With every new day, 1,290 Americans develop Alzheimer’s disease. One in every ten Americans has a family member living with Alzheimer’s disease. One in nine Americans age 65 and older has Alzheimer’s disease. With every passing day approximately 8,000 Baby Boomers turn 65. Developments in Alzheimer’s research are promising, but the painful refrain “there is still no cure” remains the same.

The statistics above are stark and they are often couched in a manner designed to startle, to make an impact, or inspire a call to action. But it is worth pausing to consider that each of those numbers also represents a life lived. Each number represents a person or a family seeking answers, treatments or solutions where sometimes there are none that satisfy.

The recent flood of Alzheimer’s related novels, films and memoirs is an organic response to a growing need for stories that offer, if not solace, a degree of understanding in the face of Alzheimer’s disease.

Lisa Genova’s highly praised New York Times bestselling 2009 novel Still Alice has been adapted into a newly released film that is winning wide acclaim. The film has won an Academy Award nomination for Julianne Moore for her harrowing performance as a brilliant young professor of cognitive psychology who is confronted by a journey that she is wholly unprepared to take - and yet cannot refuse after receiving a diagnosis of early onset Alzheimer’s disease.

The story offers a first person perspective that is an almost clinical account of memory loss – one that culminates in the narrator no longer being able to identify the persons who have been the main characters in her life – her family.

The New Yorker magazine has hailed another novel published this year, We Are Not Ourselves by Matthew Thomas as the greatest Alzheimer’s novel yet written and goes on to describe it as containing “the truest and most harrowing account of a descent into dementia.”

Thomas’ real life father died of Alzheimer’s. The novel spans three generations and centers on the complicated personality of a neuroscientist long before, and then in the midst of his life with Alzheimer’s. His wife and son are depicted as devoted, exhausted and angry caregivers for a man they love, but who does not recognize them anymore. They in turn feel helpless in wondering if they can truly know him anymore.

We Are Not Ourselves is an unflinching exploration of the changing nature of identity and the changing nature of love. The ancient Greek philosopher Heraclitus is perhaps best known for his claim that you can never step twice into the same river – a metaphor for the doctrine of an ever changing universe. There is no choice but to love a person with Alzheimer’s as they exist in the moment. A painfully evident truth to caregivers and the essence of person-centered care.

Alice Munro’s short story The Bear that Came Over the Mountain also delves into the complexities of loving a partner with Alzheimer’s disease, and it too has been adapted to a poignant film entitled Away From Her.

A woman in the middle stages of Alzheimer’s disease makes a firm
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Stay connected via Facebook and Twitter @AlzAlaska
It is rare for any single statistic to be greeted with near universal accord and enthusiasm – and so it is with undisputed pleasure that I wish you a Happy New Year. 2015 has most definitely arrived. Some Alaskans might point out that although the New Year has arrived, winter seems to have gone missing. A serious lack of snow and mild temperatures have some of us anxiously waiting to hit the slopes and trails. Others are delighted by open roads and low heating bills. Some data is open to a multitude of interpretations. And some is not.

Alzheimer’s is the SIXTH leading cause of death in the United States. One in nine Americans (11%) age 65 and older has Alzheimer’s disease. By 2050, those 65 and older with Alzheimer’s disease may nearly triple from 5.2 to 13.8 million nationally. Almost two-thirds of Americans with Alzheimer’s disease are women; 65% of caregivers for those living with Alzheimer’s are women.

Between 2014 and 2025, the number of Alaskans with Alzheimer’s Disease and Related Dementias (ADRD) is projected to increase from approximately 8,000 to over 14,000. Alaska has the fastest rate of increase of any state in the nation. In Alaska, 33,000 caregivers provided 37 million hours of unpaid care for their loved ones in 2013 – an unpaid value of $466 million. 59% of family caregivers of people with ADRD rated the emotional stress of caregiving as high or very high. The cost of health care for ADRD caregivers in Alaska in 2013 was $26 million greater than for Alaskans who are not caregivers.

These disturbing statistics should serve as a reminder that every individual diagnosed with Alzheimer’s also represents a far greater number of people who are living with the daily repercussions of the disease. Loved ones, caregivers, health and medical professionals, policy makers and educators alike are grappling with the ever-present burdens that make ADRD a public health priority.

As we enter our fourth decade of service, Alzheimer’s Resource of Alaska continues to ensure that Alaskans across the state have access to the very best knowledge, support and care possible. We are mindful that the above statistics are representative of individual lives affected by Alzheimer’s disease and we are committed to maintaining the quality of life for each unique Alaskan affected.

We are pleased to publish the winners of our 2014 Writing Contest in this edition of the newsletter; two touching stories that illustrate the depth of emotion and wisdom within our community of those living with Alzheimer’s. I would also like to remind you that now is the season to register with Pick.Click.Give. and share some of your PFD with Alzheimer’s Resource of Alaska and a truly great cause.

Thank you as always for your support and we look forward to coming closer to a cure in 2015.

Best Regards,

Karla Jacob
Executive Director
decision to move into a group home so as not to burden her husband with her care, he reluctantly agrees. The husband then must watch as she slips away from him and forms an inseparable bond with another patient living in the group home. Soon she ceases to recognize her husband and seems a different person than the one he has forever known.

The husband is left in the agonizing position of loving his wife so much as to not intrude on the happiness of the person she has become.

Often counted among the most helpful of Alzheimer’s resource books is Elegy for Iris, John Bayley’s memoir of his extraordinary wife, the great English novelist Iris Murdoch. It too has been adapted for the screen and features actress Judi Dench as a woman whose mastery of language and ideas is gradually stripped away. Iris charts the cognitive decline of an artistic genius and in doing so underscores a theme that so many Alzheimer’s related works of art seem to share. A brilliant writer, professor, or scientist is robbed of her faculties.

It is perhaps an effective dramatic strategy to portray a luminous mind slowly stripped of its power and the sense of gaping loss that accompanies this decline. But it is also true that each of these works of art grapples with the exact issues that ‘average’ individuals living with Alzheimer’s must face.

The disease makes no exceptions for genius and no matter the height of the fall, loving family members must endure a slow motion despair that feels entirely unique – but is in fact shared by millions.

By their very nature, the best of these books and movies about Alzheimer’s disease cannot wind their way toward happy endings. Their worth comes not from a tidy wrapping up of complex emotions, but from a shared wisdom.

It is the same wisdom that inspired the founders of Alzheimer’s Resource of Alaska. A desire to share with those families and individuals living with Alzheimer’s a fundamental truth: you are not alone.

We encourage you to reach out to our Education Specialists for other reading suggestions and remind you of the rich resource that is our lending library. Many of the titles mentioned in this article are available for check-out. We also welcome your suggestions for titles we are unaware of and should be added to our library.

Recommended Reading and Watching

**BOOKS**

*An Elegy for Iris* by John Bayley

*Still Alice* by Lisa Genova

*We Are Not Ourselves* (novel) by Matthew Thomas

*The Bear Came Over the Mountain* (short story) by Alice Munro

*Corrections* (novel dealing with dementia) by Jonathan Franzen

**FILM**

*Iris* (Judi Dench & Kate Winslet)

*Still Alice* (Julliane Moore)

*The Savages* (Phillip Seymour Hoffman)

*Away From Her* (Julie Christie)

*I’ll Be Me* (Glenn Campbell)
Congratulations to both Maggie Wilkinson and Sonya Davis, First and Second Place winners of the 2014 writing contest. Both essays can be found on our website. Thank you, to all who entered.

Learning to knit happened when I was 8 years old. I sat close by my mother’s side with her arm around me. She guided my hands to push the point of the first metal needle into the back of the stitch on the second needle, wrap the yarn around the first needle, tuck that needle under the wrapped yarn and carefully slide the yarn off the second needle onto the first.

My movements were tentative and jerky as I clutched the needles too tightly and hung on to the yarn with an iron grip. I was afraid my stitches would fall off one needle or the other and all would be lost.

Knitting was something I had wanted to do for as long as I could remember. My grandmother and my mother both knit and they would talk together about yarn and patterns and life as they shared their progress on their projects. I wanted to be part of this, but Mom said I had to wait until I was 8 years old. This summer I turned 8 and now I was old enough. But knitting was harder than I had thought and I really had to concentrate.

Pressing my tongue against the side of my mouth and biting it gently seemed to help to keep the stitches on the needle. I liked sitting so close to my mom. She was warm and she smelled good and I had her full attention.

I slipped the knitting needles in and out and wrapped the yarn around them and my motions became more confident and relaxation that began in my fingers soon spread to the rest of my body. Mom helped me complete many projects and would knit a few rows for me when my knitting became too tight or she would pick up stitches that I had dropped. With her patient reassurance many years went by and I became more proficient at knitting.

When I became a teenager and then a young adult I spent less time knitting and eventually set it aside completely.

Several years ago my desire to knit again resurfaced and I remembered all the pleasant memories of that time with Mom. I again sought her assistance. I wanted to knit socks. I had admired the socks my mom had knit for me and many other people.

Again Mom sat by my side. Forty years had gone by since we first had sat this way to knit. This time she spoke the instructions rather than guiding my hands with hers. “Cast 60 stitches onto 3 needles. Knit 2, purl 2 for 6 inches, then slide 30 stitches onto one needle and make the heel flap”, she said.

Mom had all of this memorized. She had grown up the oldest child in a family of 4 children and the only girl. She had made socks for her brothers as they grew up. Then when they went off to war she continued to make socks for them. The tops looked like regulation government issue in army green but the soles of the socks had a brightly colored argyle pattern to remind them of freedom and individuality and that they were loved. Mom was a subtle breaker of rules. She told me these and other stories as she taught me to make socks.

The socks I was making were not for soldiers going to war although our country was again at war. They were not argyle or complicated in any way or for any cause other than my desire to make them.

I needed to keep it simple, learn the basic stitches, master the tension and not leave any holes. The yarn, although wool, can be washed in the washing machine without shrinking. It is dyed with a pattern programmed by a computer. Mom hasn’t knit with this kind of yarn before but she likes watching the pattern form as I knit. She is very encouraging as I struggle to get it right.

(see page 7, Knitting Socks)
A warm thank you to Tubular Solutions Alaska, LLC for their generous donation to Alzheimer’s Resource of Alaska. Lisa Wawrzonek shared a few stories about our organization during the Tubular Solutions Holiday Party and accepted a gift of $10,000 from Managing Director John Harris.

Alzheimer’s Resource of Alaska initiated the holiday season with a celebration of our 30th Anniversary at the Alaska Native Heritage Center. The dinner and silent auction raised $9,527 - we extend our thanks to all of the 165 guests who were able to attend. The evenings highlights included a bit of reminiscing on the part of founders Rebecca Clement and Beverly Tallman. Until there is a cure, we look forward to continuing a three decades tradition of uniting Alaskans.

ARA’s Vision To Reality Conference at the Egan Center lived up to its billing as an opportunity to Break Barriers, Embrace Diversity and Grow Together. 246 attendees had the opportunity to learn from key note speakers Dr. Bill Thomas and Jill Vitale-Aussem. Break-out sessions covering a wide gamut of caregiving issues and the Virtual Dementia Tour made for an enriching, empowering two days. The event was a success due in large part to our sponsors, the Egan Center, Mat-Su Senior Services for use of their van, Valley Transportation and IMIG for great sound and projection. Thank You All!

SAVE THE DATE!
Amblin for Alzheimer’s May 9th, 2015

Walk, run, skip or cartwheel in support of Alaskan seniors and those affected by Alzheimer’s disease or related dementia. REGISTER Today at ALZALASKA.ORG

On Tuesday, February 3rd from 5:00 pm – 8:00 pm Apricot Lane Boutique will contribute to ARA 20% of all their sales during those hours. Join us for Valentine’s Day shopping and raise funds for our cause! Thank you to Nancy Lee and Rori Van Nortwick for organizing this heartfelt event. Level 2 at the 5th Avenue Mall.
Every few months, the so-called “grandparent scam” reemerges in Alaska—an imposter scam that has been around for years and has claimed thousands of victims. Instead of helping a grandchild in distress, though, worried grandparents are mistakenly wiring money to con artists. More than one-third of all victims of fraud are over age 50.

Con artists prey on the elderly because they are much easier to confuse and take advantage of, and they are less likely to remember the details of an incident. The elderly are also less likely to report fraud either because they are too embarrassed or they don’t know where to turn for help.

These phone calls often occur late at night or early in the morning, catching seniors unaware. The frantic call actually comes from a scammer, posing as the victim’s grandchild. Often he even knows the grandchild’s name: “Grandma, it’s me, Timmy.” The fake grandchild claims to be in trouble or to have had an accident in another country (for example, Mexico or Canada): “I’ve been arrested,” Timmy says, but he does not want the grandparent to call his parents.

Victims are then put on the phone with an accomplice claiming to be a police officer, lawyer or hospital employee, who gives instructions on where to wire the money to post bail, pay attorney’s fees, repair the car involved in the accident, or cover the hospital bills.

This scam also targets families with military members deployed overseas. Scammers call grandparents of service members, claiming their grandchild

has been arrested in a foreign country and money needs to be sent immediately to post bail. Better Business Bureau of Alaska offers the following tips to avoid this scam:

- If you receive a phone call from someone claiming to be a grandchild in distress, do not disclose any personal information, especially the grandchild’s name if it hasn’t been given. Ask simple questions that your grandchild should be able to answer; for example, what gift you gave him/her for their last birthday or the name of a family pet.
- Stay calm and try not to act out of urgency. Call family members to verify the locations of grandchildren and other family members.
- Never give out bank account numbers, social security numbers or credit card numbers over the phone.
- Do not send money. Never wire money to unknown persons. It is the same as sending cash—once it is sent, it is almost impossible to recover.

Better Business Bureau of Alaska offers the following tips to avoid this scam:

- Regularly update privacy settings on social media sites. Scammers often obtain personal information on these sites and use it for scams and identity theft.

Michelle Tabler is the Alaska Regional Manager for the BBB

Knitting Socks

(continued from page 5)

Mom’s short term memory is starting to be a little hazy or at least this is what she tells me. She turns 93 this winter and struggles to remember details of each day. Shoot this happens to me too. She lives in the same house I spent my teen years in but now sounds that occur at night are interpreted as possible threats and they frighten her. She has wonderful caregivers from Midnight Sun Home Care. We listen to her words of concern and try to comfort her. She has an orange cat named Marmalade who also helps her feel safe. Mom has taught some of her caregivers to knit too and they share their stories as they create blankets and scarves.

Mom no longer remembers how to turn the heel of a sock but she still is confident when she assures me that I can do it.....one stitch at a time. She tells me that a mistake only has to be torn out and redone if it can be seen from across the room.

These are good rules to live by.....one stitch at a time.....correct the mistakes that make a difference, listen, encourage and share each others’ stories.
Bring a Rock  by Sonya Davis, second place winner of the 2014 Writing contest

“Family Meeting, Everyone Bring A Rock.”

That’s what the invitation said. Dad sent this to everyone in the family. We were celebrating Christmas that year in a log cabin vacation rental in Gatlinburg, Tennessee. I was a new mother that year, and Dad had just lost his mother to Alzheimer’s. Several of us called him to ask what in the world he was talking about, and I may have asked if he had lost his mind. He refused to elaborate, but reminded us, “Don’t forget your rock.”

Maybe it was the hustle and bustle of the holidays, maybe I was overwhelmed with motherhood, or maybe I was just being a bit rebellious, but I packed everything I needed for the vacation except a rock. Who brings a rock on vacation, anyway?

After our big family dinner, and before everyone dispersed to wash dishes, take naps and watch TV, Dad announced that it was time for everyone to get their rock and gather in the living room. Even though I was in my mid-twenties, my sister still enjoyed snitching on me and promptly informed Dad that I didn’t bring one.

He sent me outside and told me not to come back in without a rock.

I trudged out in the cold, certain that this evening would end with a sibling meeting. You know, the one where all the siblings gather to decide who Dad is going to live with now that he’s lost his marbles.

When I returned, the family was gathered in the living room, each person holding a rock but not knowing why. Dad stood in front of us all, flames leaping and crackling in the fireplace behind him. He suddenly looked older to me.

I bounced my baby girl on my lap and she licked the rock. Don’t judge me, she was being quiet, and the woods of Tennessee are quite clean.

Dad talked about life, about having both a birth and a death in the family this year, and the importance of marking milestones in our lives. “Back in the old days,” he started, as I saw some of the eyes in the room glaze over, “armies would travel across seas, deserts, and mountains, they would fight battles, and they recorded their travels and battles in a variety of ways. Often, they would stop, gather up a large pile of stones, and build a makeshift monument to mark the occasion. They would take this time to reflect on their safe passage, or their stunning victory, give thanks, share camaraderie, and rest. We are here today to make a monument.”

The room was quiet now, as he had managed to capture everyone’s attention. Dad held up his rock, and began to tell us how difficult this year had been for him, caring for and eventually losing his mother, welcoming a grandchild, and recognizing and facing his own mortality. With tears in his eyes he shared his stories of triumphs and failures over the past year. When he was done, and with no instructions to the rest of us, he placed his rock on the large hearth and quietly took a seat.

My oldest brother seemed to sense what was expected of him, and, as the next oldest member of the family, he too rose and stood near the fire, anxiously turning his stone over and over again in his hands as he talked about his cancer scare this year and the joy of purchasing his first home. When he finished, he placed his stone right next to Dad’s and took his seat on the sofa by his wife.

One by one, each of us stood in front of the family, sharing our successes, failures, trials and accomplishments of the past year. We laughed and cried as we listened to each person share the culmination of their joys and heartaches, and we watched as the small pile of stones grew larger, until there were 17 stones in all, a small monument marking an entire year of memories. I think we all knew that a new family tradition had begun that day.

Many years have passed since that day. With Dad gone now, the joys and stresses of hosting family gatherings have fallen to me.

(see Bring a Rock, page 12)
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Alaska Aces
Alaskan Sweet Things
Katheryn Allen
Debbie Anderson
Liz Ashlock
Auntie Anne's
Barnes and Noble
Cindy Barrickman
Shirley Bennett
Michele Berns
Bob & Nellee Boothby
Jackie Brunton
Cabin Fever
Cafe Del Mundo
James Callahan
Jeffery Lisa Charvet
Jennifer Charvet
Debbie Chulick
Janice Chulick
Copper Basin Senior Citizens, Inc.

Michael Courtney
Kathy Dawson
Mary Knox Dodge
Pat Erickson
Estate of Dennis Nolan
Fairbanks Pioneer Home
Rose Feltz
Firetap
Great Harvest Bread Co.
Lucas Guyer
Rachel Guyer
Rebecca Guyer
H2Oasis Indoor Waterpark
Vanda Hoecher
J-Rods
Matthew Kenney
Shauna Kirkpatrick
Robert Kreft
Bonnie Olsen Lee
Tim Maattala
Rhonda McLeod
Vickie Miller
Roby Millis

Carl Mujagic
Testta Mulkey
Office of Emergency Management
Ozarks Antiques and Decor
Gloria Pavageau
Theron & Kelly Powell
June Robinette
Rocky Mountain Chocolate Factory
Sal's New York Grill and Catering
Jerri Sansone
Vicki & Rod Schuh
Schlotzsky's
Rhonda Scott
Mae Ann Smith
Jonell Snook-Holmes
Sona Vita Medical Day Spa
Rosemarie Spencer
University of Alaska Anchorage
Department of Athletics
Lynn and Norm Van Vactor
Lisa Wawrzonkek
Cheryl Westley
Wilson Sporting Goods Company
WineStyles
Memorials and Tributes

Stanley Brust
Helene Brust

Carolyn Bush
Pioneer’s of AK Women Igloo #11

Evelyn Bush
P. E. & B. R. Hulbert
Helen & Cindy Woodings

Ralph Campbell
Eleanor Franke
Leah Hoffman
Timothy Dale Kirschbaum
Rita Metcalfe

Tanna Carter
Bob & Anita Hammond

Leola “Lee” Cox
Costco Wholesale
Marcy Redick
Ida deVille
Dewey & Louise Whetsell

Nellie Forbes
Tim & Suzanne Felks
Edith S Greene
Homer Electric Association, Inc.
Marti J McCleery
Pastor Fred & Winene Nimmo
Alfred T Tompkins

Merlyn Gruhn
Janice I. Gruhn

Patricia Jensen
Margaret Anderson
L.M. Denn
Petro Marine Services

Dorothy Magette
John & Jackie Brunton
Becky & Ross Clement

Tom Magliozzi
Christy B. Leblond

Marilyn O’Brien
Ken & Marian Koelsch

Carol Pokrandt
Jeffrey L Grant
Sue Klescewski
David G. Nelson
Rose M. Nelson

Audrey Roberts
James & Janet Kelley
MTA, Inc
Roger & Nancy Wickert
James & Donna Wilks

Catherine Schichnes
University of Alaska Fairbanks

Jon Shipman
Jon Shipman

Marlow Thomas
Hearts & Hands, Inc.

Patricia Versnick
Rhonda S. Scott

Thomas Walker
Jessica Cacciola
William J Hearn, Jr.
Donald R. & Shari D McLellan
Margo Ramage

Dale Forest Wanner
Edward & Jeanne M. Wanner
Joe & Kathy Wanner

Carol Winey
Ernest & Evelyn Hamm

In Honor of

Chris Beck
Michael N. Meiser

My daughter, who sat on my lap all those years ago, is coming home for college break. She is on the phone now, asking if she can bring her boyfriend home for Christmas. I guess I shouldn’t be too surprised; after two years of dating they are starting to get serious.

I sit trying to untangle strings of lights, phone wedged between my ear and my shoulder so I can use both hands.

I think back to that little stone monument we left sitting on the hearth in the cabin that day.

Families grow and change; we celebrate together as marriages and births bring new members in, and we mourn together when heartbreaking losses take family members away. We will always take the time to mark, remember celebrate and reflect on the events that have brought us to where we are today. With this in mind, I realize there is really only one answer to her question:

“Make sure he brings a rock.”
# Classes around the state

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

## ANCHORAGE
1750 Abbott Road
561-3313

<table>
<thead>
<tr>
<th>ABC PRESENTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Making Dining Enjoyable</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Healthy Body, Healthy Brain</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Making Visits Positive</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Early Stage of Alzheimer’s</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Middle Stage of Alzheimer’s</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Late Stage of Alzheimer’s</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Savvy Caregiver For Families</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Virtual Dementia Tour</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Free, Registration Required</td>
</tr>
<tr>
<td>Savvy Professional</td>
</tr>
<tr>
<td>Contact Linda Shepherd</td>
</tr>
<tr>
<td>$50, Registration Required</td>
</tr>
</tbody>
</table>

## JUNEAU
3225 Hospital Drive
586-6044

<table>
<thead>
<tr>
<th>ABC PRESENTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backing Out of Time</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Documentary</td>
</tr>
<tr>
<td>Wednesday, 1/28</td>
</tr>
<tr>
<td>Intro to Alzheimer’s Disease</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Wednesday, 2/25</td>
</tr>
<tr>
<td>Knowing When To Brake</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Savvy Caregiver for Families</td>
</tr>
<tr>
<td>Mondays, 2/2-3/9</td>
</tr>
<tr>
<td>5:30-7:30PM</td>
</tr>
</tbody>
</table>

## FAIRBANKS
565 University Dr., Suite 2
452-2277

<table>
<thead>
<tr>
<th>ABC PRESENTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Prevention</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Activities of Daily Living</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Virtual Dementia Tour</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

## COPPER RIVER BASIN
Glennallen Senior Center, 822-5620

| Brain Fitness “Senior Scribblers”  | 1:00-2:00PM, Last Thursdays  |
| Brain Fitness  | Valdez Senior Center  |
|   | Tuesdays, 1/27 & 3/31  |
|   | 1:00-2:00PM  |

## MAT SU VALLEY
10355 E. Palmer Wasilla Highway
746-3413

<table>
<thead>
<tr>
<th>ABC PRESENTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behaviors That Challenge Us</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Finding Health Information You Can Trust</td>
</tr>
<tr>
<td>Wednesday, 3/18</td>
</tr>
<tr>
<td>Noon-1:30PM or 6-7:30PM</td>
</tr>
</tbody>
</table>

## MIND MATTERS
Screening Required

<table>
<thead>
<tr>
<th>Anchorage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays, 1/6-2/24</td>
</tr>
<tr>
<td>10:00-11:30AM</td>
</tr>
<tr>
<td>Mat Su Valley</td>
</tr>
<tr>
<td>Wednesdays, 1/7-2/25</td>
</tr>
<tr>
<td>10:30AM - NOON</td>
</tr>
</tbody>
</table>

## ART LINKS

Anchorage - Fridays 11:00-NOON
Mat-Su - Fridays 1:00-2:00PM
Juneau - Thursdays 10:30-11:30AM
Fairbanks - Thursdays 1:30-2:30PM

## DEMENTIA CARE ESSENTIALS

Anchorage  |
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays 1/20-2/17, 3:00-5:00 PM</td>
</tr>
<tr>
<td>Trust Training Cooperative</td>
</tr>
<tr>
<td>2702 Gambell 2nd Floor</td>
</tr>
<tr>
<td>$35 Registration Required</td>
</tr>
<tr>
<td>ALSO in SITKA &amp; KETCHIKAN</td>
</tr>
<tr>
<td>Juneau</td>
</tr>
<tr>
<td>1/30 - 2/27; 10:00-Noon</td>
</tr>
<tr>
<td>COMING UP</td>
</tr>
<tr>
<td>ALSO in FAIRBANKS &amp; DILLINGHAM</td>
</tr>
</tbody>
</table>
**Classes around the state**

**PROFESSIONAL WEBINARS**
Info: Amber Smith, 586-6044, asmith@alzalaska.org

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honoring Connection</td>
<td>Tuesday 1/27</td>
<td>Noon-1:00PM</td>
</tr>
<tr>
<td>Behaviors That Challenge Us</td>
<td>Tuesday 2/24</td>
<td>Noon-1:00PM</td>
</tr>
<tr>
<td>Dining and Dementia</td>
<td>Tuesday 3/24</td>
<td>Noon-1:00PM</td>
</tr>
</tbody>
</table>

**FAMILY CAREGIVER WEBINARS**
Info: Gay Wellman, 822-5620, gwellman@alzalaska.org

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Expression &amp; The Loss of Intimacy</td>
<td>Thursday 2/12</td>
<td>7:00-8:00PM</td>
</tr>
<tr>
<td>Bathing Without The Battle</td>
<td>Thursday 3/12</td>
<td>7:00-8:00PM</td>
</tr>
</tbody>
</table>

**OWL VIDEO CONFERENCE PRESENTATIONS**

All meetings are Saturdays 10:30-NOON
Presented Live at the Loussac Public Library (TeleConference locations TBA)

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activites of Daily Living</td>
<td>2/28</td>
</tr>
<tr>
<td>The Family Meeting</td>
<td>3/21</td>
</tr>
<tr>
<td>Understanding Adult Guardianship</td>
<td>4/18</td>
</tr>
</tbody>
</table>

**STATEWIDE SAVVY CAREGIVER WEBINAR**

Mondays, 2/2-3/9
2:00-4:00PM
GoTo Meeting or Phone
Contact: Gay 882-5620
gwellman@alzalaska.org

**SEWARD VIRTUAL DEMENTIA TOUR**

Thursday 3/5 11:00-3:00PM
Seward Public Library
239 6th Avenue, Seward, AK 99664
Free, Sign-up Required,
Contact: Dana Paperman 224-5604

**2015 Northwest Geriatric Healthcare Series**

January 6 - March 10, 2015

online via University of Washington Interactive Virtual Classroom / Register WWW.AKCACHE.ORG

All seminars will be held Tuesdays 3:00-4:30pm at the Anchorage, Mat Su and Fairbanks offices of Alzheimer’s Resource of Alaska

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 27</td>
<td>After the Diagnosis: Maintaining Quality of Life and Coping with Early Stage Issues</td>
</tr>
<tr>
<td>Feb 3</td>
<td>Middle and Later Stages: Supporting Caregivers and Coping with Challenging Behaviors</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Dementia: End of Life Symptom Management</td>
</tr>
<tr>
<td>Feb 17</td>
<td>Sleep and Dementia</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Building on Family Dynamics in Coping with Dementia</td>
</tr>
<tr>
<td>Mar 3</td>
<td>Caring for the Alzheimer’s Caregiver</td>
</tr>
<tr>
<td>Mar 10</td>
<td>Ethical Dilemmas in the Care of Older Patients with Cognitive Impairment</td>
</tr>
</tbody>
</table>

Costs in Alaska: $10 per session or $60 for entire series. (Optional CEU’s available for additional $40)
*The UW School of Nursing requires an additional $40 processing fee for a contact hour certificate payable at the end of the series.*
Support Groups around the state

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

<table>
<thead>
<tr>
<th>Anchorage</th>
<th>General Caregiver</th>
<th>2nd Thursday</th>
<th>12PM-1:30PM</th>
<th>Debbie Chulick 561-3313</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Resource of Alaska 1750 Abbott Rd.</td>
<td>General Caregiver</td>
<td>4th Thursday</td>
<td>5:30-7 PM</td>
<td>Kim Jung 561-3313</td>
</tr>
<tr>
<td>Chester Park Cooperative 2020 Muldoon Rd.</td>
<td>General Caregiver</td>
<td>3rd Friday</td>
<td>10-11:30 AM</td>
<td>Kim Jung 561-3313</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eagle River</th>
<th>General Caregiver</th>
<th>2nd Thursday</th>
<th>6:30-8 PM</th>
<th>Debbie 561-3313</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.</td>
<td>General Caregiver</td>
<td>2nd Thursday</td>
<td>6:30-8 PM</td>
<td>Linda 746-3413</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Statewide Telephone Support Group</th>
<th>General Caregiver</th>
<th>1st and 3rd Wednesday</th>
<th>2-3 PM</th>
<th>Gay Wellman 882-5620 or (800) 478-1080 x6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Resource of Alaska 1750 Abbott Rd.</td>
<td>General Caregiver</td>
<td>1st and 3rd Wednesday</td>
<td>2-3 PM</td>
<td>Gay Wellman 882-5620 or (800) 478-1080 x6</td>
</tr>
<tr>
<td>Chester Park Cooperative 2020 Muldoon Rd.</td>
<td>General Caregiver</td>
<td>2nd Thursday</td>
<td>2PM-3:30 PM</td>
<td>Mary Jo 235-2295</td>
</tr>
<tr>
<td>Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.</td>
<td>General Caregiver</td>
<td>1st &amp; 3rd Tuesday</td>
<td>11:30AM-1PM</td>
<td>Joan Adams 452-2277</td>
</tr>
<tr>
<td>Statewide Telephone Support Group</td>
<td>General Caregiver</td>
<td>1st and 3rd Wednesday</td>
<td>1-2 PM</td>
<td>Gay Wellman 882-5620 or (800) 478-1080 x6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fairbanks</th>
<th>General Caregiver</th>
<th>1st &amp; 3rd Tuesday</th>
<th>11:30AM-1PM</th>
<th>Joan Adams 452-2277</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Resource of Alaska 1750 Abbott Rd.</td>
<td>General Caregiver</td>
<td>1st &amp; 3rd Tuesday</td>
<td>11:30AM-1PM</td>
<td>Joan Adams 452-2277</td>
</tr>
<tr>
<td>565 University Ave. Suite 2</td>
<td>General Caregiver</td>
<td>1st &amp; 3rd Tuesday</td>
<td>11:30AM-1PM</td>
<td>Joan Adams 452-2277</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Homer</th>
<th>General Caregiver</th>
<th>2 Thursday’s a month</th>
<th>2:30-3:30</th>
<th>Mary Jo 235-2295</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friendship Center</td>
<td>General Caregiver</td>
<td>2 Thursday’s a month</td>
<td>2:30-3:30</td>
<td>Mary Jo 235-2295</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Juneau</th>
<th>Family Caregiver</th>
<th>Call for more information</th>
<th></th>
<th>Joylynn for INFO at 463-6177 or 866.746.6177</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridge Adult Day Center 1803 Glacier Highway</td>
<td>Family Caregiver</td>
<td>Call for more information</td>
<td></td>
<td>Joylynn for INFO at 463-6177 or 866.746.6177</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ketchikan</th>
<th>Family Caregiver</th>
<th>Call for more information</th>
<th></th>
<th>Bernice 225-8080</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southeast Senior Services</td>
<td>Family Caregiver</td>
<td>Call for more information</td>
<td></td>
<td>Bernice 225-8080</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kodiak</th>
<th>General Caregiver</th>
<th>4th Thursday</th>
<th>12:30-1:30 PM</th>
<th>486-6181</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kodiak Senior Center 302 Erskine Ave.</td>
<td>General Caregiver</td>
<td>4th Thursday</td>
<td>12:30-1:30 PM</td>
<td>486-6181</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mat-Su Valley</th>
<th>General Caregiver</th>
<th>2nd Wednesday</th>
<th>1-2:30 PM</th>
<th>Linda Shepard 746-3413</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Resource of Alaska Trinity Barn Plaza Mile 2.2 Palmer-Wasilla Hwy.</td>
<td>General Caregiver</td>
<td>2nd Wednesday</td>
<td>1-2:30 PM</td>
<td>Linda Shepard 746-3413</td>
</tr>
<tr>
<td>Seward</td>
<td>General Caregiver</td>
<td>4th Thursday</td>
<td>1-2 PM</td>
<td>262-1280 or (800) 776-8210</td>
</tr>
<tr>
<td>Seward Senior Center</td>
<td>General Caregiver</td>
<td>4th Thursday</td>
<td>1-2 PM</td>
<td>262-1280 or (800) 776-8210</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sitka</th>
<th>General Caregiver</th>
<th>2nd Wednesday</th>
<th>12-1 PM</th>
<th>747-4600</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brave Heart Volunteers</td>
<td>General Caregiver</td>
<td>2nd Wednesday</td>
<td>12-1 PM</td>
<td>747-4600</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soldotna</th>
<th>General Caregiver</th>
<th>2nd &amp; Last Tuesday</th>
<th>1-3 PM</th>
<th>262-1280 or (800) 776-8210</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soldotna Senior Center</td>
<td>General Caregiver</td>
<td>2nd &amp; Last Tuesday</td>
<td>1-3 PM</td>
<td>262-1280 or (800) 776-8210</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sterling</th>
<th>General Caregiver</th>
<th>1st Tuesday</th>
<th>1-2 PM</th>
<th>262-6808</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sterling Senior Center</td>
<td>General Caregiver</td>
<td>1st Tuesday</td>
<td>1-2 PM</td>
<td>262-6808</td>
</tr>
</tbody>
</table>
Pick. Click. Give. If you apply for your 2015 dividend before March 31st and share some of it with Alzheimer’s Resource of Alaska, you may be one of ten lucky Alaskans who will double their dividend. If you’ve already filed, it’s easy to log on again and choose a cause that matters to you. It is a chance for all of us to come together and give a little extra. Just Pick. Click. Give.