

# Classes & Events around the state

## ANCHORAGE

1750 Abbott Road,  
561-3313

### Caregiving 101

(formerly ABC's)

#### **Virtual Dementia Tour\***

Wednesday, 3/4  
10 am-3:30 pm  
Registration Required

#### **Medicaid Waiver**

Monday, 3/16 [POSTPONED]  
10-11:30 am or 5:30-7 pm

#### **Movie Presentation**

"Alive Inside"  
Monday, 3/30 [POSTPONED]  
10-11:30 am or 5:30-7 pm

#### **"Pop-up" Memory Café**

Monday, 4/20  
10-11:30 am or 5:30-7 pm

#### **Dementia 101**

Friday, 6/5  
10-11:30 am or 5:30-7 pm

#### **Savvy Caregiver**

Friday's 2/7-3/13  
2pm-4pm [POSTPONED]

#### **Brain Works\***

Tuesdays, 3/17-5/5  
10-11:30am [POSTPONED]

#### **Mind Matters I\***

Wednesdays, 3/18-5/6  
10-11:30 am [POSTPONED]

#### **Mind Matters II\***

Thursdays, 3/19-5/7  
10-11:30 am [POSTPONED]

**\*Registration  
Required**

## MAT SU VALLEY

777 N. Crusey Street,  
Suite B101, 746-3413

### Caregiving 101

(formerly ABC's)

#### **What It's Like to Have Dementia**

Monday, 3/9  
1-2:30 pm

#### **The Power of Music**

Monday, 3/23 [POSTPONED]  
1-2:30 pm [POSTPONED]

## ANCHORAGE

SENIOR ACTIVITY CENTER  
1300 E 19th Ave, Anchorage

#### **Free Memory Screening**

Monday, 4/6  
10a-noon

#### **Memory Café**

An opportunity for persons living with dementia and their care partners to socialize and enjoy entertainment with peers.

#### **Every 2nd Thursday**

Thursday, 4/9 1-2:30pm  
Thursday, 5/14 1-2:30pm  
Thursday, 6/11 1-2:30pm

#### **Art Links [POSTPONED]**

Anchorage  
1750 Abbott Road  
Every Friday, 11am-Noon

#### **Mat-Su**

777 N. Crusey Street  
Suite B101  
Every Friday, 1pm-2:00p

## JUNEAU

3225 Hospital Drive,  
586-6044

### Caregiving 101

(formerly ABC's) \*

#### **Free Memory Screening**

Thursday 3/5  
9a-6p

#### **Alzheimer's Disease & Related Dementias**

Wednesday, 3/25 [POSTPONED]  
12-1:30 pm or 5:30-7 pm

#### **Virtual Dementia Tour**

Friday, 4/10 [POSTPONED]  
10 am-4 pm

#### **Communication Tips for Caregivers**

Wednesday, 4/22  
12-1:30 pm or 5:30-7 pm

#### **Behaviors that Challenge Us**

Wednesday, 5/27  
12-1:30 pm or 5:30-7 pm



**Alzheimer's  
Resource  
of Alaska**



May 2, 2020  
**Sweet 16  
Anniversary**

## FAIRBANKS

565 University Ave., #2,  
452-2277

### Caregiving 101

(formerly ABC's)

#### **Assisted Living Homes**

Tuesday, 3/17- [POSTPONED]  
5:30-7 pm

#### **Movie Presentation**

"Still Alice"  
Monday, 4/21  
5:30-7 pm

#### **Savvy Caregiver Dementia Care Classes\***

Wednesdays, 4/15-5/20  
5:30-7:30 pm  
Registration is required.

#### **When a Loved One Wanders**

Tuesday, 5/19  
5:30-7pm  
Registration is required.

#### **Mind Matters**

Thursdays, 5/28-7/16  
1-2:30 pm

#### **Virtual Dementia Tour**

Tuesday, 5/31 [POSTPONED]  
10a-4p

## **Statewide Caregiver Webinars**

Connect via Zoom; please register for link.

To register, contact Gay Wellman: 822-5620 or [gwellman@alzalaska.org](mailto:gwellman@alzalaska.org)

#### **Challenging Behaviors**

Wednesday 3/11  
10:30-Noon

#### **Intro into Dementia**

Monday 5/6 10:30-Noon  
or Wednesday 5/9 1-2:30pm

#### **Savvy Caregiver**

Saturdays 5/9-6/13 10a-Noon

## **Professional Webinars**

Connect via Zoom; please register for link. To register, contact Gay Wellman: 822-5620 or [gwellman@alzalaska.org](mailto:gwellman@alzalaska.org)

#### **Dining with Dementia**

Tuesday, March 17  
Noon - 1:00PM

#### **End of Life**

Wednesday, April 8, 10:30-Noon  
or  
Saturday, April 11, 1-2:30pm

#### **Supporting Caregiver Well-Being**

Wednesday, April 21  
Noon - 1:00 PM

#### **Using Plain Language: Tools for Making Health Information Clear and Effective**

Tuesday, May 19 Noon - 1:00PM