Alzheimer’s Resource of Alaska has recently hired 10 new care coordinators, five new positions in both Juneau and Mat-Su Valley. Our expansion is a deliberate response to the growing needs of some of the most vulnerable individuals living in our state.

The days of relying on a family doctor with a small black bag and a soothing soul can seem like a quaint fantasy in the face of the logistical and bureaucratic hurdles so many Alaskans face in seeking assistance for themselves or a loved one living with a disability.

Breakthroughs in modern medicine and the proliferation of specialists have of course alleviated suffering, increased longevity and enriched our lives. But navigating a path toward the care and services you or a loved one needs can be a source of real frustration and distress. There is a vital need for health professionals who are on a first name basis with their clients, who share a connection and are concerned with quality of life issues – or, who can simply be counted on for spirit lifting interactions. These are the tools of the Care Coordinator.

“Care Coordination,” the words themselves are straightforward enough, but what exactly do care coordinators do? How does the addition of these professionals further the mission of Alzheimer’s Resource of Alaska? There are a host of reasons people might feel themselves hitting a brick wall in their efforts to attain the care and services. Confusion, fatigue, sorting through conflicting information; the challenges of living with a disability are made easier and quality of life improves with the addition of professional care coordination.

G. Allen Power, MD, and Rosemary Bakker, MS, share a vision. They believe that persons living with dementia can enjoy a high quality of life for much longer than most assume. And they have very specific ideas about how to achieve that vision.

For Dr. Power, the key is through changing the current culture of caregiving for those living with dementia. For Ms. Bakker, the key is recognizing how improving the design of living spaces can reduce the confusion and frustration familiar to those affected by dementia.

Their ideas were shared with 148 family caregivers and professionals in dementia care at the Winter Workshops held in Anchorage and Juneau on March 15 and 16: Excellence in Dementia Care: Enhancing Well-Being and Improving Living Spaces. The program was co-hosted by Alzheimer’s Resource of Alaska and SAIL, Inc. (Southeast Alaska Independent Living) with the financial support of the Alaska Mental Health Trust Authority.
# Board of Directors

**President**  
Natasha Pope  

**Vice President**  
Patrick Cunningham  

**Treasurer**  
Cindy Vanden Berg  

**Secretary**  
Nicki Addonisio  

**Member-at-Large**  
Lynn Van Vactor  

---

## Staff

<table>
<thead>
<tr>
<th><strong>Executive Director</strong></th>
<th>Karl Garber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Administration &amp; Development</strong></td>
<td></td>
</tr>
<tr>
<td>Barbara Seibel</td>
<td>Business Manager</td>
</tr>
<tr>
<td>Lorraine Guyer</td>
<td>Development Director</td>
</tr>
<tr>
<td>Ann Farris</td>
<td>Executive Assistant</td>
</tr>
<tr>
<td>Chris McConnell</td>
<td>Communications Specialist</td>
</tr>
<tr>
<td>Vanda Hoecher</td>
<td>Receptionist</td>
</tr>
<tr>
<td><strong>Care Coordination</strong></td>
<td></td>
</tr>
<tr>
<td>Rebecca Marinelli</td>
<td>Care Coordination Manager</td>
</tr>
<tr>
<td>Amber Bartz</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Valerie Brogden</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Rachael Burkhart</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Ryan Carroll</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Jennifer Charvet</td>
<td>Care Coordination / Office Supervisor</td>
</tr>
<tr>
<td>Val Cummins</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Patty Duncan</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Jane Haiar</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Gabriela Harbison</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Ellen Homer</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Sarah Lawrence</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Christy Long</td>
<td>Care Coordinator Manager</td>
</tr>
<tr>
<td>Donna Matthews</td>
<td>Program Assistant</td>
</tr>
<tr>
<td>Susan Miller</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Jane Preston</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Niima Radford</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Liz Smith</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Tess Staton</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Olga Tanner</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Amy Young</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td>Kelsey Youngs</td>
<td>Care Coordinator</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>Pam Kelley</td>
<td>Education Director</td>
</tr>
<tr>
<td>Joan Adams</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Debbie Chulick</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Janice Downing</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Jane Haiar</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Kimberly Jung</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Linda Shepard</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Amber Smith</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Gay Wellman</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Cheryl Westley</td>
<td>Program Assistant</td>
</tr>
</tbody>
</table>

## Offices & Contact Information

### Anchorage
- 1750 Abbott Rd.  
- Phone (907) 561-3313  
- Fax 561-3315

### Fairbanks
- 565 University Ave., Suite 2  
- Phone (907) 452-2277  
- Fax 457-3376

### Juneau
- 3225 Hospital Dr.,  
  1st Floor Conference Room  
- Phone (907) 586-6044  
- Fax 586-6084

### Mat-Su Valley
- Trinity Barn Plaza  
  10355 E. Palmer-Wasilla Hwy.  
  Suite 110  
- Phone (907) 746-3413  
- Fax 746-3412

### Copper River Basin
- (907) 822-5620

### Statewide
- Toll Free within Alaska  
  (800) 478-1080

**www.AlzAlaska.org**  
Stay connected via Facebook and Twitter @AlzAlaska
Letter From The Executive Director

Greetings,

Alzheimer’s Resource of Alaska was founded upon the principle of helping vulnerable Alaskan elders to remain living safely in their homes, while retaining the highest quality of life possible. This need is especially great today as our state faces a time of fiscal uncertainty and debates how best to serve the fastest growing senior population in the United States. For this to happen, we will continue to unite with Alaskans to provide innovative and much needed services.

Recently, we united with Southeast Alaska Independent Living (SAIL), Alaska Training Cooperative and Alaska Mental Health Trust Authority to make possible: Excellence in Dementia Care, our winter workshop held in both Anchorage and Juneau. The expert speakers (Dr. Allen Power and Rosemary Bakker) emphasized innovative methods of achieving well-being for those living with Alzheimer’s disease and related dementias (ADRD). Many family caregivers and professionals benefited from these workshops and their increased knowledge improves the quality of life for our fellow Alaskans.

Anticipating the needs of these vulnerable Alaskans has led us to expand our Care Coordination services. We have hired several new care coordinators who will serve Alaskans in the Mat-Su Valley and Juneau areas. I encourage you to read the article included in this newsletter that welcomes these talented professionals to our organization. They are having an immediate impact on the lives of individuals and families, and thus the well-being of Alaska as a whole. Care coordinators know the vast array of resources and services available in the community that meet the needs of vulnerable Alaskans. Care coordination is one of those essential services that many Alaskans aren’t aware of until they, or a loved one, inevitably requires it. Because of our expansion, more Alaskans will attain the care they need with the services and compassion they deserve.

In Anchorage, we are uniting for Amblin’ for Alzheimer’s - our annual walk to raise awareness and funds for those living with Alzheimer’s disease and related dementias. We hope to see you walking with us at the Anchorage Golf Course on Saturday, May 7th (you can find more details at AlzAlaska.org.) I thank you in advance for your generosity in supporting our twelfth year of this wonderful walk.

Best Regards,

Karl Garber
Executive Director
Care Coordination (from page 1)

Care coordination is being called upon at an ever increasing rate to insure the overall well-being of Alaskans living with disabilities. We thought this an excellent opportunity to hear from a few of our new care coordinators regarding their thoughts and experiences, as well as the misconceptions surrounding their profession.

How do you respond when people ask you what you do?

I explain that I am a broker of services; helping individuals find and acquire the services they need to live the life that they want.

Christy Long

I am the advocate and liaison for individuals with intellectual disabilities. I advocate for services they might need in the home and in the community. Many people mistake me as the person overseeing service provision. I always get calls from families and community members regarding scheduling of staff. I have to explain what I do and what the Service Provider does and the difference between the two.

Niima Radford

I explain that I work with both individuals and their families looking for and obtaining support services to assist in growth, independence and care for individuals with disabilities.

Val Cummins

I say I write and I monitor the plans for individuals with disabilities so that they may receive services from the state. Most people do not know what Waiver services are, but they have some idea that there are supports available.

Jane Preston

What is the first question you would ask if you were looking for a Care Coordinator for a loved one of your own?

I would ask how long they have lived in the town they are working in as a Care Coordinator to ascertain how familiar they are with services, supports, recreation, etc., in that community.

Val Cummins

I would ask how big your client case load is and how long does it take you to return a phone call.

Olga Tanner

How do you approach your work with each individual?

Christy Long

What do you think is the most pressing issue or important development in care coordination as of today?

A person-centered approach to Care Coordination and all provided services that takes into account the individual’s personal needs, wants, desires and goals so that these become central to any/all supports given to the individual. Also, community inclusion should be a natural progression for all clients receiving services. The adage of “it takes a village” I believe is a perfect example of how I, as a Care Coordinator, can encourage and foster community relationships with the subsequent relationships and supports for my clients to thrive in their home town.

Val Cummins

Budget cuts to Senior Disabilities Services and Care Coordination services as a whole.

Niima Radford

The need for more training, more supports, help with the Division of Public Assistance (DPA) and understanding how the various agencies interact with one another and what each requires. Not overloading care coordination case loads is also a concern.

Jane Preston

What skill do you rely upon most in the day to day performance of your job?

Organization.

Niima Radford

Listening remains the “skill” that I rely most upon in dealing with my clients, families, coworkers and any agencies for day-in day-out interactions. A close second would be overall good communication skills, of which listening is a part.

Val Cummins

Empathy and writing skills.

Jane Preston

Time management. Communication. Active listening.

Patricia Duncan

Communication skills, listening skills and patience.

Olga Tanner

continued on next page
*MIND MATTERS*

After receiving a diagnosis of Alzheimer’s disease or related dementias, one naturally experiences a wide range of emotions. Feelings can include fear, loneliness, frustration, sadness or anger. If someone you know has recently been diagnosed with Alzheimer’s or a related dementia, there is support. Participants will learn about the services and resources available in their communities, while sharing personal experiences in a positive and supportive environment.

**Offered This Spring:**

- **Anchorage**
  - 561-3313
  - Wednesdays, 5/11-6/29
  - 10:00-11:30AM

- **Palmer**
  - 746-3413
  - Thursday, 5/25-7/13
  - 10:30-Noon

- **Fairbanks**
  - 452-2277
  - Thursdays, 4/14-6/23
  - 1:00-2:30PM

All of our course offerings can be found on our website at AlzAlaska.org.

*Participants Require Pre-Screening*

---

**Care Coordination** *(from page 4)*

I had an Annual Planning Meeting for a young man that had been receiving Intellectual and Development Disability (IDD) waiver services for most of his life. This young man had received Early Intervention Services as a child and had grown up with IDD waiver services. At the age of 23, his team (at this particular meeting) agreed to “graduate” him from the IDD waiver. I posted his goals and objectives from his past Plans of Care and we followed his progress over time to acknowledge how far he’d come. Today he is married, holding a full-time job and taking college classes. He has become a strong advocate for people with Intellectual Disabilities. We were all quite empowered by his progress and the commitment of his team that had worked with him over the years. *Christy Long*

Getting to know my clients and their families! *Patricia Duncan*

---

**Grants Available**

**APPLY TODAY**

Up to $2,500 per year is available to an individual with Alzheimer’s disease or related dementia (ADRD) to purchase items or services. Some restrictions apply.

Visit AlzAlaska.org or call 1-800-478-1080
Today’s seniors are too often making a choice between groceries and medications or groceries and incontinence supplies. By joining Amblin’ for Alzheimer’s you are helping raise funds to support much needed gap items and the education needs of your neighbors, families and friends. Needs that ensure the dignity and quality of life for our Alaska seniors are maintained.

Amblin’ is near and dear to the hearts of many including last year’s top fundraisers. For Harry “Bing” Prichard it’s his deep heart and commitment to giving seniors the best life possible. Team Brunton and Team Red and White not only commit to the walk but encourage others to join in and make it a team effort.

Sign up to join us for Food, Prizes and Music at our 12th Annual walk and fund-raiser in support of Alaskans affected by Alzheimer’s disease and related dementias. If you have other plans you can still support the walk by visiting: WWW.ALZALASKA.ORG/AMBLIN-FOR-ALZHEIMERS

Amblin’ would not be possible without the support of our presenting sponsor Alaska Neurology Center, as well as our other generous sponsors:
**Winter Workshop** (from page 1)

the Alaska Training Cooperative.

Dr. Power spoke first on the theme of enhancing well-being. Drawing upon his years as the medical director for a large long term care facility in New York, he described his awakening to a realization that the pervasive use of pharmaceuticals to quell behavior in persons with dementia deemed disruptive or agitating was not medically justified. He concluded that the focus needed to change.

If the dignity of those we care for is at the forefront of our caregiving efforts, then we should not focus exclusively on Alzheimer’s disease and related dementias (ADRD) as “a constellation of loss, degeneration and deficit.” Instead, Dr. Power urges a philosophy that looks upon “dementia as a new way of perceiving the world.”

While in no way denying the fatal nature of ADRD, there can still be a landscape that emphasizes growth, not just decline.

Embracing phrases like: “the long goodbye,” “fading away,” or “an empty shell” dehumanizes the very people we want to support. Dr. Power wants us to acknowledge the dignity of the individual by remembering that people with ADRD are as different from one another as people who share the same eye color.

“Some people expend tremendous energy merely to be normal.” Dr. G. Allen Power is as likely to quote the philosopher and novelist Albert Camus as he is to relay a moving personal anecdote or dig deep into the sometimes suspect motives of pharmaceutical companies.

With too narrow a view of what we expect “normal” behavior to be, we miss a great many opportunities for joy and growth. This is as true for the care recipient as it is for the caregiver.

Shifting the focus away from a culture of loss has led Dr. Power to advocate a model of well-being emphasizing: identity, connectedness, security, autonomy, meaning, growth and joy. Quality of life depends on these essential domains of well-being - regardless of the stage of life we find ourselves living in.

Rosemary Bakker’s expertise in rethinking and designing the living spaces of persons with ADRD was born of personal experience. A successful career as an interior designer took a profound turn as she witnessed the daily challenges her mother faced after a diagnosis of Alzheimer's disease.

The depth of a chair, the color of a dinner plate, the pattern of a door mat, the lay-out of a living room; design can be a powerful strategy in avoiding frustration and confusion.

We would like to thank both Dr. Power and Ms. Bakker for their insights and expertise - and the attending caregivers who continue to strive to improve the lives of so many vulnerable Alaskans living with dementia.

---

**2016 NGWE Spring Series**

**Dementia Care**

Attend our virtual classrooms from 3:00-4:30PM in:

**Anchorage:**
1750 Abbott Road / 561-3313

**Fairbanks:**
565 University Ave. Suite #2 452-2277

**April 12**
Update on Parkinson Disease with Focus on Treatment Options
Ali Samii, MD

**April 19**
Riding the Roller Coaster: Enhancing Quality of Life in Dementia
Rebecca Logsdon, PhD

**April 26**
Managing Ethical Dilemmas & Moral Distress
Elizabeth Vig, MD, MPH

**May 3**
Caring for the Caregiver
Lianne Hirano MD

**May 10**
Essentials of Advance Care Planning
Richard Stuart, DSW, ABPP

**May 17**
Dementia & Multiple Chronic Conditions
Mark B. Snowden, MD, MPH

**May 24**
Driving & Dementia
Krisoffer Rhoads, PhD

**May 31**
Putting It All Together
Stephen Thielke, MD, MSPH

This series made possible by the Alaska Health Education Center, The Alaska Training Cooperative & The Alaska Mental Health Trust Authority
### Memorials and Tributes

*These contributions received between January 1st and March 31st*

<table>
<thead>
<tr>
<th>Name</th>
<th>Contributions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stanley Brust</strong></td>
<td></td>
</tr>
<tr>
<td>Helene Brust</td>
<td></td>
</tr>
<tr>
<td><strong>Mildred Buzby</strong></td>
<td></td>
</tr>
<tr>
<td>Dennis J. &amp; Lucretia C. Ponder</td>
<td></td>
</tr>
<tr>
<td><strong>Merlyn Gruhn</strong></td>
<td></td>
</tr>
<tr>
<td>Scott &amp; Carrie Gruhn</td>
<td></td>
</tr>
<tr>
<td><strong>Gertrude Jelinek</strong></td>
<td></td>
</tr>
<tr>
<td>Dowl, LLC</td>
<td></td>
</tr>
<tr>
<td>Brigitte M. Ressel</td>
<td></td>
</tr>
<tr>
<td>Kris &amp; Rick Kullberg</td>
<td></td>
</tr>
<tr>
<td><strong>Lucky and Oats</strong></td>
<td></td>
</tr>
<tr>
<td>Team Red and White</td>
<td></td>
</tr>
<tr>
<td><strong>Carl Overpeck</strong></td>
<td></td>
</tr>
<tr>
<td>Ecology &amp; Environment, Inc.</td>
<td></td>
</tr>
<tr>
<td><strong>Sandra L. Roberts</strong></td>
<td></td>
</tr>
<tr>
<td>Irene L Addison-Walls</td>
<td></td>
</tr>
<tr>
<td>Carol A. Barnhart</td>
<td></td>
</tr>
<tr>
<td><strong>Melody &amp; Gerald Springer</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Patricia Jean MacAtee Thompson</strong></td>
<td>George &amp; Susan B. Kobelnyk RED@Tacoma Housing Authority</td>
</tr>
<tr>
<td><strong>Margaret Langston Griffin Rush</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Farewell to the Highlands</strong></td>
<td>by Robert Burns</td>
</tr>
</tbody>
</table>

Farewell to the Highlands, farewell to the North,  
The birth-place of Valour, the country of Worth;  
Wherever I wander, wherever I rove,  
The hills of the Highlands for ever I love.  

My heart’s in the Highlands, my heart is not here,  
My heart’s in the Highlands, a-chasing the deer;  
Chasing the wild-deer, and following the roe,  
My heart’s in the Highlands, wherever I go.  

Farewell to the mountains, high-cover’d with snow,  
Farewell to the straths and green vallies below;  
Farewell to the forests and wild-hanging woods,  
Farewell to the torrents and loud-pouring floods.  
My heart’s in the Highlands.
Individual, & Business Contributors

These contributions received between January 1st and March 31st

Alaska Neurology Center
Anchorage School District Workplace
AmazonSmiles
Apricot Lane
Diane Andresen
John & Debbie Andrys
Reverend Betty Lou & Colonel (Ret) Richard D. Anthony
Robert & Margaret Auth
Janice Baber
Ronald & Teresa Bailey
BDO USA, LLP
Shirley A. Bennett
Beta Sigma Phi City Council
Margot Bias
Robert & Ellucia Boswell
BP Foundation, Inc.
James S. Brass
John & Jackie Brunton
Kent Bull
Louis Carufel
Edward & Katherine Clawson
Roger & Denice Clyne
Donna M. Conrad
Joseph & Joan Darnell
Dorka De LaRosa-Fickes
Mary R. Denkewalter
Terry & Linda Dingbaum
Betty Dodds
Honora Drew
Dale A. Durrwachter
Ruth McHenry & Cliff Eames
Chad A. Helgeson Fund
Anne & Raymond Gauthier
Kathleen Grace
Marianne Green
Jansy & Vincent Hansen
Susan M Helkenn
Diane A Herbst
Claudia Hoversten
Jing Huang & Rong Li
Johnson & Johnson
Willie Kameroff
Angela L Kapinos
Rosemary A. Karish
Heather Koponen
Stephen J. Lacatena
Deborah Larson
Tim Longrich
Matanuska Telephone Association
Heather McIntosh
Wesley G. McIntyre
Jane Meacham
Kroger-Fred Meyer
Michael & Cheryl Fullerton
Douglas & Donna Mills Municipal Employees Workplace Campaign
NARFE Chapter 2076
Mary Ann Nickles
Rori A Van Nortwick
Boneta O’Connor
Susan Olsen
Rena M. Peterson
Mark & Mike Pollock

In-Kind and Volunteers

AT Publishing & Printing
Richard Clinch
Nate & Mitome Donoway
Dr. Laura Tucker
Fairbanks Pioneer Home
Rose Feltz
Kris Green
HAP Enterprises
Sarah E. Lawrence
Elizabeth Palmer
Gloria Pavageau
PIP Printing
Providence Alaska Palliative Care
Amanda Sandlin
Diana Seropian
Starbucks
Mae Ann Smith
Rosemarie Spencer
Lisa Wawrzzonek

Support Alzheimer’s Resource of Alaska just by shopping at Fred Meyer with your Rewards Card. All you have to do is link your Fred Meyer Rewards Card to our ID: #81744 and use your card every time you shop.

Thank You for Your Support!
Classes & Events around the state
For information on all classes or programs visit www.AlzAlaska.org/events or contact the office nearest you.

**ANCHORAGE**
1750 Abbott Road, 561-3313

**ABC Presentations**

**Driving & Dementia**
Monday, 4/11
10:00-11:30AM or 5:30-7PM

**Assisted Living Options**
Monday, 4/18
10:00-11:30AM or 5:30-7PM

**Alzheimer’s Disease:**
**Early Stages**
Monday, 5/9
10:00-11:30AM or 5:30-7PM

**Alzheimer’s Disease:**
**Middle Stages**
Monday, 5/16
10:00-11:30AM or 5:30-7PM

**Alzheimer’s Disease:**
**Late Stages**
Monday, 5/23
10:00-11:30AM or 5:30-7PM

**Healthy Body, Healthy Brain:**
**Movement**
Monday, 6/6
10:00-11:30AM or 5:30-7PM

**Healthy Body, Healthy Brain:**
**Diet**
Monday, 6/13
10:00-11:30AM or 5:30-7PM

**Healthy Body, Healthy Brain:**
**Mental Stimulation**
Monday, 6/20
10:00-11:30AM or 5:30-7:00PM

**Savvy Caregiver**
Tuesdays, 6/7-7/12
5:30-7:30PM

**Art Links**
Fridays, 11:00-12:00PM

---

**JUNEAU**
3225 Hospital Drive, 586-6044

**ABC Presentations**

**Bathing Without A Battle**
Tuesday, 4/26
12:00-1:30PM

**Driving and Dementia:**
**Knowing When to Brake**
Tuesday, 5/31
12:00-1:30PM

**Movie: Backing Out of Time**
Tuesday, 6/28
12:00-1:30PM

---

**MAT-SU**
10355 E. Palmer-Wasilla, 746-3413

**ABC Presentations**

**Assisted Living:**
**What, When, & How**
Wednesday, 5/18
1:00-2:30PM or 5:30-7:00PM

**End of Life Care**
Tuesday, 6/7
1-2:30PM or 5:30-7:00PM

**Savvy Caregiver**
Tuesdays, 4/12-5/17
1:00-3:00PM

**Mind Matters**
Wednesdays, 5/25-7/13
10:30AM-12:00PM

**Dementia Care Essentials**
Thursday, 4/7-5/5
3:00-5:00PM

**Art Links**
Fridays
1:00-2:00PM

---

**FAIRBANKS**
565 University Ave., # 2, 452-2277

**ABC Presentations**

**Bathing Without A Battle**
Tuesday, 4/26
5:30-7:00PM

**Legal and Financial Planning**
Wednesday, 5/25
5:30-7:00PM

**Recreational Activities**
Tuesday, 6/21
5:30-7:00PM

**Mind Matters**
Thursdays, 4/14-6/22
1:00-2:30pm

**Virtual Dementia Tour**
Tuesday, 6/14
9:00-4:00PM, by appointment

**Art Links**
Thursday, 11:00-12:00PM

---

**STATEWIDE ONLINE OFFERINGS**

**ABC Webinars**
(call Gay Wellman, 882-5620)

**Behaviors That Challenge Us**
Thursday, 5/12
7:00-8:30PM

**Activities of Daily Living**
Thursday, 6/9
7:00-8:30PM

**Savvy Caregiver Webinar**
Tuesdays, 5/3-6/7
2:00-4:00PM

**Professional Webinars**
(call Amber Smith 586-6044)

**Bathing Without A Battle**
Tuesday, 4/26
12:00-1:00PM

**Mouthcare Without A Battle**
Tuesday, 5/24
12:00-1:00PM

**Stages of Caregiving:**
**Empowering Families**
Tuesday, 6/21
12:00-1:00PM

---

*Participants Require Pre-Screening*
# 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>Statewide Telephone Support Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>1750 Abbott Rd.</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>1st and 3rd Wednesday 2-3 PM</td>
</tr>
<tr>
<td>Dial in 1-877-216-1555, Code 927989</td>
</tr>
<tr>
<td>Gay Wellman</td>
</tr>
<tr>
<td>822-5620 or</td>
</tr>
<tr>
<td>(800) 478-1080 x6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Anchorage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>1750 Abbott Rd.</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>2nd Thursday</td>
</tr>
<tr>
<td>12PM-1:30 PM</td>
</tr>
<tr>
<td>Debbie Chulick</td>
</tr>
<tr>
<td>561-3313</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eagle River</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holy Spirit Episcopal Church</td>
</tr>
<tr>
<td>17545 N. Eagle River Loop Rd.</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>2nd Thursday</td>
</tr>
<tr>
<td>6:30-8:00 PM</td>
</tr>
<tr>
<td>Linda Shepard</td>
</tr>
<tr>
<td>746-3413</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fairbanks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>565 University Ave. Suite 2</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>1st &amp; 3rd Tuesday</td>
</tr>
<tr>
<td>11:30-1:00 PM</td>
</tr>
<tr>
<td>Joan Adams</td>
</tr>
<tr>
<td>452-2277</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Homer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homer Senior Center</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>2 &amp; 4th Thursdays</td>
</tr>
<tr>
<td>2:30-3:30 PM</td>
</tr>
<tr>
<td>235-7655</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Juneau</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southeast Senior Services</td>
</tr>
<tr>
<td>419 Sixth Street</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>Call for more information</td>
</tr>
<tr>
<td>463-6177 or</td>
</tr>
<tr>
<td>(866)746-6177</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ketchikan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ketchikan Senior Center</td>
</tr>
<tr>
<td>Upper Level</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>Call for more information</td>
</tr>
<tr>
<td>Bernice</td>
</tr>
<tr>
<td>225-8080</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Mat–Su Valley</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>10355 E. Palmer-Wasilla Hwy.</td>
</tr>
<tr>
<td>AK Veterans &amp; Pioneer Home</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>2nd Wednesday</td>
</tr>
<tr>
<td>1-2:30 PM</td>
</tr>
<tr>
<td>Linda Shepard</td>
</tr>
<tr>
<td>746-3413</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seward Senior Center</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>4th Thursday</td>
</tr>
<tr>
<td>1-2 PM</td>
</tr>
<tr>
<td>224-5604</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sitka</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brave Heart Volunteers</td>
</tr>
<tr>
<td>120 Katlian Street</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>Call for more info.</td>
</tr>
<tr>
<td>747-4600</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sterling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sterling Senior Center</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>1st Tuesday</td>
</tr>
<tr>
<td>1-2 PM</td>
</tr>
<tr>
<td>262-1280 or</td>
</tr>
<tr>
<td>(800) 776-8210</td>
</tr>
</tbody>
</table>
VISIT OUR LIBRARY!

Alzheimer’s Resource of Alaska has books, films and other resources that you can check out in person or reserve on line. Visit our website AlzAlaska.org and click on the RESOURCES tab. Here are a few of our offerings:

- Alzheimer’s: A Caregiver’s Guide and Sourcebook
- Blueprint for Home-Based Longterm care for the Elderly in Alaska
- Guide to Nutrition and Feeding
- Caring for an Alzheimer’s Patient Across the Miles
- Day to Day
- Facing Alzheimer’s: Family Caregivers Speak
- When someone you care for has Alzheimer’s
- Medical Assistance in Alaska
- Memories in the Making
- My Journey into Alzheimer’s Nursing Home Laws
- 36-Hour Day
- Understanding Difficult Behaviors
- The Validation Breakthrough