust
Dalonna & Gordon Cooper
Linda Eliason
Ingeborg & Joewayne Hallum
Harnish Group, Inc.
Katherine Martin
Arlene Schillereff
Carol Solheim
Uli & Voytek Wito**Dorothy Theiss**Mark & Mike Pollock
Joanne Theiss**Walter James Turner**Bobby & Sharon Janeway
Kent & Shirley Muehlhausen
Ann Pauli
Wanda Perdue**William Ullrich**Janet Tobuk
Pat Weatherbe**Patricia Versnick**Colleen Bridge & Michael Moeglein
Mary Lee Holen
Gene & Shirley Moe
Joyce W. Lund
Nieka Morrison
George Rhyneer & Marilyn McKay
Rhonda S. Scott
Jack & Donna Wernet**Aileen Wilson**

Michelle Wilson & Sean Hogan

In Honor**JP & Kari**

Deborah Norris

Ted TePas

Katherine TePas

Amblin' for Alzheimer's**Foraker Level**Alaska Airlines
Cruz Construction, Inc.
Leonard & Martens, LLC.
Harry "Bing" Prichard**Redoubt Level**Alaska Stairlift & Elevator
Phillips Cruises & Tours
Piledrivers & Divers Local Union No. 2520
Joshua J. Wright, D.D.S.**Geriatric Healthcare Series****Alzheimer's Resource of Alaska**
Host Sites: Anchorage, Palmer,
Fairbanks**Tuesdays, 3:00-4:30PM****January 14**
Functional Assessment**January 21**
Dealing with Loss & Grief**January 28**
Aging & Gastrointestinal Health**February 4**
Overview of Arthritis**February 11**
Pain Management in Older Adults**February 18**
**Falls Prevention: A Nursing
Perspective****February 25**
**Palliative Care in Older Adults
with Dementing Illness****March 4**
Hearing Loss & Rehabilitation**March 11**
UTI (Urinary Tract Infections)Cost is \$40 per registrant for entire
series (\$80 with CEUs)
Cost does not change based on
number of sessions attended.Register online at
www.AKCache.org
or register and pay at the door.Sponsored by the Trust Training
Cooperative, UAA and the Northwest
Geriatric Education Center.**A special thank you to all who supported in 2013!**

Alzheimer's Resource of Alaska was able to provide services to more people than ever before thanks to the generosity and commitment of our donors. From all of the staff here and the seniors across Alaska who benefit from programs and services, thank you!

Classes around the state

For information on any of these classes or programs visit www.AlzAlaska.org or contact the office nearest you.

Anchorage

1750 Abbott Rd.
561-3313

- **Activities of Daily Living: Dining**
10AM-12:00PM OR
5:30-7:30PM
Monday, January 13
- **Activities of Daily Living: Bathing Without the Battle**
10AM-12:00PM OR
5:30-7:30PM
Monday, January 20
- **Activities of Daily Living: Mouth Care**
10AM-12:00PM OR
5:30-7:30PM
Monday, January 27
- **Making Visits Positive**
10AM-12:00PM OR
5:30-7:30PM
Monday, March 10
- **What is the Medicaid Waiver?**
10AM-12:00PM OR
5:30-7:30PM
Monday, March 24
- **Art Links**
11AM -12PM
Fridays

Copper River Basin

822-5620

- **Activities of Daily Living (Online Webinar for Family Caregivers)**
7-8pm
Thursday, February 13
- **Dining & Dementia (Online Webinar for Family Caregivers)**
7-8pm
Thursday, March 13

Mat-Su Valley

10355 E. Palmer-Wasilla Hwy.
746-3413

- **Diversity and Dementia**
1-2:30PM OR 6:00-7:30PM
Monday, January 13
- **Savvy Caregiver**
10:30AM-12:30PM
Thursdays
February 27-April 3
Registration Required
- **Dining and Dementia**
1-2:30PM OR 6-7:30PM
Thursday, February 13
- **The Dementias Knowing the Difference**
1-2:30PM OR 6-7:30PM
Tuesday, March 18
- **Dementia Care Essentials**
10AM-12PM, Tuesdays
February 11-March 11
\$25 Registration Fee
- **Art Links**
1-2 PM
Fridays

Fairbanks

565 University Dr., Suite 2
452-2277

- **Early Stage Alzheimer's**
5:30-7PM
Tuesday, January 14
- **Middle Stage Alzheimer's**
5:30-7PM
Tuesday, February 11
- **Late Stage Alzheimer's**
5:30-7PM
Tuesday, March 11
- **Art Links NEW**
11:30AM-12 PM
First & Third Thursdays
Begins February 6
- **Savvy Caregiver**
5:30-7:30PM Wednesdays
February 19-March 26
Registration Required
- **Empowering Families Through Every Stage (Online Webinar for Professionals)**
12-1PM
Tuesday, January 28
Registration Required
- **Bathing Without the Battle (Online Webinar for Professionals)**
12-1PM
Tuesday, February 18
Registration Required
- **Introduction to Alzheimer's**
6-8 PM
Wednesday, February 19
- **Understanding Adult Guardianship (Online Webinar for Professionals)**
12-1PM
Tuesday, March 18
Registration Required
- **Knowing When to Brake**
6-8 PM
Wednesday, March 19
- **Dementia Care Essentials**
10AM-12PM
Wednesdays, April 2-April 30
\$25 Registration Fee

Juneau

3225 Hospital Dr., Suite 100
586-6044

For the most up-to-date class listings visit: www.AlzAlaska.org/events



Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

Anchorage				
Alzheimer's Resource of Alaska 1750 Abbott Rd.	General Caregiver	2nd Thursday	10-11:30 AM	Marilyn McKay
	General Caregiver	4th Thursday	5:30-7 PM	561-3313
	Guardianship Support	3rd Tuesday	5:30-7 PM	Lisa Wawrzonek 561-3313
Chester Park Cooperative 2020 Muldoon Rd.	General Caregiver	1st Friday	10 -11:30 AM	Kim Jung 561-3313
Eagle River				
Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	General Caregiver	2nd Thursday	6:30-8 PM	Marilyn McKay 561-3313/Linda Shepard 746-3413
Statewide Telephone Support Group				
Alzheimer's Resource of Alaska	General Caregiver	1st and 3rd Wednesday 2-3 PM Dial in 1-877-216-1555, Code 927989		Gay Wellman 882-5620 or (800) 478-1080 x6
Fairbanks				
Alzheimer's Resource of Alaska 565 University Ave. Suite 2	General Caregiver	1st & 3rd Tuesday	11:30 AM-1 PM	Joan Adams 452-2277
Homer				
Friendship Center	General Caregiver	2 Thursday's a month	2:30-3:30	Mary Jo 235-2295
Juneau				
Juneau Public Library 292 Marine Way	Family Caregiver	3rd Thursday	12-1 PM	Joylynn 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	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	1st Tuesday	1-2 PM	262-6808



Alzheimer's Resource of Alaska

30TH ANNIVERSARY

1984–2014

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To go paperless in 2014, email us at ADRAA@AlzAlaska.org to sign up for electronic delivery of this newsletter, training opportunities and other announcements.