New NIA-supported research ties several genetic risk variants for late-onset Alzheimer’s disease to levels of amyloid at different disease stages. The results, published online Jan. 16, 2018, in JAMA Neurology, provide insight into the genetic influences on Alzheimer’s-related brain changes, namely, buildup of amyloid, a protein that turns toxic and accumulates in the brains of people with Alzheimer’s disease.

Researchers from the Indiana University School of Medicine, Indianapolis, and the David Geffen School of Medicine at the University of California, Los Angeles, analyzed associations between the top 20 Alzheimer’s genetic risk variants, as well as other variants previously associated with amyloid deposition, and amyloid levels measured by brain imaging. The study included 977 participants (average age, 74 years) from the NIA-supported Alzheimer’s Disease Neuroimaging Initiative (ADNI): 322 who were cognitively normal, 496 who were in the mild cognitive impairment stage, and 159 who were in the dementia stage.

Findings showed that after APOE4, the gene with the strongest association with amyloid deposits was ABCA7, especially in the asymptomatic and early symptomatic disease plaques, a hallmark of the disease.

While acute sleep deprivation is known to elevate brain beta-amyloid levels in mice, less is known about the impact of sleep deprivation on beta-amyloid accumulation in the human brain. The study is among the first to demonstrate that sleep may play an important role in human beta-amyloid clearance.

“This research provides new insight about the potentially

(Cont.) Page 4
Staff

**Executive Director**
Pamela Kelley

**Administration & Development**
Melissa Saulnier  Executive Assistant
Robyn Langlie  Business Manager
Lorraine Guyer  Development Director
Samantha Gordon  Development & Communications Assoc.
Vanda Hoecher  Receptionist

**Care Coordination**
Rebecca Marinelli  Care Coordinator Director
Takiya Abdurashid  Care Coordinator
Kimberly Adkison  Care Coordinator
Amy Anderson  Care Coordinator
Tami Balts  Care Coordinator
Brandy Barnes  Care Coordinator
Amber Bartz  Care Coordinator
Sarah Blastic  Program Assistant
Debra Burt  Care Coordinator
Val Cummins  Care Coordinator
Gabriela Harbison  Care Coordinator
Jennifer Ivory  Care Coordinator
Sarah Lawrence  Care Coordinator
Christy Long  Care Coordination Manager
Audianna Mengel  Care Coordinator
Joe Morgan  Care Coordinator
Tessa Morris  Care Coordinator
JoEllen Sadler  Care Coordinator
Tiffany Schneider  Care Coordinator
Elizabeth Smith  Care Coordinator
Tess Staton  Care Coordinator
Olga Tanner  Care Coordinator
Samantha Tresham  Care Coordinator
Hannah Yoter  Care Coordinator

**Education**
Vacant  Education Director
Joan Adams  Education Specialist
Debbie Chulick  Education Specialist
Janice Downing  Education Specialist
Ann Farris  Education Specialist
Kim Jung  Education Specialist
Linda Shepard  Education Specialist
Kevin Silver  Program Assistant
Amber Smith  Education Specialist
Gay Wellman  Education Specialist

Board of Directors

**President**
Ken Acton

**Vice President**
Mike Lajoie

**Treasurer**
Rori Van Nortwick

**Secretary**
Rebecca Hanson

**Member-at-Large**
Nicki Addonisio

Members
Jenna Brunner
Lawrence K. Duffy
Mellisa Heflin
Rhonda McLeod
Patty Miller
Jonell Snook-Holmes
LC Tolver

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.,
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

Dear Friends,

Allow me to introduce myself as the new Executive Director of Alzheimer’s Resource of Alaska (ARA). Many of you already know me as the Education Director of this outstanding organization, a position that I have held since January 2015. During that time my predecessor, Karl Garber, kindly mentored me to the world of nonprofit program management. For the last few weeks, he extended that kindness to aid my transition to this new executive role. Karl was instrumental in leading ARA through significant organizational change, working with the board and staff to assure that we remain a fiscally strong and professionally respected organization that delivers compassionate services daily. He will be missed greatly.

I became acquainted with Alzheimer’s Resource of Alaska ten years ago, though not as a service provider or other professional. Like many of you, my acquaintance was born of the anxiety that came with the dawning realization that someone I loved had a serious cognitive impairment. I came here seeking help. Over the years, I became a practiced consumer of ARA services. I hired in-home workers through ARA when that program was available. I sought out a care coordinator to help our family navigate the new terrain of services on offer and needs unanticipated. I took the Savvy Caregiver class and attended ABCs with the belief that my role as a care partner could become a better experience for my partner and me. We attended Art Links and support groups. Every step of the way, I gained confidence knowing that this organization was available to us. Nothing in the preceding 20+ years of my professional life in law and academia prepared me better.

You won’t see many obvious changes at ARA as a result of this change in roles. We will continue to deliver excellent care coordination services in Anchorage, Juneau and Mat-Su as well as Dillingham and Bethel as Care Coordination Resource of Alaska (CCRA). We will continue to support individuals and families learning to live with ADRD, through classes and support groups and socialization activities orchestrated by our Education offices in Fairbanks, Juneau, Mat-Su and Anchorage. We will continue advocating on behalf of Alaskans living with disabilities, and their families, at every opportunity throughout the state. We will continue contributing our expertise in dementia care to the direct care workforce, knowing that this improves the quality of life available to Alaskans experiencing dementia.

Those of us who work at ARA are privileged. Every day we have the chance to make a difference, for the better, in the lives of our clients and in our communities. Every day we have the honor of doing meaningful work in fulfillment of a mission we embrace. I hope you will continue to support us, to utilize our services, and help us support Alaskans living with cognitive and other disabilities. I intend to earn daily the trust that our Board has placed in me, with the help of every dedicated member of our staff, our volunteers, and you.

Optimistically,

Pamela Kelley
Executive Director
stages. Studies have previously connected ABCA7 with Alzheimer’s disease processes in the brain; these findings provide further evidence of its role. Research has also shown that African Americans are more likely than whites to have a variant of the ABCA7 gene, with almost double the risk of developing Alzheimer’s.

Other Alzheimer’s disease risk genes found to be associated with amyloid buildup at different disease stages included FERMT2, which was most pronounced in people with mild cognitive impairment; SORL1 and EPHA1, which were associated with both the mild cognitive impairment and dementia stages; and CLU, DSG2, and ZCWPWI, which were linked to the dementia stage.

Results suggest genetic variants might affect Alzheimer’s disease processes differently across disease stages.

Researchers noted that improved understanding of these genetic risk factors could help predict which people are most at risk of developing dementia due to Alzheimer’s and identify gene-specific drug targets.

National Institute on Aging

harmful effects of a lack of sleep on the brain and has implications for better characterizing the pathology of Alzheimer’s disease,” said George F. Koob, Ph.D., director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health, which funded the study.

Beta-amyloid is a metabolic waste product present in the fluid between brain cells. In Alzheimer’s disease, beta-amyloid clumps together to form amyloid plaques, negatively impacting communication between neurons.

Led by Drs. Ehsan Shokri-Kojori and Nora D. Volkow of the NIAAA Laboratory of Neuroimaging, the study is now online in the Proceedings of the National Academy of Sciences. Dr. Volkow is also the director of the National Institute on Drug Abuse at NIH.

To understand the possible link between beta-amyloid accumulation and sleep, the researchers used positron emission tomography (PET) to scan the brains of 20 healthy subjects, ranging in age from 22 to 72, after a night of rested sleep and after sleep deprivation (being awake for about 31 hours). They found beta-amyloid increases of about 5 percent after losing a night of sleep in brain regions including the thalamus and hippocampus, regions especially vulnerable to damage in the early stages of Alzheimer’s disease.

In Alzheimer’s disease, beta-amyloid is estimated to increase about 43 percent in affected individuals relative to healthy older adults. It is unknown whether the increase in beta-amyloid in the study participants would subside after a night of rest.

The researchers also found that study participants with larger increases in beta-amyloid reported worse mood after sleep deprivation.

“Even though our sample was small, this study demonstrated the negative effect of sleep deprivation on beta-amyloid burden in the human brain. Future studies are needed to assess the generalizability to a larger and more diverse population,” said Dr. Shokri-Kojori.

It is also important to note that the link between sleep disorders and Alzheimer’s risk is considered by many scientists to be “bidirectional,” since elevated beta-amyloid may also lead to sleep disturbances.

About the National Institute on Alcohol Abuse and Alcoholism (NIAAA): The National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health, is the primary U.S. agency for conducting and supporting research on the causes, consequences, prevention, and treatment of alcohol use disorder. NIAAA also disseminates research findings to general, professional, and academic audiences.

About the National Institutes of Health (NIH): NIH, the nation’s medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases.
Save THE Date...

**Alzheimer's Resource of Alaska - Summer 2018**

---

**THE Movie Event**

A special movie event Saturday, September 29
Earl R. Brown Theater
Alaska Pacific University
4101 University Dr.
5:00PM | Social Hour & Silent Auction
6:30PM | Special Movie Event
7:30PM | Intermission & Silent Auction
Closing

For ticket information, please call 907-561-3313 or visit www.AlzAlaska.org

---

**A Night to Remember**

Saturday, September 8
Carpenter’s Hall
407 Denali St., Anchorage
Doors open at 7:00PM
For details, visit 35plusclub.com
Presented by the 35+ Singles Dance Club

---

“I enjoy attending Alzheimer’s Resource events! I always have fun and know that I am contributing to a much needed cause. You should go too...” - Carolyn W.

---

**SLOW BONES**
**BRAZEN BBQ**

Friday, November 2
5PM - 8PM
510 West Tudor Road, Suite 7

Enjoy smokey meats, zesty sauces, and savory sides! A portion of your meal cost will benefit the ARA.
No reservations required!

For dinner details or to view the full menu, call 907-375-0494 or visit doriolas.com/bbq_menu.shtml
Thank you to our generous participants of the 14th annual Amblin’ for Alzheimer’s. The early morning walk began with breakfast, music and great spirits. The sun came out, and with your contributions, the event raised more than $54,000 for our programs and services, bringing our 14 years of fundraising through this event to over $800,000!

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

Thank you again for your thoughtful support of Amblin’ for Alzheimer’s.

We would like to thank our sponsors for their contributions of cash, food, and prizes that make our walk special. For a complete list of sponsors, please visit http://www.alzalaska.org/sponsors-of-past-amblins/.

In Honor & Memory of:

**Sandra Elaine Allen**
Mrs. Charlene F. Davis

**Jack Bacher**
Mary Lou Bacher
Sally Gulbranson
Keith & Lillian Lauwers

**Richard P. Barry**
Anonymous

**Mary DePalatis**
Philip & Marilyn Freitag
Steve Padrick

**Marcia Giinther**
Jackie & David Bloom
Nixola J. Doan
Deanna Linznar
Ms. Cassandra Pinkel
J R Smith

**Herbie Green, Barbara Pailing & Lucky & Oats**
Anonymous Donors
Marianne Green
Kathy Klos
Anne Nevaldine
Team Red & White
Michele Whaley

**Ronald Jackson**
Peggy Jackson

**Midge Keil**
Anonymous Donors
Melissa Cleary
Carolyn A. Keil & Kirk Currey
Donald Keil
Paula & Chris Kersbergen

**Dorothy Magette**
John & Jackie Brunton

**Sally J. Myers**
Julia Myers-Rachford

**Honey Pere**
Guy & Wanda Pere

**Rudy Ripley**
Kate Ripley

**Dorothy Roberts**
Kathy deSchweinitz
Elmer A. Patson

**Marlene Williamson**
Mrs. Carol M. Williamson
Individual & Business Contributors

These contributions were between April 1 - June 30

2 Friends Gallery
Accurate Hearing Systems
Active Network, LLC
Ken Acton
Noreen & Salvatore
Addonisio
Adron E. Harris II &
Vanessa Harris
Brenda Aiken
John & Kay Alley
Anchorage Lodge No. 1534 Loyal Order of Moose
Angela Anderson
Joyce M. Anderson
Vicki Anderson
Noryln Aquino
Kevin G. Armstrong
Rebekah Arnold
ASD Charitable Giving Campaign
Liz Ashlock
Earle & Sally Ausman
Mary Lou Bacher
Ronald & Teresa Bailey
Kirk Barker
Theresa Bayer
Patti Billman
Jackie & David Bloom
Bernadette Bradley
Debbi Brooks
Wiley Brooks
Jody Brunton
John & Jackie Brunton
David & Susan Brunton
Homewell Senior Care
Cesar & Cheryl Carmona
Melissa Castaneda
David & Rose L Chidester
Cheryl Clay
Melissa Cleary
Jerome Colding
Steve Cole &
Diana Pistro Cole
Derek & Danielle
Coleman
Lorna G. Collins
ConocoPhillips Alaska
Carolyn A. Keil & Kirk Currey
Charlene F. Davis
Dorka De La Rosa-Fickes
Tasha Deardorff
Lisa & Scott DeBerard
Delta Kappa Gamma Beta Chapter Alaska
Norm & Susan Denison
Kathy deSchweinitz
Andrea DeVore
Kathy Dimitriou
Nixola J. Doan
MLke & Liz Dunn
Roger & Ann Dyer
Vincent & Barbara Engerer
Fairbanks Emblem Club 
#109 Games of Chance
Fairbanks North Star Borough School District
Farthest North Bowling Council
Patricia Ferucci
Sharonne Fields-Browning
Jennifer Flanagan
Philip & Marilyn Freitag
Josh Frommer
FrontStream & Panorama
Global Impact Fund
Lindsey Galin
Tom & Scharre Gerrety
Kevin H. & Hailey J. Gill
Angelyn Ray Gipsen
Bill & Kate Goodell
Connie Goodman
Justin Goodman &
State Farm Insurance
Katie Jo E. Gratrix
Kristen E. Gratrix
Sharon K. Gratrix
Jay Green
Sally Gulbranson
Hair Addiction & Karen S. Morgan
Vicki Hansen Schuh
Ryan Hansen
Tim & Michele Hansen
Rebecca M. Hanson
Tina M. Hardwick
Elena Hartford
Gillian Havrilla
Paloma Hawn
Pamela Heady
Shirley M. Henley
Debbie & Dave Hestes
Emma L. Hickel
Jenna S. Hickel
Ray Hickel
Suzanne Hickel
Florine A. Hirsch
Vanda Hoecher
Katie D. Holmes
Wayne Holmes & Jonell M. Snook-Holmes
Stephanie Holthaus
Stacey C. Horn
Courtnei Husmann
IBEW Local 1547 - Unit 101
Peggy Jackson
Dr. Paul H. Johnson & Leiza O. Johnson
Julia Juelfs
David C. & Frances M. Junge
Carol Gay Kane
Michelle Kanosh
Marylee & Allan Kauffman
Jamie Keane
Diane Kennedy
Paula & Chris Kersbergen
G. W. Keyl
Peggy Kiefer
Kathy Klos
Theodoros Kouris
KPMG
Leslie Kramer
Carol & Oliver Krein
Kro Assisted Living
Kroger-Fred Meyer Rewards Donors
Teddy Krogh
Stroud W. Kunkle
Dr Eileen M. Lally
Robyn Langlie
Keith & Lillian Lauwers
Leonard & Martens, LLC
David & Susan Levy
Mike Lewis
Deanna Linznar
Joyce Lofgren
Carol Lohmann
Elizabeth Lopez
Jerry & Denise Lutton
William Magette
Rebecca Marinelli
Jane Matthews
Leslie Matura
Kathy R. McArthur
Diane McDonald
Macki P. McDonald
Laura McDonough
Heather McIntosh
Tommy McKeaney
Rhonda McLeod
Theresa J. Melchert
Shannon Metrokin
Robyn Middleton
Candace R. Molle
Kerri Mone
Leslie Moore
Kathleen Morrow
Julia Myers-Rachford
Nelchina-Mendeltna Corporation
Network for Good
Northern Skies Federal Credit Union
Ina Offret
The Ovsepyan Family
Steve Padrick
Elmer A. Patson
Susan A. Peach
Guy & Wanda Pere
Cassandra Pinkel
Jorgia Plume
Preferred Care at Home / Opus Memoria
Harry (Bing) Prichard
Individual & Business Contributors (cont’d)

Ray & Marge Prichard  
Providence Health Services  
Providence Horizon House  
Raoul A. Pursell  
Sandra S Ramsey  
Julie Redick  
Bettiann A. Reimann Giegerl  
Allan J. & Ann Renfroe  
Brigitte M. Ressel  
Rhonda McLeod  
Kate Ripley  
Deborah D. Roberds  
Sherri Roberds  
Anna P. Roberts  
Becky Rudisill  
Ken Acton  
Gene R. Salzman  
Alfonse Addonisio  
Andrea Samuel  
Noreen & Salvatore Addonisio  
Michelle R. Sass  
ADRC-Mat-Su  
Mona J. Saupe  
Alaska Airlines  
Kelci Schierholz  
Anchorage Golf Course  
Barbara & William Seibel  
Atkinson, Conway & Gagnon  
J R Smith  
Craig Baxter  
Mark & Mae Ann Smith  
BBAAD Productions, LLC  
Upshur & Jennifer Spencer  
Ilona Bessenyey  
Brandon Spoerhase  
Randy Bjorgan  
Dennis Patrick Stock  
Christine Carper  
Frederick W Stutzer  
Dawnia Clements  
Karn & Philip Stutzer  
Holly Cody  
Margaret Stutzer  
Copper Basin Senior Citizens  
Joseph P. & Beverly Ann Sullivan  
Judy Cuddy & Band  
Heather  
Karen L. Waldran  
Becky Rudisill  
Gene R. Salzman  
Annette Swanson  
Alfonse Addonisio  
Deanna Thorpe  
Noreen & Salvatore Addonisio  
Robert M. Thorpe  
ADRC-Mat-Su  
Linda L. Tittle  
Alaska Airlines  
LC Tolver  
Anchorage Golf Course  
Timothy Troll  
Atkinson, Conway & Gagnon  
TRUiST  
Craig Baxter  
United Way of Anchorage  
Bettiann A. Reimann Giegerl  
United Way of Matanuska-Susitna Borough  
Allan J. & Ann Renfroe  
United Way of Tanana Valley  
Brigitte M. Ressel  
Team Brunton  
Randy Bjorgan  
Team Forget Me Nots  
Christine Carper  
Team Gratrix  
Dawnia Clements  
Team Groovin for Grandma Grethe  
Holly Cody  
Team Hiking with Dorothy  
Copper Basin Senior Citizens  
Team Homewell Senior Care  
Judy Cuddy & Band  
Team Kiefer  
Karen L. Waldran  
Team Leonard & Martens  
Team Preferred Care at Home / Opus Memoria  
Team Memory Marchers  
Team Providence  
Team McLeod  
Team Kiefer  
Team My Trucks  
Team Nicki  
Team Northern Skies  
Team National Resource Center for Alaska  
Federal Credit Union  
Team Providence  
Team Preferred Care at Home / Opus Memoria  
We would like to honor the teams that walked during Amblin for Alzheimer's in memory of a loved one lost

Team Homewell Senior Care  
Team Kiefer  
Team Leonard & Martens  
Team Memory Marchers  
Team McLeod  
Team My Trucks  
Team National Resource Center for Alaska  
Team Northern Skies  
Team Preferred Care at Home / Opus Memoria  
Team Providence  
Team Red & White  
Team Strong and Hopeful

Ray & Marge Prichard  
Alfonse Addonisio  
Noreen & Salvatore Addonisio  
ADRC-Mat-Su  
Alaska Airlines  
Anchorage Golf Course  
Atkinson, Conway & Gagnon  
Craig Baxter  
BBAAD Productions, LLC  
Ilona Bessenyey  
Randy Bjorgan  
Christine Carper  
Dawnia Clements  
Holly Cody  
Copper Basin Senior Citizens  
Judy Cuddy & Band  
Dino’s Donuts, Inc.  
Don Jose’s Mexican Restaurant  
Fairbanks Pioneer Home  
Rose Feltz  
Jennifer Flanagan  
Robert & Suzanne Garnett  
Golden Towers  
Sharon Gratrix  
Mandy Grinell  
Rachel & Rebecca Guyer  
George Hargrove  
Catherine Harvey  
Heather  
Melissa Heffin  
Kylie Hughes  
Maria Jacinto  
Dena Johnson  
Joe & Jude Johnson  
Kaladi Brothers  
Mike Lajoie  
Robyn Langlie  
Laurie Lizotte  
Rhonda McLeod  
Patty Miller  
Rachel Miranda-Valdez  
Moore Street Apartments  
Osher Lifelong Learning  
Holly Parks  
Janet Perrigo  
Pioneer Home  
Bing Prichard  
Janette Riehl  
Karen L. Waldran  
Adam, Sabrina & Leo Walker  
Walmart  
Jodi Walton  
Thomas A. & L. G. Ward  
Terry Welsh  
Sarah Welty  
Wende S. Irick & Wende Irick Image Consultant  
David & Carla Wight  
Glen Williams  
Susan Williams  
Carol M Williamson  
Tonja Woelber  
Jerry & Sue Zentmire  
Heather  
Melissa Heffin  
Kylie Hughes  
Maria Jacinto  
Dena Johnson  
Joe & Jude Johnson  
Kaladi Brothers  
Mike Lajoie  
Robyn Langlie  
Laurie Lizotte  
Rhonda McLeod  
Patty Miller  
Rachel Miranda-Valdez  
Moore Street Apartments  
Osher Lifelong Learning  
Holly Parks  
Janet Perrigo  
Pioneer Home  
Bing Prichard  
Janette Riehl  
We would like to honor the teams that walked during Amblin for Alzheimer's in memory of a loved one lost

Team Brunton  
Team Forget Me Nots  
Team Gratrix  
Team Groovin for Grandma Grethe  
Team Hiking with Dorothy  
Team Homewell Senior Care  
Team Kiefer  
Team Leonard & Martens  
Team Memory Marchers  
Team McLeod  
Team My Trucks  
Team National Resource Center for Alaska  
Team Providence  
Team Red & White  
Team Strong and Hopeful
Classes & Events around the state

ANCHORAGE
1750 Abbott Road, 561-3313

ABC Presentations
Movie: Alive Inside
Monday, 07-16
10-11:30 am or 5:30-7 pm

Movie: Backing out of Time
Monday, 07/30
10-11:30 am or 5:30-7 pm

Movie: I’ll Be Me
Monday, 08/13
10-11:30 am or 5:30-7 pm

Movie: You’re Looking at Me Like I Live Here, but I Don’t
Monday, 08/27
10-11:30 am or 5:30-7 pm

Challenging Behaviors
Monday, 09/10
10-11:30 am or 5:30-7 pm

Normal Aging/Not Normal Aging
Monday, 09/17
10-11:30 am or 5:30-7 pm

Explore Community Resources
Monday, 09/24
10-11:30 am or 5:30-7 pm

Savvy Caregiver*
Thursdays, 09/13 to 10/11
5:30-7 pm
Registration is required.

Mind Matters *
Wednesdays, 07/11 to 07/18
Wednesdays, 08/08 to 09/26
10:30 am-noon

Virtual Dementia Tour *
Friday, 09/24
Appointments available
10 am-4 pm
Registration Required

Art Links
Fridays - Every Week
1-2:00 pm

* Registration Required

MAT SU VALLEY
10355 E. Palmer Wasilla Hwy., 746-3413

ABC Presentations
20 Questions/100 Answers Part II
Monday, 07/09
1-2:30 pm or 5:30-7 pm

Medicaid Waiver
Monday, 08/20
1-2:30 pm

Driving and Dementia
Tuesday, 09/11
1-2:30 pm or 5:30-7 pm

Savvy Caregiver *
Thursdays 09/06 to 10/11
5:30-7 pm
Registration is required.

Mind Matters *
Wednesdays, 07/11 to 07/18
Wednesdays, 08/08 to 09/26
10:30 am-noon

Virtual Dementia Tour *
Friday, 09/24
Appointments available
10 am-4 pm
Registration Required

Art Links
Fridays - Every Week
11 am-Noon

JUNEAU
3225 Hospital Drive, 586-6044

ABC Presentations
Movie: Looks Like Laury, Sounds Like Laury
Tuesday, 07/24
12-1:30 pm or 5:30-7 pm

Behaviors That Challenge Us
Tuesday, 08/28
12-1:30 pm or 5:30-7 pm

PAC “Normal Aging vs. Not Normal Aging”
Tuesday, 09/25
12-1:30 pm or 5:30-7 pm

Memory Cafe
Wasilla Area Seniors, Inc. (WASI)
Tuesdays, 7/17, 08/21, 09/18
1-2:30 pm
An opportunity for persons living with dementia and their care partners to engage in much needed socialization and enjoy the company of others who are on the same journey.

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

ABC Presentations
When a Loved One Wanders
Tuesday, 07/17
5:30-7 pm
Registration is required.

Downsizing & Decluttering
Tuesday, 08/21
5:30-7 pm

What Is Good for the Brain
Tuesday, 09/18
5:30-7 pm

Virtual Dementia Tour *
Monday, 07/16
9:00 am - 4:00 pm
Appointment Required

Monday, 09/17
9:00 am - 4:00 pm
Appointment Required

Savvy Caregiver*
Wednesdays, 07/11-08/15
5:30-7:30 pm

Statewide Webinars
Connect with us via GoToMeeting or by Telephone

Professional Webinars
Amber Smith: 586-6044; asmith@alzalaska.org

Overview of Alzheimer’s Disease
Thursday, 07/12
7-8:30 pm

Meaningful Activities
Tuesday, 08/21
Noon-1pm

Alzheimer’s Disease and Related Dementias
Tuesday, 09/18
Noon-1pm

Statewide Webinars
Connect with us via GoToMeeting or by Telephone

Family Caregiver Webinars
Gay Wellman: 822-5620; gwellman@alzalaska.org

Overview of Alzheimer’s Disease
Thursday, 07/12
7-8:30 pm

Meaningful Activities
Tuesday, 08/21
Noon-1pm

Alzheimer’s Disease and Related Dementias
Tuesday, 09/18
Noon-1pm

Savvy Caregiver Class
Mondays, 08/20-09/24
7-9 pm

Registration is required.
**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>
<th>Anchorage</th>
<th>Eagle River</th>
<th>Fairbanks</th>
<th>Homer</th>
<th>Ketchikan</th>
<th>Kodiak</th>
<th>Mat-Su Valley</th>
<th>Seward</th>
<th>Sitka</th>
<th>Soldotna</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alzheimer's Resource of Alaska</strong></td>
<td>Caregiver</td>
<td>2nd Thursday</td>
<td>2nd Tuesday</td>
<td>2 &amp; 4th Thursdays</td>
<td>Call for more information</td>
<td>4th Thursday</td>
<td>2nd Wednesday</td>
<td>4th Thursday</td>
<td>Caregiver</td>
<td>2nd &amp; Last Tuesday</td>
</tr>
<tr>
<td>1750 Abbott Rd.</td>
<td></td>
<td>12PM-1:30 PM</td>
<td>5:30-7:00 PM</td>
<td>2:30-3:30 PM</td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td>1-3 PM</td>
</tr>
<tr>
<td>Chester Park Cooperative</td>
<td></td>
<td></td>
<td>3rd Tuesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2020 Muldoon Rd.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gay Wellman</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>822-5620 or (800) 478-1080 x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Eagle River</strong></td>
<td><strong>Alzheimer's Resource of Alaska</strong></td>
<td>Caregiver</td>
<td>2nd Thursday</td>
<td>2nd Tuesday</td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17545 N. Eagle River Loop Rd.</td>
<td></td>
<td>5:00-6:30 PM</td>
<td>5:30-7:00 PM</td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Debbie Chulick</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>561-3313</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fairbanks</strong></td>
<td><strong>Alzheimer's Resource of Alaska</strong></td>
<td>Caregiver</td>
<td>2nd Tuesday</td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>565 University Ave. Suite 2</td>
<td></td>
<td>5:30-7:00 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Joan Adams</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>452-2277</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Homer</strong></td>
<td><strong>Homer Senior Center</strong></td>
<td>Caregiver</td>
<td>2 &amp; 4th Thursdays</td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2:30-3:30 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pam Hooker</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>235-7655</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ketchikan</strong></td>
<td><strong>Ketchikan Senior Center</strong></td>
<td>Caregiver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Level</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bernice</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>225-8080</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kodiak</strong></td>
<td><strong>Kodiak Senior Center</strong></td>
<td>Caregiver</td>
<td>4th Thursday</td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>302 Erskine Ave.</td>
<td></td>
<td>12:30-1:30 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Janice Downing</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>746-3413</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mat-Su Valley</strong></td>
<td><strong>Alzheimer's Resource of Alaska</strong></td>
<td>Caregiver</td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10355 E. Palmer-Wasilla Hwy.</td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AK Veterans &amp; Pioneer Home</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kim Jung</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>561-3313</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Seward</strong></td>
<td><strong>Seward Senior Center</strong></td>
<td>Caregiver</td>
<td>4th Thursday</td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Judy Warren</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>262-1280</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sitka</strong></td>
<td><strong>Brave Heart Volunteers</strong></td>
<td>Caregiver</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120 Katlian Street</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Call for more info.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>747-4600</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Soldotna</strong></td>
<td><strong>Soldotna Senior Center</strong></td>
<td>Caregiver</td>
<td>2nd &amp; Last Tuesday</td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-3 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Judy Warren</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>262-1280</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sterling Senior Center</strong></td>
<td>Caregiver</td>
<td>1st Tuesday</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2nd Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2 PM</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
YOU CAN HELP ALZHEIMER'S RESOURCE OF ALASKA EARN DONATIONS
JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Was June your re-enrollment month? All current card holders can donate to their charity of choice.

Fred Meyer is donating $2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Alzheimer's Resource of Alaska at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 81744.
- Then, every time you shop and use your Rewards Card, you are helping us earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards.

THANK YOU FOR SUPPORTING ALZHEIMER'S RESOURCE OF ALASKA!