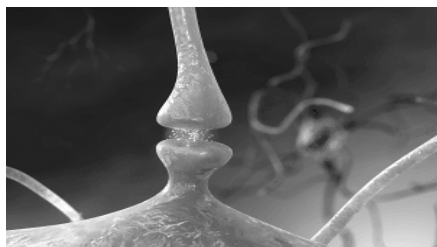


## IMAGING OF BRAIN SYNAPSES COULD BE NOVEL TEST FOR ALZHEIMER'S



For the first time, researchers have used brain imaging to measure synaptic loss in the brains of living people, perhaps providing a new way to study Alzheimer's disease. Synaptic loss has been associated with cognitive impairment in Alzheimer's disease.

In an exploratory study, researchers at Yale University and the Yale Alzheimer's Disease Research Center used brain neuroimaging with positron emission tomography (PET), to measure a specific protein, SV2A,

found in synaptic terminals. Neurotransmitter chemicals released from synaptic terminals of one brain neuron, cross a narrow gap (the synapse), and cause the adjacent neuron to turn on or off. Levels of SV2A protein should reflect the density of synapses; however, until this work, measurements of SV2A or synaptic density were only possible in brains of people after they died.

The study involved 10 participants with either mild cognitive impairment (MCI) or mild Alzheimer's disease who were compared with 11 participants who were cognitively unimpaired (average age, 73). The PET scans showed that people with MCI or mild Alzheimer's disease had

significantly less SV2A binding in the hippocampus, indicating a decrease in synaptic density, compared to cognitively normal participants.

The hippocampus is part of the brain essential in forming memories and the location of early damage associated with Alzheimer's disease. The PET scan results also correlated with test scores of episodic memory (memories of recent events), as well as scores on a cognitive test for Alzheimer's disease.

In comparison, some other brain imaging measures, though they detect proteins related to Alzheimer's disease, do not correlate directly with cognitive function.

*(Cont.) Page 4*

## UNIQUE PROTEIN NETWORKS IN BLOOD COULD OFFER NEW WAY TO DETECT DISEASES OF AGING

One of the world's largest study of the proteins in our blood could yield a whole new understanding of how disease impacts the body as we age.

Scientists with the Age Gene/Environment Susceptibility (AGES) Reykjavik Study – a long-term study of older people in Iceland – have found that specific patterns of circulating proteins in

our bloodstreams could be a new way to detect signals of health or disease.

The study by a team of scientists including Dr. Lenore Launer and Dr. Tamara Harris from the NIA Intramural Research Program was published in the journal Science. It is the first to give an overview of how these blood serum proteins connect as

networks, and how these networks interact with previously mapped parts of the human genome and gene expressions on different body tissues.

*(Cont.) page 5*

Director's Message .....	pg. 3
News and Events.....	pg. 6
Classes & Groups.....	pg. 10-11



## Staff

### Administration

Pamela Kelley  
Samantha Gordon

Executive Director  
Development & Comm.  
Associate  
Delopment Director  
Receptionist  
Business Manager  
Executive Assistant

Lorraine Guyer  
Vanda Hoecher  
Robyn Langlie  
Melissa Saulnier

### Care Coordination

Rebecca Marinelli

Care Coordinator  
Director  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Program Assistant  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordination  
Supervisor

Takiya Abdurashid  
Kimberly Adkison  
Amy Anderson  
Tami Balts  
Brandy Barnes  
Amber Bartz  
Sarah Blastick  
Debra Burt  
Val Cummins  
Gabriela Harbison  
Jennifer Ivory

Sarah Lawrence  
Christy Long

Care Coordinator  
Care Coordination  
Manager  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator  
Care Coordinator

Audrianna (Audri) Mengel  
Joe Morgan  
JoEllen (Jo) Sadler  
Tiffany Schneider  
Elizabeth (Liz) Smith  
Tess Staton  
Olga Tanner  
Samantha Tresham  
Hannah Yoter

### Education

Gail Schiemann  
Joan Adams  
Debbie Chulick  
Janice Downing  
Ann Farris  
Kim Jung  
Linda Shepard  
Kevin Silver  
Amber Smith  
Gay Wellman

Education Director  
Education Specialist  
Education Specialist  
Education Specialist  
Education Specialist  
Education Specialist  
Education Specialist  
Program Assistant  
Education Specialist  
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

### [www.AlzAlaska.org](http://www.AlzAlaska.org)

Stay connected via Facebook and Twitter  
@AlzAlaska

### 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





## Letter From The Executive Director

Dear Friends,

On September 28, there was good news out of Washington D.C. that went largely unnoticed. The federal appropriations bill that funds the National Institutes of Health (NIH) was signed into law. As a result, biomedical research that is focused on “curing and delaying onset and mitigating symptoms” of Alzheimer’s disease and related dementias (ADRD) will jump to \$2.3 billion. That’s a 400% increase in just five years.



This increase in NIH funding is critical – for the 5.7 million Americans living with Alzheimer’s disease right now, and the 14 million Americans expected to by 2050. Much more research is needed to improve early detection and diagnosis, to develop disease-modifying treatments and to develop a cure. That 400% increase in research funding will propel the science closer to these goals.

We are grateful that all members of the Alaska Congressional delegation supported the NIH funding increase. As a result, more research like the imaging study summarized on the first page of this newsletter will be possible.

I recommend to you the article written by Janice Kaiser at page 7. Janice has been writing about her experience as the care partner to her mother who lives with Alzheimer’s disease. Many use journaling to explore the emotional landscape of Alzheimer’s in daily living. Few have Janice’s talent. Her account is illuminating, and her voice is authentic. I was moved by this account.

November is the month designated “Alzheimer’s Disease Awareness Month” as well as “Family Caregiver Appreciation Month.” How appropriate that the two occur at the same time. After all, there are roughly 33,000 family caregivers in Alaska who are supporting an individual living with dementia who need our support too.

Sincerely,

Pamela Kelley  
Executive Director

# Imaging of brain synapses could be novel test for Alzheimer's

(from page 1)

According to an accompanying editorial by Elizabeth Mormino, Ph.D., from the Stanford Alzheimer's Disease Research Center and William Jagust, M.D., from the University of California, Berkeley, a reliable measure of synaptic density in living people would provide both a better measure of disease progression and could help objectively evaluate treatment response in clinical trials of disease-modifying drugs.

Additionally, the authors note that the method might prove useful not

only in Alzheimer's disease, but also other neurodegenerative and psychiatric diseases.

"This is really a breakthrough study," said Eliezer Masliah, M.D., director of NIA's Division of Neuroscience, whose work more than 20 years ago, established a relationship between Alzheimer's symptoms while people were living and the density of synaptic terminals in their brains after they died. "With advances in PET imaging, measuring synaptic density in the brains of living people may provide another

approach to studying Alzheimer's disease."

Reference: Chen MK, et al. Assessing synaptic density in Alzheimer disease with synaptic vesicle glycoprotein 2A positron emission tomographic imaging. JAMA Neurology 2018 July 16. DOI: 10.1001/jamaneuro.2018.1836.

**If you're unable to attend our classes, we offer ABC's of Caregiving and other classes as webinars.**

**See page 9 for a list of current statewide webinars.**



**Please consider us when you Pick. Click. Give. in 2019!**



## Introducing...

### Gail Schiemann, ARA's New Education Director

Gail Schiemann has joined Alzheimer's Resource of Alaska as our Education Director. As Education Director, she works with our professional staff, family, caregivers, and community partners across Alaska by developing program content and recognizing the needs of caregivers.



Prior to becoming the Education Director, Gail worked for the American Lung Association as Alaska's Program Director. Gail has extensive experience in Wellness Education and Prevention as well as the State of Alaska's Tobacco Prevention and Control Program. She enjoys developing strategic proposals and plans that support mission work and holds a Masters degree in Public Health Practice.

Gail moved to Anchorage in 1999, and spends leisure time with family and participating in dog sports with her English Cocker Spaniels.

Welcome, Gail!





## Unique protein networks in blood could offer new way to detect diseases of aging *(from page 1)*

The project is one of the most comprehensive analyses of secreted proteins to date, including samples from over 5,400 volunteers. The massive genetic data undertaking was made possible by collaboration between scientists at the Icelandic Heart Association, the Intramural Research Program, the Switzerland-based multinational pharmaceutical company Novartis, and SomaLogic, a Colorado-based proteomics company.

The team crafted a panel of DNA aptamers – special combinations of small nucleic acid chains that bind to specific proteins – that gave them the capability to

measure and identify thousands of serum proteins.

The team then scanned serum samples from a representative group of AGES study participants who ranged from age 66 to 96. They found 27 unique protein expression networks or modules, many of which were found to be tied to past or present bouts with – or even future likelihood of – chronic diseases of aging such as dementia, diabetes, hardening of the arteries, metabolic syndrome and heart disease.

The scientists with the AGES study see the serum proteins as potential new types of easy-to-sample, low-cost biomarkers. They hope further study of data from

these unique protein networks can someday help us better understand how common diseases of aging leave their mark in the body and progress over time, opening up potential new therapeutic avenues.

National Institute on Aging  
Reference: Emilsson V et al. Co-regulatory networks of human serum proteins link genetics to disease. Science. 2018 Aug 2. pii: eaaq1327. doi: 10.1126/science.aaq1327.

### We participate in workplace giving!

Check with your employer to see if workplace giving is available. Look us up by CFC #52943.

## FUNDRAISING NIGHT!



Join us in supporting  
Alzheimer's Resource of Alaska  
Wednesday, November 14th  
4PM - 10PM

### 10% Donation Night

Support this cause by  
presenting this invitation to  
the listed Texas Roadhouse®  
location and Texas Roadhouse®  
will donate 10% of your total food  
purchases to the fundraiser!



(907)-333-8930  
1154 N. Muldoon Road  
(907)-336-7472  
9001 Old Seward Hwy

To participate, cut out and bring this invitation to either:

**Texas Roadhouse on  
Old Seward**

or

**Texas Roadhouse on  
Muldoon Road**

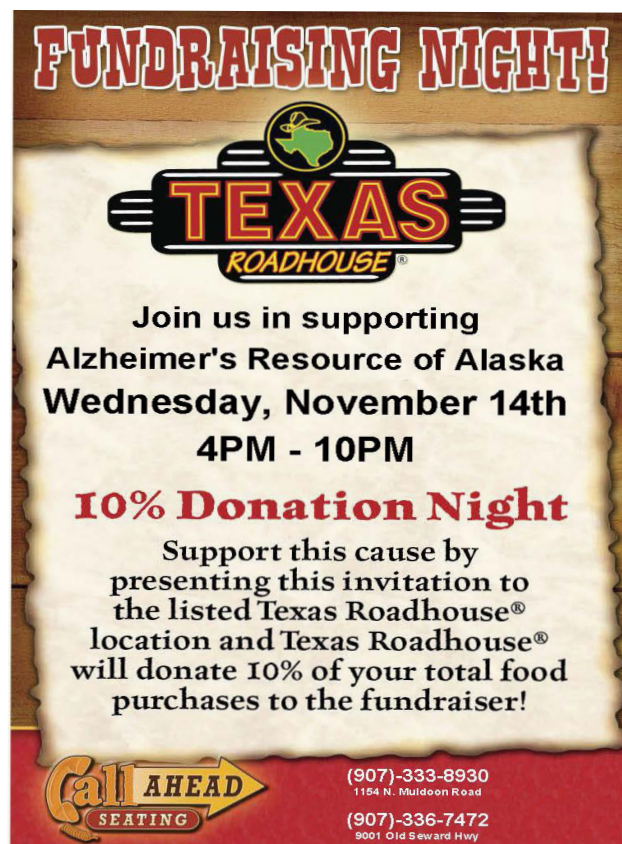
By using this invitation, and at no  
additional cost to you, Texas  
Roadhouse will donate 10% of your  
total food purchase to Alzheimer's  
Resource of Alaska!

Scan to get this invitation on  
your phone!



## November marks the 35th anniversary of President Ronald Reagan declaring the first National Alzheimer's Disease Awareness month.

For our November Alzheimer's Awareness month opportunities, please check out the memory screenings, virtual dementia tours, and other offerings on page 10.



**FUNDRAISING NIGHT!**

**TEXAS ROADHOUSE**

Join us in supporting  
Alzheimer's Resource of Alaska  
Wednesday, November 14th  
4PM - 10PM

**10% Donation Night**

Support this cause by  
presenting this invitation to  
the listed Texas Roadhouse®  
location and Texas Roadhouse®  
will donate 10% of your total food  
purchases to the fundraiser!

**Call AHEAD**  
SEATING

(907)-333-8930  
1154 N. Muldoon Road  
(907)-336-7472  
9001 Old Seward Hwy

To participate, cut out and bring this invitation to either:

**Texas Roadhouse on  
Old Seward**

or

**Texas Roadhouse on  
Muldoon Road**

By using this invitation, and at no additional cost to you, Texas Roadhouse will donate 10% of your total food purchase to Alzheimer's Resource of Alaska!

Scan to get this invitation on your phone!





## “My bearings are rusted.” - An excerpt of a post by Alaskan blogger Janice Kaiser

“Oh mom. With a full heart, I sit here and watch you as you sleep. You seem to sleep most of the day away. And you will awaken, and get your bearings. You always check your watch. You don’t think it is working properly because the day sneaks away, as you sleep.

Most of your waking hours, you seem so lost. You have spent so much time being angry, and lashing out. Maybe it is because you knew this was coming. That you would enter this stage of a disease that steals you from me, one heartbeat at a time...

...This past weekend, you were only awake for a little more than 4 hours in a day. And you are so confused. You keep thinking when you wake up that it is morning.

**“...you will waken, and get your bearings. You always check your watch. You don’t think it is working because the day sneaks away, as you sleep.”**

You sigh a lot. Your shoulders hurt. The Icy Hot is right next to you, but you just cannot see it for some reason. And as you look at me, you smile. And it warms my heart. And it just kills me, too. Because some of the times you do look at me, you don’t see me. I’m not sure who you think you are looking at, but I know in my heart it is not me.

On another occasion, you were laughing during a particularly gruesome part in a Bourne movie. And I know it was just because you had woken and were still getting your bearings. I even mentioned it to you, as you tried to stand and were all wobbly.

You said, ‘I think my bearings are rusted.’ Yeah; rusted. Unfortunately, the rusting is taking place in your brain and I really hurt inside that I cannot help you. I can assist you, but I cannot make this better or make it go away...



...Alzheimer’s steals those we love from us, one brain cell at a time. It is relentless and non-discriminatory – it chooses whomever it wants. There are all sorts of theories about prevention, but there is no cure. No cure in time for my mom. Hopefully, by the time my kids are elders, there will be no Alzheimer’s. Because I do not want to fade away in front of my children the way my mom is fading in front of me.

I understand now, why so many people say, ‘I can’t be around her (him) because I want to remember them the way they were.’ And one of the saddest parts about that

statement, is because you stay away, you are no longer in their minds or memories. And it is lose-lose, all the way around.

**“Alzheimer’s steals those we love from us, one brain cell at a time.”**

Tonight my mom told me again that I am her best friend. She hugged my neck. When she was forgetful about what we were discussing, I told her it was okay and that she did not need to fake a memory she did not have. I told her that is what she has me for. Her reply? ‘Oh my darling daughter, I need you for far more than memories. You are my love and I am so blessed you are my daughter. I love you.’ And that makes every ugly moment worth it.”

Janice Kaiser is a mother and grandmother, and also a caregiver of her mother, who lives with Alzheimer’s disease. She writes frequently about her experiences with her mother as a caregiver and her day to day family life on her blog, “Some musings of a mom...” This excerpt can be read in its entirety by visiting <https://kaiserswest.wordpress.com>.





---

# Individual & Business Contributors

*These contributions received between July 1 - September 30*

Active Network, LLC	Dennis J. Lessard & Patricia Baughman	Don & Kim Kerns	Gail Schiemann
Ken Acton	Lawrence K. Duffy	Karl & Donna Kessler	Rhonda S. Scott
The Alaska Community Foundation	Erik J. & Dora M. Redal	Denise Knapp	Lisa M. Spencer
Alaska Travel Industry Association Fairbanks	Rose Feltz	KPMG	Frederick W. Stutzer
ASD Charitable Giving Campaign	Kroger-Fred Meyer	Carol & Oliver Krein	Margaret Stutzer
Bagoy's Florist & Home	Frontsteam/Panorama	Robyn Langlie	Janis L. Taylor
Paula Bailey	Global Impact Fund	Ron Lessard	The Thirty Five Plus Singles Club
Ronald & Teresa Bailey	Peggy Galle	Gary Mandzik	Margaret Tovrea
Bauke Family Foundation	Karl & Gail Garber	Diane McDonald	TRUiST
Leischen A. Bauke	Carole Kristy Gray	Kroger-Fred Meyer	United Way of Anchorage
Will & Heidi Blozan	Rebecca M. Hanson	Richard & Ann M. Mize	United Way of Matanuska-Susitna Borough
Charles R. & Mary E. Blue	Alpha Hawk	NARFE Chapter 2076	United Way of Tanana Valley
William Kent Bull	Shirley M. Henley	Network for Good	Linda Vlastuin, RN
Debbie Chulick	Wayne Holmes & Jonell M. Snook-Holmes	Elizabeth Nobmann	The Wargo Family
Cathy Curby	Louise C. Joudrie	James M. & Judith M. Powell	Mary & Jim Weymiller
Dorka De LaRosa Fickes	Kimberly Jung	Cathryn E. Rasmuson	Debborah & Richard Wright
	Rudi & Verena Kaeppele	Nancy Reagan	
	Marylee & Allan Kauffman	Erik J. & Dora M. Redal	
	Pamela Kelley	Judy L Rice	
		Gene R. Salzman	
		Richard S. Sanchis	

---

## In Honor & Memory of

**Lorraine Bucaria**  
The Wargo Family

**Suzanne Carroll**  
Mary & Jim Weymiller

**Costco Employees**  
Louise C. Joudrie

**Ron Lessard**  
Dennis J. Lessard & Patricia Baughman

**Dorothy Magette**  
John & Jackie Brunton

**Charles Ossenkop**  
Karl & Gail Garber

**Werner Robert Stutzer**  
Erik J. & Dora M. Redal  
Karl & Donna Kessler  
Don & Kim Kerns  
Cathryn E. Rasmuson  
Richard & Ann M. Mize  
Rudi & Verena Kaeppele  
Frederick W. Stutzer  
Margaret Stutzer

**Patricia Versnick**  
Rhonda S. Scott



THANK YOU

Alzheimer's Resource of Alaska would like to thank those who participated in this year's fall event, "Return to Morocco." Through your participation, our event was a success. We could not do it without donors like you! Thank you!





## Volunteer & In-Kind Contributors

Debra Adams  
Alaska Raft and Kayak  
Anchorage Brewing  
Ann Applegate  
Rita Ayele  
Bagoy's Florist & Home  
Ann Baxter  
Bellreese Photography,  
Inc.  
Gwendolyn Bennett  
Black Cup  
Cindy Boutsomsi  
Cabin Fever  
Barbara Carrick  
Carrie's Creations  
Copper River Fleece

Susan Cox  
Crostini Cafe  
Cynosure Brewing  
Deha Yoga  
Joan Diamond  
Eagle River Senior Center  
Fairbanks Pioneer Home  
Rose Feltz  
Kylee Firlit  
The Flying Dutchman  
Pastry Shop  
Josh & Colleen Frommer  
Robert & Suzanne  
Garnett  
Golden Heart Chem-Dry  
HomeWell Senior Care

Shelby Hopkins  
In Rust We Trust  
Jens' Restaurant  
Journey Home  
Carol Krein  
La Bodega  
Lewallen Matthews Fine  
Art  
Christina Lowther  
Sandy McKinnis  
KACN/Me TV  
Moose's Tooth  
Ozarks Antiques and  
Decor  
Paramount Cycles  
Janet Perrigo  
Planet Fitness

Precor Home Fitness  
R & J Creations  
Malcolm Roberts  
RoosterSkier Brand  
Melissa Saulnier  
Barbara Seibel  
Becky Severson  
Mae Ann Smith  
Southall Manor  
Meredith Spears  
Herb & Linda Spencer  
Starbucks Employees  
Sweet Caribou  
Turkish Delight  
UAA Center for Human  
Development  
Rori A. Van Nortwick

### GRANTS AVAILABLE APPLY TODAY

Mini Grants (up to \$2,500) are available for individuals with Alzheimer's disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources.

Visit **AlzAlaska.org** or call **1-800-478-1080**  
Email applications or questions to: [ksilver@alzalaska.org](mailto:ksilver@alzalaska.org).



**The TRUST**  
The Alaska Mental Health  
Trust Authority

**Alzheimer's  
Resource  
of Alaska**

### Statewide Webinars

Connect with us via **GoToMeeting** or by **Telephone**

#### Family Caregiver Webinars

Gay Wellman: 822-5620; [gwellman@alzalaska.org](mailto:gwellman@alzalaska.org)

##### Decision Making

Saturday, 10/13, 1-2:30 pm

##### Driving & Dementia

Saturday, 11/10, 1-2:30 pm

##### Legal Issues for Family Caregivers

Saturday, 12/8, 1-2:30 pm

#### Professional Webinars

Amber Smith: 586-6044; [asmith@alzalaska.org](mailto:asmith@alzalaska.org)

##### Person-Centered Care

Tuesday, 10/16, Noon-1pm

##### The Power of Music in Caring for People with Dementia

Tuesday, 11/20, Noon-1pm

##### Communication Tips for Caregivers

Tuesday, 12/18, Noon-1pm

# Classes & Events around the state

## ANCHORAGE

1750 Abbott Road,  
561-3313

**ABC Presentations**  
**20 Questions, 100**  
**Answers, 6 perspectives**  
**Part I** - Monday, 10/22  
**Part II** - Monday, 10/29  
10-11:30 am or 5:30-7 pm

**Bathing Without the Battle**  
Monday, 11/5  
10-11:30 am or 5:30-7 pm

**The Power of Music**  
Monday, 11/12  
10-11:30 am or 5:30-7 pm

**Decision Making**  
Monday, 11/26  
10-11:30 am or 5:30-7 pm

**Dementia and the Holidays**  
Monday, 12/3  
10-11:30 am or 5:30-7 pm

**Movie: Complaints of a Dutiful Daughter**  
Monday, 12/10  
10-11:30 am or 5:30-7 pm

**Care for the Caregiver**  
Monday, 12/17  
10-11:30 am or 5:30-7 pm

**Savvy Caregiver\***  
Saturdays, 10/27-12/08  
10-Noon

**Virtual Dementia Tour\***  
Monday, 11/19  
Appointments available  
from 9-Noon or 1-4:40 pm

**Brain Works\***  
Tuesdays, 11/13-12/18  
10-11:30 am

**Mind Matters I\***  
Wednesdays, 11/14-12/26  
10-11:30 am

**Mind Matters II\***  
Thursdays, 11/15-12/27  
10-11:30 am

**Art Links**  
Fridays - Every Week  
11 am-Noon

## MAT SU VALLEY

10355 E. Palmer Wasilla Hwy.,  
746-3413

**ABC Presentations**  
**Bathing Without a Battle**  
Wednesday, 10/24  
1-2:30 pm (Located at  
Mat-Su Health Services)

**PAC Training: "Normal" vs**  
**"Not Normal" Aging**  
Monday, 11/5  
1-2:30 pm (Located at  
Sunshine Community  
Health Center, Talkeetna)

**When Does Forgetting**  
**Become a Worry?**  
Wednesday, 11/7  
1:30-2:30pm (Takes place  
at Mat-Su Health  
Foundation)

**Joyful Moments-**  
**Meaningful Activities**  
Tuesday, 11/13  
1-2:30 pm or 5:30-7 pm

**Movie: Alive Inside**  
Tuesday, 12/4  
1-2:30 pm or 5:30-7 pm

**Dementia Care Essentials\***  
Thursdays 10/18 to 11/15  
11-1:00 pm  
Registration is required.

**Virtual Dementia Tour \***  
Monday, 10/8  
Appointments available  
1-5 pm; Registration  
Required. (Takes place at  
Talkeetna Public Library)

**Virtual Dementia Tour \***  
Monday, 11/12  
Appointments available  
10-4 pm; Registration  
Required

**Mind Matters**  
Wednesdays, 10/17-12/12  
10:30-Noon

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

## JUNEAU

3225 Hospital Drive,  
586-6044

**ABC Presentations**  
**20 Questions, 100**  
**Answers, 6**  
**Perspectives - Part I**  
Tuesday, 10/23  
12-1:30 pm or 5:30-7 pm

**20 Questions, 100**  
**Answers, 6**  
**Perspectives - Part II**  
Tuesday, 10/30  
12-1:30 pm or 5:30-7 pm

**PAC: Positive Physical**  
**Approach and Hand**  
**Under Hand**  
Tuesday, 11/13  
12-1:30 pm or 5:30-7 pm

**Virtual Dementia Tour\***  
Friday, 11/2, 10-4 pm  
Saturday, 11/3, 9-2 pm  
Appointments Available

## Memory Cafe

Wasilla Area Seniors, Inc.  
(WASI)  
Every 3rd Tuesday,  
10/16,  
11/20,  
12/18,  
1-2:30pm

## FAIRBANKS

565 University Ave., #2,  
452-2277

**ABC Presentations**  
**Movie: Complaints of a**  
**Dutiful Daughter**  
Tuesday, 10/16  
5:30-7 pm

**Dementia: Hints for the**  
**Holidays**  
Tuesday, 11/20  
5:30-7 pm

**Virtual Dementia Tour \***  
Monday, 11/12  
9:00 am - 4:00 pm.  
Appointment Required

**Mind Matters\***  
Thursdays, 10/25-12/13  
1-2:30 pm

**Art Links**  
Thursdays - Every Week  
11:00-noon

See page 9 for additional  
offerings that include:

- Caregiver Webinars
- Professional Webinars

## Memory Screenings

**November is Alzheimer's Awareness month. We will be**  
**offering free memory screenings on the following dates:**

**Anchorage, 1750 Abbott Road**  
**561-3313, [contact@alzalaska.org](mailto:contact@alzalaska.org)**  
Tuesday, 11/6, 9-4 pm

**Mat-Su Valley, 10355 E. Palmer Wasilla Hwy**  
**746-3413, [jdowning@alzalaska.org](mailto:jdowning@alzalaska.org)**  
Tuesday, 11/6, 10-4 pm

**Juneau, 3225 Hospital Drive**  
**586-6044, [asmith@alzalaska.org](mailto:asmith@alzalaska.org)**  
Thursday, 11/15, 9-5 pm

**Fairbanks, 565 University Ave, #2**  
**452-2277, [jadams@alzalaska.org](mailto:jadams@alzalaska.org)**  
Friday, 11/2, 9-4 pm

**Screenings are free to attend. For additional information,**  
**please call us at 561-3313.**

**\* Registration Required**



## 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

Alzheimer's Resource of Alaska	Caregiver	1st Saturday 1-2 PM 3rd Wednesday 1-2 PM Dial in 1-877-216-1555, Code 927989	Gay Wellman 822-5620 or (800) 478-1080 x5
--------------------------------	-----------	--	---

### Anchorage

Alzheimer's Resource of Alaska 1750 Abbott Rd.	Caregiver Caregiver Caregiver	2nd Thursday 4th Thursday 2nd Tuesday	12PM-1:30 PM 5:30-7:00 PM 5:30-7:00 PM	Debbie Chulick 561-3313 Ann Farris 561-3313
Chester Park Cooperative 2020 Muldoon Rd.	Caregiver	1st & 3rd Friday	10 -11:30 AM	Kim Jung 561-3313

### Eagle River

Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	Caregiver	2nd Thursday	5:00-6:30 PM	Debbie Chulick 561-3313
---	-----------	--------------	--------------	----------------------------

### Fairbanks

Alzheimer's Resource of Alaska 565 University Ave. Suite 2	Caregiver	2nd Tuesday 3rd Tuesday	5:30-7:00 PM 11:30-1:00 PM	Joan Adams 452-2277
---	-----------	----------------------------	-------------------------------	------------------------

### Homer

Homer Senior Center	Caregiver	2 & 4th Thursdays	2:30-3:30 PM	Pam Hooker 235-7655
---------------------	-----------	-------------------	--------------	------------------------

### Ketchikan

Ketchikan Senior Center Upper Level	Caregiver	Call for more information		Bernice 225-8080
--	-----------	------------------------------	--	---------------------

### Kodiak

Kodiak Senior Center 302 Erskine Ave.	Caregiver	4th Thursday	12:30-1:30 PM	486-6181
--	-----------	--------------	---------------	----------

### Mat-Su Valley

Alzheimer's Resource of Alaska 10355 E. Palmer-Wasilla Hwy.	Caregiver	2nd Wednesday	1-2:30 PM	Kim Jung 561-3313
AK Veterans & Pioneer Home	Caregiver	First Friday	10:00-11:30 AM	Janice Downing 746-3413

### Seward

Seward Senior Center	Caregiver	4th Thursday	1-2 PM	224-5604
----------------------	-----------	--------------	--------	----------

### Sitka

Brave Heart Volunteers 120 Katlian Street	Caregiver	Call for more info.		747-4600
--	-----------	---------------------	--	----------

### Soldotna

Soldotna Senior Center	Caregiver	2nd & Last Tuesday	1-3 PM	Judy Warren 262-1280
------------------------	-----------	--------------------	--------	-------------------------

Sterling Senior Center	Caregiver	1st Tuesday	1-2 PM	262-1280 or (800) 776-8210
------------------------	-----------	-------------	--------	-------------------------------



NONPROFIT ORG  
U.S. POSTAGE  
**PAID**  
ANCHORAGE, AK  
PERMIT NO. 357

1750 Abbott Rd.  
Anchorage, AK 99507

## **Strengthened by Your Legacy Planning**

One important source of financial support to the Alzheimer's Resource of Alaska is through the generosity and foresight of people who have thoughtfully left a bequest in their wills. By leaving a bequest, individuals have contributed a sustaining gift for future generations allowing us to meet the needs of Alaskans with Alzheimer's disease.