Researchers Use Flashlight To Test New Alzheimer’s Therapy Method

The number of people with Alzheimer’s disease is exploding. The worldwide costs associated with caring for patients with the disease are estimated to total more than $600 billion. One in nine American seniors over age 65 have the disease, and 16 million more Americans will be diagnosed by 2050 if a cure isn’t found, says Alzheimers.net.

No cure currently exists for Alzheimer’s disease. However, scientists are racing against time to come up with effective ways to treat the condition.

A recent study led by Dr. Li-Huei Tsai at the Massachusetts Institute of Technology (MIT) has uncovered a promising technique for helping people with Alzheimer’s disease. Researchers flashed a strobe light near rodents that had brain damage similar to that of Alzheimer’s patients. When the mice were exposed to the light for an hour, protective cells in their brains swallowed up toxic proteins that are correlated with the disease.

Symptoms Of Alzheimer’s:
The disease is a type of dementia that’s characterized by forgetfulness and confusion. It progresses over the years, causing memory loss that can affect everyday function. People with Alzheimer’s may ask the same question over and over, forget where they placed objects, lose track of where they are and forget common words.

Although the disease itself is not fatal, the breakdown of brain functions can lead to serious complications. People with Alzheimer’s may have trouble feeding themselves or moving around. This puts them at risk for falls, infection, dehydration, blood clots and pneumonia.

Causes Of Alzheimer’s:
To understand how the treatment works, it’s important to comprehend what causes the disease. Doctors have noticed that people with Alzheimer’s have significant changes in their brains. One of these changes is the development of plaques. The sticky clumps of beta-amyloid proteins get in the way of neural communication.

Experts aren’t sure exactly how these plaques cause brain cells to die. They do know that they interfere with brain function and may eventually cause neurons to stop firing. When that happens, symptoms of Alzheimer’s begin to appear.

(Cont.) Page 4

Singing & Caring

My mother, Audrey, had a famously tin ear. She’d be the first to tell you that she couldn’t carry a tune in a bucket. But she liked to sing, nonetheless. So when we began our partnership through the last five years of her life, we made a habit of singing every day.

Four songs. That was it. At any point in the day, if I heard Audrey hum a note in her distracted way, I would catch her eye and hold her glance and ask her,

“Do you want to sing with me?”

These were our songs:
• Let Me Call You Sweetheart.
• Oh What A Beautiful Morning.
• My Bonnie Lies Over the Ocean.
• You are My Sunshine.

There was something about these songs that she loved, though I don’t know what made them special to her. We made them ours. We hammed it up. We looked into one another’s eyes while we sang them, whether from across the room or sitting side by side. We sang them in all sorts of places, and under all sorts of conditions. But there were very few days when we didn’t sing our songs, each at least once before our day was complete.

(Cont.) page 5
### Board of Directors

**President**  
Patty Miller  

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

**Vice President**  
Ken Acton

**Treasurer**  
Sharon Gratrix

**Secretary**  
Mike Lajoie

**Member-at-Large**  
Lawrence Duffy

### 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,

Alzheimer’s Resource of Alaska has always been at the forefront of creating greater awareness of Alzheimer’s disease and related dementias. We are dedicated to ensure that Alaskans across the state have access to the very best knowledge, support and care possible. Raising awareness is important to both help support those who are impacted, including families, but also so that they know resources are available and that they are not alone.

Looking forward, November is the national Alzheimer’s Awareness Month. We will be offering additional Memory Screenings and Virtual Dementia Tours across the state in an effort to raise community awareness. To see our offerings visit page 10.

Memory Screenings are a great way to check on concerns of cognitive impairment providing valuable information to help decide if someone needs further testing by a physician. The screenings are also a good comparison to future screenings as we age.

The Virtual Dementia Tour provides the opportunity for family caregivers, friends and professionals to better understand and experience dementia first hand. The tour can improve their ability to provide better care. Please contact our education team in your area if you would like to learn more about these programs.

Music and exercise are a powerful tool that can help us reach persons living with dementia and increase their quality of life. Please join us on November 5 at Alaska Dance Theater for a fundraising and outreach event - So You Think You Can Give. This is an opportunity to learn a new dance skill with over 15 classes being offered from beginner to expert. Visit our website for more information.

Our ability to accomplish much of our work is due to the generosity of our donors, partners and volunteers, proving again that Alaskans can always count on Alaskans in their time of need. It is important to note that all fundraising stays in the state to benefit Alaskans. Thank you for your commitment to our mission.

Best Regards,

Karl Garber
Executive Director
Newly Discovered Disease Could Hold Key
(Continued from page 1)

The processes that cause the devastating disease may be at work for 10 to 20 years before an individual experiences any symptoms. By the time symptoms show up, your brain cells may have been damaged by up to 50 percent. The amyloid plaques that wreak havoc in the brain are also found in the retina.

Neurologists are trying to determine whether it’s possible to predict the onset of Alzheimer’s disease by detecting the protein in the eye, according to an analysis published in Frontiers in Aging Neuroscience. There is no conclusive evidence for the practice, but it offers promising insight. Scientists are saying that if you can test for markers of the disease in your 50s, you might be able to use certain therapies to protect your brain cells as you age.

Brainwaves And Light Therapy: The brain is always vibrating at a particular frequency. Neural oscillation occurs in waves. The role of brainwaves is not completely understood. However, researchers have noticed that altering the rhythm of gamma waves in the brain can prevent plaques from forming. Gamma wave activity may be impaired in brains that are predisposed to developing Alzheimer’s disease, according to this MIT article. The strobe light used in the study regulated gamma waves at 40 hertz in certain areas of the brain. Other frequencies did not have the same effect.

Experts have tried to use medication to inhibit plaque buildup, but the results have been discouraging. The light therapy seems to work better, and it doesn’t come with side effects. Moreover, light therapy is not painful or invasive.

Dr. Tsai’s study involved using a light that flashes 40 times per second. That’s a faster flicker than a strobe light at a disco. It’s barely perceptible, yet it has dramatic effects. An hour of exposure resulted in a reduction in beta amyloid for up to 24 hours in the parts of the brain responsible for memory and vision. The outcome was more dramatic when the therapy was conducted every day for seven days.

The light works by stimulating an immune cell response, says BBC. Microglia are the primary immune defense cells in the central nervous system. They seek out and destroy plaques, damaged brain cells, and infectious agents. When gamma waves were stimulated in rodents, the microglia was activated and cleared out more beta amyloid proteins.

The gamma waves also reduced the levels of Tau protein, which twist into tangles within brain cells. These kinks obstruct neural communication and may be partially responsible for brain cell decline.

Tsai’s researchers are extending their research to investigate whether the light can affect other regions of the brain. However, the results have yet to be studied in humans. Also, some experts believe that targeting beta amyloid isn’t the right course of action for Alzheimer’s research, according to CNBC.

Still, there is a lot of excitement surrounding this work. If humans’ brains respond to the light the way mouse brains do, there is a great deal of promise in this gentle treatment.

Used by Permission from Caregiver Connection

Support Alzheimer’s Resource of Alaska through your workplace!

Workplace giving makes supporting Alzheimer’s Resource of Alaska easy for you and helps us provide sustaining support and services to frail elders and their families across Alaska.

You can contribute to us through any workplace contribution program like the Combined Federal Campaign (CFC# 52943), Alaska Share, UAA, Anchorage School district or the United Way. If Alzheimer’s Resource of Alaska is not included in your campaign list, include us in the “other” selection of your list.
Singing & Caring  (Continued from page 1)

When my mom stopped singing along, I kept singing them. She would hold my gaze with her eyes widened expectantly. Sometimes she would smile. Sometimes she would reach for my hand. Sometimes she would tap a finger or a foot.

“Oh What A Beautiful Morning.” Thinking about it now, I realize what a great way this was for us to start our day. In the early days, it was a reminder to both of us that life was good.

“I’ve got a beautiful feeling.” Everything’s going our way.”

We were together.

That was the definition of “everything’s going our way” to me. She was often anxious, often frightened about what was happening to her memory. But we were together, after almost thirty years of living across the country from one another. We were in it together to the end, come what may, and I would keep her safe. Our lives were good.

At one point, Audrey would not sit still long enough on the toilet to completely move her bowels. If she didn’t finish the job in about 30 seconds, she would stand up and want to get out of there.

Enough back-to-back days of this and she would become uncomfortable. Inevitably. Once uncomfortable, her mood and behavior would take a downward turn. Our songs were part of the remedy.

“My Bonnie lies over the ocean. My Bonnie lies over the sea...” Audrey’s favorite part of this tune was the bridge, and she could get caught contentedly in a repetitive loop:

“Bring back, bring back, bring back my Bonnie to me, to me.”

As long as the last two notes ascended at the end, Mom would repeat the line. The song only ended when the last “to me” ended on a descending note.

Perhaps you can see how this worked with the bathroom issue. Five minutes is a long time to sing “Bring back, bring back, bring back my Bonnie to me, to me.” Ten minutes seemed an eon.

Sometimes we’d take a break and try another tune. To stop the loop, I’d have to belt out that final descending line Ethel Merman-style. But singing (and a regular rotation of Miralax) got us through that problem in good humor.

When my mother moved into a facility, we kept up with our songs.  

(Cont. page 7)
Fall Events

Looking for ways to be involved this winter? Well, this fall, we’re offering more than ever! Join us in November & December for Alzheimer’s Awareness Month Activities and awesome fundraisers.

For more information, visit www.AlzAlaska.org

11/1: Memory Screenings – Fairbanks*
11/3: Shop for a Cause at Grassroots – Anchorage*
11/5: So You Think You Can Give? - Anchorage
11/8: Movie: “Alive Inside” – Anchorage*
11/9: Movie: “Alive Inside” - MatSu*
11/15: Memory Screenings – Anchorage*
11/15: Memory Screenings – Juneau*
11/20: Virtual Dementia Tour - Anchorage*
11/30: Movie: “Looks Like Laury, Sounds Like Laury” – Juneau*
12/1: A Most Unusual Fundraiser: Join Us at 2 Friends Gallery! - Anchorage*

Events marked with * are free to attend
Singing & Caring (Continued from page 5)

They became a rough gauge of her disease progression. Some days she didn’t have every word, but she’d sing along with unformed words until she was back on the familiar chorus. Sometimes she would look at me with unmasked irritation when I’d start off. “Hmm. Maybe later,” I’d think.

If we were singing in her apartment with the door open, we could count on one or two of her neighbors meandering down toward the sound, sometimes walking in. Whether out of curiosity or loneliness or the power of music, I’ll never know.

I will never forget the sight of one tiny and shy lady with bright blue eyes standing outside Audrey’s door, and singing along word-for-word to Let Me Call You Sweetheart. When we finished the song, she smiled and blew me a kiss and continued her habit of wordlessly walking up and down the hall.

Over the last six months of Audrey’s life, she really wasn’t singing any longer. It was just me. I’d give her my 100-watt smile and I’d hold her gaze while I sang from the heart.

“You are my sunshine. My only sunshine. You make me happy, when skies are gray. You’ll never know dear: How much I love you. Please don’t take my sunshine away.”

Three weeks before Mom died, we were sitting in the summer sunshine that was streaming through her window. I sang to her that sunshine song. Her sunken eyes followed mine and she was holding my hand. Quietly, so quietly, Audrey carried that tune with me for the first time in months, and the last time ever.

With viewing the film “Alive Inside” that depicts the wonderful effects of a personalized playlist for individuals with Alzheimer’s Disease, I hope that the notion gains wider adoption – that meaningful music can have a place in our caregiving strategies. Meaningful music can be active expressions of love.

I know I’m glad to have found our songs.

By Pam Kelley
Education Director.
Alzheimer’s Resource of Alaska.

This article was originally published in, and appears with permission from Alzheimer’s Reading Room.

Alzheimer’s Awareness Month Special Film Screening

Alive Inside is a joyous cinematic exploration of music’s capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music.

The documentary follows numerous visionaries in healthcare including social worker Dan Cohen, founder of the nonprofit organization Music & Memory, as he fights against a broken healthcare system to demonstrate music’s ability to combat memory loss and restore a deep sense of self to those suffering from it. The film chronicles family members who have witnessed the miraculous effects of personalized music on their loved ones.

During November, special movie screenings will be held in the following locations:

**November 8 at 6:00 pm in our Anchorage office at 1750 Abbott Road “Alive Inside”**

**November 8 at 5:30 pm in our Fairbanks office at 565 University Avenue, Suite 2 “Alive Inside”**

**November 9 at 6:00 pm in our Mat-Su office at 10355 E. Palmer-Wasilla Highway “Alive Inside”**

**November 30 at 12 -1:30 pm and 5:30 -7 pm in our Juneau office at 3225 Hospital Dr. First Floor Conference Room “Looks like Laury, Sounds Like Laury”**
### Individual & Business Contributors

*These contributions received between July 1 - September 30*

<table>
<thead>
<tr>
<th>Ken Acton</th>
<th>Lindel &amp; Barbara Chasteen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska Fur Exchange</td>
<td>Dawnia Clements</td>
</tr>
<tr>
<td>Alaska Referral Network</td>
<td>Richard W. Colf</td>
</tr>
<tr>
<td>Alaska Travel Industry Association Fairbanks</td>
<td>Bailey M. Crawford</td>
</tr>
<tr>
<td>Anchorage Hillside Rotary Club</td>
<td>Mrs. Jacqueline Cyphert</td>
</tr>
<tr>
<td>Anchorage Sand &amp; Gravel Co.</td>
<td>Louise P. Dawson</td>
</tr>
<tr>
<td>The Rev. Betty Lou Anthony and Col. (Ret) Richard D. Anthony</td>
<td>Dorka De LaRosa</td>
</tr>
<tr>
<td>Bagoy’s Florist &amp; Home</td>
<td>Fickes</td>
</tr>
<tr>
<td>Barlow Anderson, LLC</td>
<td>Vinera Erickson</td>
</tr>
<tr>
<td>Leischen A Bauke Foundation, Inc.</td>
<td>Diane Faude</td>
</tr>
<tr>
<td>Walter E. &amp; Barbara A. Bauke Foundation, Inc.</td>
<td>First National Bank Alaska</td>
</tr>
<tr>
<td>BDO USA, LLP</td>
<td>Sue Fisk</td>
</tr>
<tr>
<td>Linda R. or Keith E. Behmke</td>
<td>Richard H. &amp; Patricia M. Garvin</td>
</tr>
<tr>
<td></td>
<td>Anne &amp; Raymond Gauthier</td>
</tr>
<tr>
<td></td>
<td>Sharon K. Gratrix</td>
</tr>
<tr>
<td></td>
<td>Carole Kristy Gray</td>
</tr>
<tr>
<td></td>
<td>Lucy Groh</td>
</tr>
<tr>
<td></td>
<td>Rebecca M. Hanson</td>
</tr>
<tr>
<td></td>
<td>Harvey E. &amp; D Jeanne Dougherty</td>
</tr>
<tr>
<td></td>
<td>Nancy K. Jones</td>
</tr>
<tr>
<td></td>
<td>Louise C. Joudrie</td>
</tr>
<tr>
<td></td>
<td>K. C. &amp; K. L. Borgan</td>
</tr>
<tr>
<td></td>
<td>Willie Kameroff</td>
</tr>
<tr>
<td></td>
<td>Pamela Kelley</td>
</tr>
<tr>
<td></td>
<td>Kimberly Kiefer</td>
</tr>
<tr>
<td></td>
<td>John T. Kline</td>
</tr>
<tr>
<td></td>
<td>Leslie Kramer</td>
</tr>
<tr>
<td></td>
<td>Mary C. Lemmerex</td>
</tr>
<tr>
<td></td>
<td>LIVE NATION</td>
</tr>
<tr>
<td></td>
<td>John Manley</td>
</tr>
<tr>
<td></td>
<td>Don and Bridjette March</td>
</tr>
<tr>
<td></td>
<td>Rebecca Marinelli</td>
</tr>
<tr>
<td></td>
<td>Diane McDonald</td>
</tr>
<tr>
<td></td>
<td>Midnight Sun Lazy Triathlon &amp; Tracy Saunders</td>
</tr>
<tr>
<td></td>
<td>Patricia Miller</td>
</tr>
<tr>
<td></td>
<td>Rebecca Monagle</td>
</tr>
<tr>
<td></td>
<td>NARFE Chapter 2076</td>
</tr>
<tr>
<td></td>
<td>Network for Good</td>
</tr>
<tr>
<td></td>
<td>Northwest Auto Parts</td>
</tr>
<tr>
<td></td>
<td>Beale Pape</td>
</tr>
<tr>
<td></td>
<td>Chad &amp; Limei Pranke</td>
</tr>
<tr>
<td></td>
<td>Marilyn L. Read</td>
</tr>
<tr>
<td></td>
<td>Tonda L. Scott</td>
</tr>
<tr>
<td></td>
<td>Ursula Sewell</td>
</tr>
<tr>
<td></td>
<td>Mae Ann Smith</td>
</tr>
<tr>
<td></td>
<td>Jonell M. Snook</td>
</tr>
<tr>
<td></td>
<td>Holmes</td>
</tr>
<tr>
<td></td>
<td>Ida &amp; Arve’ Solomon</td>
</tr>
<tr>
<td></td>
<td>Dr. &amp; Mrs. Spencer</td>
</tr>
<tr>
<td></td>
<td>Linda J. Stiffler</td>
</tr>
<tr>
<td></td>
<td>Fred &amp; Laurel Strutzer</td>
</tr>
<tr>
<td></td>
<td>Mr. &amp; Mrs. Raymond &amp; Polly Sund</td>
</tr>
<tr>
<td></td>
<td>Saralyn Tabachnick</td>
</tr>
<tr>
<td></td>
<td>Thirty Five Plus Singles Club</td>
</tr>
<tr>
<td></td>
<td>TRUiST</td>
</tr>
<tr>
<td></td>
<td>United Way of Anchorage</td>
</tr>
<tr>
<td></td>
<td>United Way of Matanuska-Susitna Borough</td>
</tr>
<tr>
<td></td>
<td>David &amp; Carla Wight</td>
</tr>
<tr>
<td></td>
<td>Debborah Wright</td>
</tr>
</tbody>
</table>

---

### In Honor & Memory of:

<table>
<thead>
<tr>
<th>Peggy Crooks</th>
<th>Marilyn Kiefer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Louise C. Joudrie</td>
<td>Dixie Belcher</td>
</tr>
<tr>
<td></td>
<td>Louise P. Dawson</td>
</tr>
<tr>
<td></td>
<td>Clinton D. &amp; Lynn M. Ernst</td>
</tr>
<tr>
<td></td>
<td>Duncan &amp; Sally Fowler</td>
</tr>
<tr>
<td></td>
<td>J. Roger &amp; Karleen A. Grummett</td>
</tr>
<tr>
<td></td>
<td>Elizabeth E. Lucas</td>
</tr>
<tr>
<td></td>
<td>Mary E. Miller</td>
</tr>
<tr>
<td></td>
<td>Rebecca Monagle</td>
</tr>
<tr>
<td></td>
<td>Bradley S. &amp; Donna B. Pierce</td>
</tr>
<tr>
<td></td>
<td>Saralyn Tabachnick</td>
</tr>
<tr>
<td></td>
<td>Catherine M Turner</td>
</tr>
<tr>
<td></td>
<td>Bob and Chris Urata</td>
</tr>
<tr>
<td></td>
<td>Eugene “Gene” Kulawik</td>
</tr>
<tr>
<td></td>
<td>Dorothy or Gary Bonin</td>
</tr>
<tr>
<td></td>
<td>Harvey E. &amp; D Jeanne Dougherty</td>
</tr>
<tr>
<td></td>
<td>Heather Flynn</td>
</tr>
<tr>
<td></td>
<td>Kay Gajewski</td>
</tr>
<tr>
<td></td>
<td>Lucy Groh</td>
</tr>
<tr>
<td></td>
<td>Don and Bridjette March</td>
</tr>
<tr>
<td></td>
<td>Judith S. &amp; George A. Moerlein</td>
</tr>
<tr>
<td></td>
<td>Ursula Sewell</td>
</tr>
<tr>
<td></td>
<td>Heinrich Springer</td>
</tr>
<tr>
<td></td>
<td>Mr. &amp; Mrs. Raymond &amp; Polly Sund</td>
</tr>
<tr>
<td></td>
<td>Dorothy Magette</td>
</tr>
<tr>
<td></td>
<td>John &amp; Jackie Brunton</td>
</tr>
<tr>
<td></td>
<td>Lorraine Tuttle Lang</td>
</tr>
<tr>
<td></td>
<td>American Legion Auxiliary Peters Creek Unit 33</td>
</tr>
<tr>
<td></td>
<td>David W. &amp; Kathy A. Ells</td>
</tr>
<tr>
<td></td>
<td>Linda J. Stiffler</td>
</tr>
</tbody>
</table>
Our second annual Stand Up for a Cause took place on October 2 featuring Anji Stubbs of Black Sheep Comedy and writer Stefania Silvestri. It was a great success and we would like to thank all those in attendance as well as our generous sponsors that helped make this a memorial evening.
Classes & Events around the state

ANCHORAGE
1750 Abbott Road
561-3313
ABC: End of Life
Diana Seropian
Monday, 10/9
10-11:30am

ABC: Caregiver TLC
Kim Jung
Monday, 10/16
10-11:30am or 5:30-7pm

ABC: The Dementias
Debbie Chulick
Monday, 10/23
10-11:30am or 5:30-7pm

ABC: Smart Phones
Mary Wolcoff
Monday, 10/30
10-11:30am or 5:30-7pm

ABC: Bathing without the Battle
Jane Haiar
Monday, 11/6
10-11:30am or 5:30-7pm

ABC: Incontinence Matters
Kim Jung
Monday, 11/13
10-11:30am or 5:30-7pm

ABC: Dining With Dementia
Debbie Chulick
Monday, 11/27
10-11:30am or 5:30-7pm

ABC: Dementia and the Holidays
Kim Jung
Monday, 12/4
10-11:30am or 5:30-7pm

ABC: Challenging Behaviors
Debbie Chulick
Monday, 12/11
10-11:30am or 5:30-7pm

ABC: Assisted Living Homes
Jane Haiar
Monday, 12/18
10-11:30am or 5:30-7pm

Brain Works*
Tuesday, 11/28 - 1/16/18
10-11:30 am

Mind Matters I *
Wednesdays, 11/29 - 1/17/18
10-11:30 am

Mind Matters II *
Wednesdays, 11/30 - 1/18/18
10-11:30 am

Memory Screening Day
Wednesday, 11/15
9 am to 4 pm
Walk in or by appointment

Art Links: Every Friday from
11 am to 12 pm.

Virtual Dementia Tour*:
Monday, 11/20 – (20
minutes)
By appointment only

MAT-SU
10355 Palmer-Wasilla Hwy.
746-3413

ABC Presentations
Family Meeting
Tuesday, 10/10
1-2:30pm or 5:30-7pm

The Dementias
Thursday, 10/26
5:30-7pm (Mat-Su Health
Services 1363 W. Spruce
Ave. Wasilla, AK)

Is it Alzheimer’s
Tuesday, 11/14
1-2:30pm or 5:30-7pm

Mouthcare Without the Battle
Tuesday, 12/5
1-2:30pm or 5:30-7pm

Mind Matters *
Wednesdays, 11/18 to 12/6
10:30am-noon

Savvy Caregiver *
Monday, 10/16 to 11/20
1pm - 3pm
Registration is required

Art Links
Fridays - Every Week
1-2pm

JUNEAU
3225 Hospital Dr.
586-6044

ABC Presentations
Meaningful Activities
Thursday, 10/26
12:1-30pm or 5:30-7pm

Planning Ahead
for the Holidays
Thursday, 11/9
12-1:30pm or 5:30-7pm

Movie: Looks Like Laury
Sounds Like Laury
Thursday, 11/30
12-1:30pm or 5:30-7pm

Alzheimer’s Disease &
Related Dementias
Thursday, 12/7
12-1:30pm or 5:30-7pm

Memory Screening Day
Wednesday, 11/15
5:30-7:30 PM
Registration is required

FAIRBANKS
565 University Ave. #2
452-2277

ABC Presentations
Dementia With Dignity
Joan Adams
Wednesday, 10/18
5:30-7pm

Movie Screening Alive Inside
Wednesday, 11/8
5:30-7 pm

Holiday Hints
Wednesday, 12/6
5:30-7pm

Memory Screening Day
Wednesday, 11/1
9am - 4pm

Mind Matters *
Thursday, 11/2 to 12/28
1pm - 2:30pm

Art Links
Thursday, Every Week
11am-noon

Virtual Dementia Tour *
Tuesday, 12/12
10am-4pm
By appointment only

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

FOR PROFESSIONALS
Contact Amber Smith
907-586-6044

Alzheimer’s Disease
& Related Dementias
Tuesday, 10/17
11am-1:30pm

Person-Centered Care
Tuesday, 11/21
12-1:30pm

The Power of Music
Tuesday, 12/12
12-1:30pm

FOR FAMILY CAREGIVERS
Contact Gay Wellman
907-822-5620

Holiday Connections
Thursday, 10/12
7-8:30 pm

Bathing Without the Battle
Thursday, 11/9
7-8:30 pm

The Power of Music
Thursday, 12/14
7-8:30 pm

Healthy Body/ Healthy Brain
Thursday, 1/11/18
7-8:30 pm

* Registration Required
Visit page 9 for location & time of Memory Cafe
### 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>Chester Park Cooperative</td>
</tr>
<tr>
<td>2020 Muldoon Rd.</td>
</tr>
<tr>
<td><strong>Anchorage</strong></td>
</tr>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>1750 Abbott Rd.</td>
</tr>
<tr>
<td>Chester Park Cooperative</td>
</tr>
<tr>
<td>2020 Muldoon Rd.</td>
</tr>
<tr>
<td><strong>Eagle River</strong></td>
</tr>
<tr>
<td>Holy Spirit Episcopal Church</td>
</tr>
<tr>
<td>17545 N. Eagle River Loop Rd.</td>
</tr>
<tr>
<td><strong>Fairbanks</strong></td>
</tr>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>565 University Ave. Suite 2</td>
</tr>
<tr>
<td><strong>Homer</strong></td>
</tr>
<tr>
<td>Homer Senior Center</td>
</tr>
<tr>
<td><strong>Ketchikan</strong></td>
</tr>
<tr>
<td>Ketchikan Senior Center</td>
</tr>
<tr>
<td>Upper Level</td>
</tr>
<tr>
<td><strong>Kodiak</strong></td>
</tr>
<tr>
<td>Kodiak Senior Center</td>
</tr>
<tr>
<td>302 Erskine Ave.</td>
</tr>
<tr>
<td><strong>Mat-Su Valley</strong></td>
</tr>
<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><strong>Seward</strong></td>
</tr>
<tr>
<td>Seward Senior Center</td>
</tr>
<tr>
<td><strong>Sitka</strong></td>
</tr>
<tr>
<td>Brave Heart Volunteers</td>
</tr>
<tr>
<td>120 Katlian Street</td>
</tr>
<tr>
<td><strong>Soldotna</strong></td>
</tr>
<tr>
<td>Soldotna Senior Center</td>
</tr>
</tbody>
</table>
We would like to thank all who donated to us through the Pick.Click.Give program last year.

Contributions to Alzheimer’s Resource of Alaska support programs and services that are enhancing the quality of life for vulnerable seniors on a daily basis. Please consider partnering with us again in 2018.

THANK YOU FOR SUPPORTING ALZHEIMER’S RESOURCE OF ALASKA!