Newly Discovered Disease Could Hold Key to Alzheimer’s, Parkinson’s – and even aging

A new genetic disease has been discovered that could play a key role in devastating brain conditions such as Alzheimer’s and Parkinson’s, opening up the possibility of new forms of treatment.

A 47-year-old Canadian woman, who had been having difficulty walking and balancing since she was 28, was found to have a new genetic disease after 10 known conditions were ruled out, according to a paper in the journal *Nature* by an international team of researchers.

The disease causes an over-reaction by the body’s natural repair system. An enzyme, known as PARP1, goes into over-drive, ultimately causing the deaths of brain cells. It is believed this process could also be involved in the death of cells in other forms of dementia and possibly even the aging process.

Professor Keith Caldecott, of Sussex University, who led the research, said: “Discovering this new disease and its cause is a huge step towards developing drug-based therapies for other rare neurodegenerative conditions.

“Drugs which target this key DNA-repairing enzyme in the right way could prove vital for treating people suffering from diseases caused by the over-activation [of the enzyme]. It is now crucial we determine what diseases these are.

“More research needs to be done, but it’s also possible the cause of this newly discovered condition could contribute to the death of nerve cells in people suffering from diseases such as Alzheimer’s, Huntington’s and Parkinson’s.”

In experiments, the researchers were able to shut down the out-of-control repair process, which they likened to a flashing light that runs down the cell’s batteries, using genetic techniques. Even though the DNA was still damaged, the cells did not die.

Professor Caldecott told the Independent that the link to other

Helping Children Understand Alzheimer’s Disease

When a family member has Alzheimer’s disease, it affects everyone in the family, including children and grandchildren.

Giving children understandable information about Alzheimer’s can help them cope with the disease in their family. The type of relationship the child has with the family member and the child’s age are important to help determine:

- What information the child receives
- How the information is presented
- The child’s part, if any, in caring for the person with Alzheimer’s disease

It is important to answer children’s questions simply and honestly. For example, you might tell a young child, “Grandma has an illness that makes it hard for her to remember things.”

You can help children know that their feelings of sadness and anger are normal. Comfort them. If children express guilt or feel that they may have done something to hurt their

(Cont.) page 4
Board of Directors

President
Patty Miller

Vice President
Ken Acton

Treasurer
Sharon Gratrix

Secretary
Mike Lajoie

Member-at-Large
Lawrence Duffy

Members
Nicki Addonisio
Dawnia Clements
Rebecca Hanson
Mellisa Heflin
Nancy Jones
Rhonda McLeod
Jonell Snook-Holmes
Rori Van Nortwick

Staff

Executive Director
Karl Garber

Administration & Development
Robyn Langlie Business Manager
Lorraine Guyer Development Director
Melissa Saulnier Executive Assistant
David Chapa Development & Communication Assoc.
Vanda Hoecher Receptionist

Care Coordination
Rebecca Marinelli Care Coordination Director
Takiya Abdurashid Care Coordinator
Kimberly Adkison Care Coordinator
Tami Balts Care Coordinator
Brandy Barnes Care Coordinator
Amber Bartz Care Coordinator
Valerie Brogden Care Coordinator
Val Cummins Care Coordinator
Kathleen Day Care Coordinator
Gabriela Harbison Care Coordinator
Jennifer Ivory Coordination/Office Supervisor
Sarah Lawrence Care Coordinator
Amanda Lestenkof Care Coordinator Manager
Chirsty Long Program Assistant
Audianna Mengel Care Coordinator
Jane Preston Care Coordinator
JoEllen Sadler Care Coordinator
Liz Smith Care Coordinator
Tess Staton Care Coordinator
Olga Tanner Care Coordinator

Education
Pam Kelley Education Director
Joan Adams Education Specialist
Debbie Chulick Education Specialist
Janice Downing Education Specialist
Ann Farris Program Assistant
Jane Haiar Education Specialist
Kimberly Jung Education Specialist
Linda Shepard Education Specialist
Amber Smith Education Specialist
Gay Wellman Education Specialist

Offices & Contact Information

Anchorage
1750 Abbott Rd.
Anchorage, AK 99507
Phone (907) 561-3313
Fax 561-3315

Fairbanks
565 University Ave., Suite 2
Fairbanks, AK 99709
Phone (907) 452-2277
Fax 457-3376

Juneau
3225 Hospital Dr., 1st Floor Conference Rm.
Juneau, AK, 99801
Phone (907) 586-6044
Fax 586-6084

Mat-Su Valley
Trinity Barn Plaza
10355 E. Palmer-Wasilla Hwy.
Suite 110
Palmer, AK 99645
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,

At Alzheimer’s Resource of Alaska, we measure success by our ability to ensure the highest quality of life for our most vulnerable community members. In relying on the support of Alaskans throughout the state we are able to amplify that support and make certain that those in need know that they are not alone.

This year’s Amblin’ for Alzheimer’s event was a great success and raised more than fifty-thousand dollars for Alaskans throughout the state who are living daily with Alzheimer’s Disease and related dementias (ADRD). The number of individuals who joined us while taking a stroll along the Anchorage Golf Course is a clear testament to the dedication and commitment we all share for our fellow Alaskans in need.

In this newsletter, we have several articles on research and the vital role it plays in helping solve the Alzheimer’s puzzle. We are grateful for the increased research that may lead to new Alzheimer’s therapies. We will continue to share new information as it becomes available.

As we strive to meet the needs of the community, we are adding services that will have an impact on communities across the state. Recently, our Education Director, Pam Kelley traveled to Western Alaska where she spent several days analyzing care practices using Dementia Care Mapping (DCM™), an innovative tool that can assist places like nursing homes and assisted living facilities in their efforts to increase quality care. Visit page 7, to learn more about DCM™.

Alzheimer’s Resource of Alaska reached the end of another fiscal year on June 30, and as I review the past 12 months, I find myself once again proud to be part of our organization and inspired by the work our staff accomplishes throughout Alaska with your help. We can add innovative programs and expand services as a result of the funding we receive from you, our partners. I thank you for your commitment to our programs and services and look forward to continuing to ensure the quality of life of those we serve in the year ahead.

Best Regards,

Karl Garber
Executive Director
Newly Discovered Disease Could Hold Key
(Continued from page 1)
diseases and “potentially even normal ageing” was “speculative”.

But he said they were now beginning the search for drugs that could achieve the same thing as the genetic techniques used in the lab, but could also be given as a treatment to patients.

When they discovered the new disease, Professor Caldecott said: “It was stunning, really exciting. If we turn that light off, that seems to take away all of the pathology, the cell death. Now what we need to do is turn that light off using drugs instead of genetically.”

There is no treatment for the Canadian woman whose condition is expected to get progressively worse. However, despite her problems with balance and motor skills, she is otherwise healthy. She has been advised to avoid things that cause damage to DNA, such as cigarette smoke, car exhausts and other fossil fuel emissions, X-rays and some forms of cancer treatment should that become necessary.

Dr Doug Brown, director of research and development at the Alzheimer’s Society said: “This research provides an insight into DNA damage and repair in the brain. Researchers found that a change in a gene important for DNA repair led to problems with controlling the body’s movement.”

“However at this stage of research it’s not clear if the findings from this rare condition affecting movement will be relevant for people with dementia. The vast majority of cases of dementia are not inherited. Evidence shows that dementia is caused by a complex interplay of genetics, environmental and lifestyle factors. Further research into each of these factors will help us to better understand why people develop the condition and help us to find effective treatments.”

Source: http://www.independent.co.uk  Ian Johnston Science  Correspondent

Our community comes together to provide support in many forms. Sometimes it is people’s time and talent. Other times it’s gifts of financial and material goods. Our volunteers and in-kind contributors make special contributions that clearly show their dedication to the programs and services of Alzheimer’s Resource of Alaska. Thank you.

Volunteer & In-Kind Donations

The Addonisio Family
Alaska Airlines
Anchorage Golf Course
Jennifer Badgett
The Chapa Family
Patricia Clay
Cyranos Theatre, Co.
Dr. Charlotte Eaton
Fairbanks Pioneer Home
Mary Reimann
Rose Feltz
Fine Pearle Assisted Living
Google
Lucas, Rachel & Rebecca Guyer
H2Oasis
Kaladi Brothers Coffee
David Kelley
KLEF FM 88.1

Riannon Magsayo
Juliana Mathias
Dana Moua
Ohana Media Group
Megan Nelson
Lindsay Panigeo
Holly Parks
Project LifeSaver
Christina Rexford Brown

Barb & William Seibel
Mae Ann Smith
Rosemarie Spencer
Stone Soup Group
Jessie Summers
Red Trolley Tours
Sals New York Grill
Upper One Studio’s
Jamie Veal-Scheben
Ashley Werts
Helping Children Understand Alzheimer’s Disease  (Continued from page 1)

grandparent, reassure them that they did not cause the disease.

Do not expect a young child to help care for the person with Alzheimer’s disease. Make sure a child of any age has time for his or her own interests and needs, such as playing with friends, going to school activities, or doing homework.

Make sure you spend time with your child, so he or she does not feel that all your attention is on the person with Alzheimer’s. Help the child understand your feelings. Be honest about your feelings when you talk with a child, but do not overwhelm him or her.

Many younger children will look to you to see how to act around the person with Alzheimer’s. Show children they can still talk with the person, at least in the early stages of the disease. Doing fun things together, with parental supervision depending on the age of the child, can help both the child and the person with Alzheimer’s. Here are some things they might do:

- Walk in the neighborhood
- Do simple arts and crafts
- Play music
- Sing
- Look through photo albums
- Read stories out loud

However, in the later stages of disease, the person with Alzheimer’s may be completely unresponsive. This may be very hard for a child to understand. Some children might not talk about their negative feelings, but you may see changes in how they act. Problems at school, with friends, or at home can be signs that they are upset.

You may want to ask a school counselor or a social worker to help a child understand what is happening and how to cope.

A teenager might find it very hard to accept how the person with Alzheimer’s disease has changed. He or she might find the changes upsetting and not want to be around the older person. It is a good idea to talk with teenagers about their concerns and feelings. Do not force them to spend time with the person who has Alzheimer’s. This could make things worse.

If the stress of living with someone who has Alzheimer’s disease becomes too great for a child, talk to other family members or friends about helping out. Or, find out about, and consider using, respite care options available in your community. Then, both you and your child can get a much-needed break.

“Take a Webinar

Regardlels of your location, you can attend a training offered by Alzheimer’s Resource of Alaska’s knowledgeable education staff.

We offer webinars for both the professional and family caregivers giving you the opportunity and flexibility to attend a training that may not be available in your area.

Visit page 10 to see which classes will be offered during July, August and September.

“I took the Savvy Caregiver class and learned so much. I recommend that everyone taking care of someone with dementia take it. Education Specialists are awesome!”

National Institute on Aging
**A Night To Remember**

Date: Saturday, September 9th  
Time: 7pm Door Opens  
Location: Carpenter’s Hall  
401 Denali, Anchorage  
Additional Information:  
Tonda Scott (907) 947-3146  
www.alzalaska.org/events

---

**Stand Up!**

*Living with Alzheimer’s*

Comedian: Black Sheep  
Date: Saturday, October 7th  
Time: 6:30 Door Opens  
Location: Willowaw, 601 F Street  
To Purchase Tickets Contact:  
(907) 561-3313  
Silent Auction  
www.alzalaska.org/events

---

**So You Think You Can Give?**

12pm, Sunday, November 5 at  
Alaska Dance Theatre

Join us for an afternoon of dance for a good cause!  
16 classes + a gala performance!
Dementia Care Mapping

Long-term care facilities such as nursing homes and assisted living homes face many challenges that make providing quality dementia care difficult. Education, support and training for direct care staff and supervisors are important; however, pinpointing areas that both show the strength and weakness of the daily interactions with residents can be a helpful process.

Dementia Care Mapping (DCM™) is an observational tool designed to capture the experience of care from the perspective of the recipient of care, exploring quality of life as it relates to quality of care. Developed in 1986 by Tom Kitwood, the Dementia Care Mapping (DCM™) method was part of a research project to evaluate quality care in formal dementia settings. This innovative observational tool is being practiced in 24 countries worldwide. DCM™ results, along with the practice of Person-Centered Care, are contributing significantly to today’s brighter vision for a life-enhancing social model of dementia care.

A three-step process, one of our four certified staff mappers meets with the relevant staff to introduce the process and how the observation will be carried out. Once the initial meeting is complete, our staff does the observation in common areas such as a living or dining area. The final process is to meet with the management and care staff to share the report and recommendations.

During the mapping, our staff can observe up to five individuals in formal dementia care settings over a four to six hour period. Every five minutes, a Behavior Category Code (BCC), representing what an individual is doing is noted. Simultaneously, Mood and Engagement (ME) values ranging from a -5 to a +5 are assigned. Quality of interactions between staff and recipients of care are also captured, all for the purpose of enhancing the care of the individual care recipient.

This is an open process for all staff: both administrative, supervisory and direct care. Staff members are invited to observe and ask questions anytime and individual staff names are not noted or reported afterwards maintaining their confidentiality. In addition, individual names of the residents observed or the facilities report findings are not shared outside the facility.

After the mapping and report, it is up to management and staff to decide how information will be used. Ideally, findings become part of a facility wide action plan building on present strengths and encouraging systematic improvement in areas of need. DCM™ findings can also increase staff awareness of their own skills and identify specific training needs.

Findings have also been valuable in contributing to participant care plans and evaluating program diversity and effectiveness.

If you would like to schedule a Dementia Care Mapping, contact our Education Director, Pamela Kelley, in Anchorage at 907-561-3313.

Amblin’ for Alzheimer’s Was a Success

We would like to thank our generous sponsors of the 13th annual Amblin’ for Alzheimer’s in Kodiak and Anchorage.

Despite the chilly morning, and with your contributions, the event raised more than $51,000 for our programs and services bringing our 13 years of fundraising to over $650,000!

We are the only organization in Alaska specializing in Alzheimer’s disease, ensuring all of your tax-deductible contributions stay in Alaska, supporting Alaskans!

Alzheimer’s Resource of Alaska could not do what it does without the generous commitment of a caring community. Thank you again for your thoughtful support of Amblin’ for Alzheimer’s.

For a list of our contributors visit our page 8.
Individual & Business Contributors
These contributions received between April 1 - June 30

Ken Acton
Noreen & Salvatore Addonisio
John & Kay Alley
The Anchorage
Robert Burns
Appreciation Society
Anchorage Sand & Gravel Co.
Angela Anderson
Eva L. Anderson
Joyce M. Anderson
Codi Armstrong
Kevin & Diane Armstrong
ASD Employee Charitable Giving Campaign
Ronald & Teresa Bailey
Victoria N. Baker
Tami Balts
Kirk Barker
Nora Barlow
Kelly L Beckman
The Benevity
Community Impact Fund
Ilona Besseneyey
Robin Billie
Kathy Bingman
Katy Bishoff
Sam Bomar
Robert & Ellicia Boswell
Tiffany Briggs
Jody Brunton
John & Jackie Brunton
William Kent Bull
Burkeshore Marina Enterprises LLC
Diane Byker
Homewell Senior Care
Brenda Carley
Kathy J Carpenter
Vita Castellana
Tina & Justin Chevront
Bill Cody
Holly Cody
Lillian Cole
Steve Cole & Diana Pistro Cole
ConocoPhillips High Octane
William Corbus Bailey M. Crawford
Patrick & Marietta Cunningham
Carolyn A. Keil & Kirk Currey
D.J. Excavation & Development, Inc.
Kathy J Danylyuk
Jessica Dawson
Steven & Jessica Dawson
Dorka De LaRosa
Fickes
Lisa & Scott DeBerard
Stephanie Dolchok
Kimi Donnelly
Corrie Dreher
Miriam Dunbar
Mike & Liz Dunn
Vincent & Barbara Engerer
Bob & Kim Esterling
Shelley Estes
Federated Campaign Stewards
Rose Feltz
Patricia Ferucci
Linda Fleener
Bert & Edna Foss
Friends of Team Red & White
Colleen Frommer
Josh Frommer
Barb Fuller
Kristin L George
Kevin H Gill
Nowell Glines
Ryan Goentzel
Emily Golick
Sandy Golley
Andrea Goodlet
Kathleen Grace
Katie E Gratrix
Sharon K. Gratrix
Stacia Green
Rachel Guyer
Amie Haakenson
Hair Addiction
Phyllis C. Halverson
Catherine D Hamilton
Vicki Hansen Schuh
Harry Hansen
Stearn Hansen
Tim & Michele Hansen
Maddie H Hansen Schuh
Sandra Hanson
Lee A Hartmann
Victorie Heart
Eileen Heaston
Peter J. Henderson
Melissa Hermes
Debbie Hestes
Janecece Higgins
Keri Michele Hile
Heidi Hodge
Karen M Hollar
Katie D. Holmes
Stephanie Holthaus
Angie Horn
Stacey C. Horn
Kami Howlett
Courtneie Husmann
Hailey Imlach
McKibben Jackinsky
Eli James
David J Jensen
Nancy K. Jones
Joel Kadarauich
Carol Gay Kane
Michelle Kanosh
Jamie Keane
Jeri Kenyon
G.W. Keyl
Rachel B Kidwell
Kathy Klos
Greg & Sandy Kottre
Robert Kottre
Timothy & Sandi Kottre
Ron Kotyk
Leslie Kramer
Terry Kvernplassen
Kim LaFlamme
Dr. Sara Lapacka
Jessica Larson
Betsy LeDoux
Leonard & Martens, LLC
Jeremiah Lewis
Jordan P Lewis
Nicole Lewis
Janie Lidey
Joyce Logfren
Carol Lohmann
Andrew Lord
Denise Lord
Elaine Lord
Nicole Lord
Kimberly Lovrich
William Magette
Stacy C Malcolm
Angel Mancari
Marlow Manor Assisted Living
Juliana Mathias
Jane Matthews
Diane McDonald
Michael K McDonald
William P McDonald
Heather McIntosh
Rhonda McLeod
Rosette R McLeod
Kroger-Fred Meyer
Robyn Middleton
Candace R Molle
Leslie Moore
Margaret A Moran Dour
Angela Moran
Mary E Moran
Nick Moran
Andrea L Morris
Laura Morris
Elizabeth & Betty Muenich
Michael Brent
Mulneaux
Ronda Myers
Betsey Myrick
Network for Good
“I don’t know how we could have managed without our care coordinator, she is there for my dad. I do not know how we could have taken care of all of his needs without her.” E.S.
### Classes & Events around the state

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Classes &amp; Events</th>
</tr>
</thead>
</table>
| **ANCHORAGE** | 1750 Abbott Road 561-331                     | ADRD: Early Stages  
Jane Haier  
Monday, 9/11  
10-11:30am or 5:30-7pm  
ADRD: Middle Stages  
Kim Jung  
Monday, 9/18  
10-11:30am or 5:30-7pm  
ADRD: Late Stages  
Debbie Chulick  
Monday, 9/25  
10-11:30am or 5:30-7pm  
Savvy Caregiver  
Wednesdays, 8/2 to 9/6  
2-4 pm  
Registration is required  
Mind Matters I *  
Wednesdays, 7/12 to 8/30  
10 - 11:30am  
Wednesdays, 9/20 to 11/8  
10 - 11:30am  
Mind Matters II *  
Thursdays, 7/13 to 8/31  
10-11:30 am  
Thursdays, 9/21 to 11/9  
10-11:30am  
Virtual Dementia Tour  
By Appointment  
Monday, 8/7  
9-4:30pm  
Brain Works *  
Tuesdays, 7/11 to 8/29  
10-11:30am  
Brain Works *  
Tuesdays, 9/19 to 11/7  
10-11:30am  
*Pre-Registration Required |
| **MAT-SU**   | 10355 Palmer-Wasilla Hwy. 746-3413             | ABC Presentations  
Medicaid Waiver  
Monday, 7/24  
1-2:30pm  
Activities of Daily Living  
Wednesday, 8/23  
1-2:30pm or 5:30-7pm  
End Stage Alzheimer’s  
Thursday, 8/24  
5:30-7pm  
(Mat-Su Health Services 1363 W. Spruce Ave. Wasilla, AK)  
Honoring Connection  
Tuesday 9/12  
1-2:30pm or 5:30-7pm  
Virtual Dementia Tour  
By Appointment  
Wednesday, 9/27  
12:30 - 4:30pm  
Mind Matters *  
Wednesdays, 8/2 to 9/20  
10:30am-noon  
Art Links  
Fridays - Every Week  
1-2pm  
*Pre-Registration Required |
| **JUNEAU**   | 3225 Hospital Dr. 586-6044                    | ABC Presentations  
Movie: Alive Inside  
Thursday, 7/27  
noon-1:30pm or 5:30-7pm  
Assisted Living Homes  
Thursday, 8/24  
12-1:30 pm or 5:30-7pm  
Making Visits Positive  
Thursday, 9/28  
12-1:30pm or 5:30-7pm  
Savvy Caregiver  
By Appointment  
Thursdays, 8/10  
10-11-7pm  
*Pre-Registration Required |
| **FAIRBANKS** | 565 University Ave. #2 452-2277              | ABC Presentations  
Bathing Without a Battle  
Tuesday, 7/18  
5:30-7pm  
Communication Tips  
Tuesday, 8/15  
5:30-7 pm  
Recreational Activities  
Tuesday, 9/19  
5:30-7pm  
Mind Matters *  
Thursday, 8/24 to 10/12  
1pm-2:30pm  
Art Links  
Thursday - Every Week  
11am-noon  
Virtual Dementia Tour  
By Appointment  
Tuesday, 9/12  
10am-4pm  
Savvy Caregiver  
Saturday, TBD  
10am - Noon  
Registration is required.  
*Pre-Registration Required |

---

**Wasilla Neighborhood Memory Café**

Neighborhood Memory Café  
Wasilla Area Seniors, Inc. (WASI)  
1301 S Century Cir, Wasilla  
Tuesday, 7/18  
Tuesday, 8/15  
Tuesday, 9/19  
1:00 pm – 2:30 pm

---

**Statewide Webinars**

Connect with us via GoToMeeting or by Telephone  
Registration is required.

**FOR PROFESSIONALS**

Contact Amber Smith  
907-586-6044

Bathing Without the Battle  
Tuesday, 7/18  
Noon-1pm

Stages of Caregiving: Supporting Families through Every Stage  
Tuesday, 8/22  
Noon-1pm

Meaningful Activities  
Tuesday, 9/26  
Noon-1pm

**SAVVY CAREGIVER WEBINAR**

Contact Gay Wellman  
907-822-5620

Tuesdays, 9/12 to 10/17  
7-9 pm

---

**FOR FAMILY CAREGIVERS**

Contact Gay Wellman  
907-822-5620

Community Resources  
Thursday, 7/13  
7-8:30 pm

Medicaid Waiver  
Thursday, 8/10  
7-8:30 pm

Holiday Connections  
Thursday, 9/14  
7-8:30 pm

Using Music  
Thursday, 10/12  
7-8:30 pm
Support Groups around the state

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

Statewide Telephone Support Group

<table>
<thead>
<tr>
<th>Location</th>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
<td>Caregiver</td>
<td>1st</td>
<td>7-8 PM</td>
<td>Gay Wellman 822-5620 or (800) 478-1080 x5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesday</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2-3 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dial in 1-877-216-1555, Code 927989</td>
<td></td>
</tr>
<tr>
<td>Anchorage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alzheimer's Resource of Alaska</td>
<td>Caregiver</td>
<td>2nd</td>
<td>12PM-1:30 PM</td>
<td>Debbie Chulick 561-3313</td>
</tr>
<tr>
<td>1750 Abbott Rd.</td>
<td></td>
<td>Thursday</td>
<td>4th</td>
<td></td>
</tr>
<tr>
<td>Chester Park Cooperative</td>
<td>Caregiver</td>
<td>1st &amp; 3rd</td>
<td>5:30-7:00 PM</td>
<td>Kim Jung 561-3313</td>
</tr>
<tr>
<td>2020 Muldoon Rd.</td>
<td></td>
<td>Friday</td>
<td>2nd</td>
<td></td>
</tr>
<tr>
<td>Eagle River</td>
<td></td>
<td></td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td>Holy Spirit Episcopal Church</td>
<td>Caregiver</td>
<td>2nd</td>
<td>5:00-6:30 PM</td>
<td>Linda Shepard 746-3413</td>
</tr>
<tr>
<td>17545 N. Eagle River Loop Rd.</td>
<td></td>
<td>Thursday</td>
<td>2nd</td>
<td></td>
</tr>
<tr>
<td>Fairbanks</td>
<td></td>
<td></td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>Alzheimer's Resource of Alaska</td>
<td>Caregiver</td>
<td>1st &amp; 3rd</td>
<td>11:30-1:00 PM</td>
<td>Joan Adams 452-2277</td>
</tr>
<tr>
<td>565 University Ave. Suite 2</td>
<td></td>
<td>Tuesday</td>
<td>2nd</td>
<td></td>
</tr>
<tr>
<td>Homer</td>
<td></td>
<td></td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td>Homer Senior Center</td>
<td>Caregiver</td>
<td>2nd</td>
<td>10-11:30 AM</td>
<td></td>
</tr>
<tr>
<td>2 &amp; 4th Thursdays</td>
<td></td>
<td>Thursday</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>2:30-3:30 PM</td>
<td></td>
<td></td>
<td>2:00-3:00 PM</td>
<td></td>
</tr>
<tr>
<td>Ketchikan</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketchikan Senior Center</td>
<td>Caregiver</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Level</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketchikan</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketchikan Senior Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>302 Erskine Ave.</td>
<td>Caregiver</td>
<td>4th</td>
<td>12:30-1:30 PM</td>
<td>486-6181</td>
</tr>
<tr>
<td>Kodiak</td>
<td></td>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mat-Su Valley</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alzheimer's Resource of Alaska</td>
<td>Caregiver</td>
<td>2nd</td>
<td>1-2:30 PM</td>
<td>Linda Shepard 746-3413</td>
</tr>
<tr>
<td>10355 E. Palmer-Wasilla Hwy.</td>
<td></td>
<td>Wednesday</td>
<td>1st</td>
<td></td>
</tr>
<tr>
<td>AK Veterans &amp; Pioneer Home</td>
<td></td>
<td>First</td>
<td>10:00-11:30 AM</td>
<td>Janice Downing 746-3413</td>
</tr>
<tr>
<td>Seward</td>
<td></td>
<td></td>
<td>4th</td>
<td></td>
</tr>
<tr>
<td>Seward Senior Center</td>
<td>Caregiver</td>
<td>4th</td>
<td>1-2 PM</td>
<td>224-5604</td>
</tr>
<tr>
<td>Sitka</td>
<td></td>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brave Heart Volunteers</td>
<td>Caregiver</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Katlian Street</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soldotna</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soldotna Senior Center</td>
<td>Caregiver</td>
<td>2nd</td>
<td>1-3 PM</td>
<td>262-1280 or (800) 776-8210</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Last</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Support Groups around the state
Leaving a bequest for future generations

If you share our commitment to assist all who turn to us for help, then please consider leaving a legacy to Alzheimer’s Resource of Alaska. Your contribution will secure a brighter future for those individuals with Alzheimer’s disease and other forms of dementia and their caregivers by sustaining our programs and services such as Care Coordination, Education, Family Consultations and Support Groups.

How to Leave a Legacy

- You can define a specific dollar amount or specify a percentage of your overall estate.
- You can leave the residual amount of your estate after all other specific bequests and obligations are met.
- You can leave a particular asset such as securities, real estate, retirement account or valuable personal property.
- You can leave a portion or all of a life insurance policy or purchase a new policy naming Alzheimer’s Resource of Alaska as the beneficiary.

If you are thinking of leaving a legacy gift to the Alzheimer’s Resource of Alaska, or if you have already made a commitment to do so, please let us know so we may better serve you and honor your wishes. Contact our development office in Anchorage to discuss what options are available for your bequest.