



## Managing Stress for Caregivers 7 Techniques for Calming Stressful Situations

By [DailyCaring.com](http://DailyCaring.com)

Caring for an older adult is a stressful job. What helps is using a variety of different ways to reduce and manage stress.

That keeps daily frustrations from becoming overwhelming and causing caregiver burnout.

We explain 7 techniques that help in managing stress for caregivers. Use these coping methods to reduce frustration and stress, stop negative thinking, and boost your mood.

**1. Plan ahead.** Come up with strategies so you'll know what to do if a tough situation comes up. Deciding ahead of



time “if X happens, I’ll do Y” helps you feel more in control and gives you confidence that you’ll be able to handle it.

**2. Focus on breathing.** When you feel anxious or upset, practice breathing in a slow and controlled manner – like [square breathing](#).

**3. Exercise.** Physical activity stimulates endorphins and is a great stress reliever. Even a few minutes of getting your blood

*(Cont. page 2)*

## One Caregiver's Experience / A Long Search Before Finding Help

By Anonymous

I’m new to Alzheimer’s Resource of Alaska and am very glad I’ve finally found the help for which I’ve been searching for over 15 years. I’ve tried to find answers and support to allow me to help my husband.

**I had three medical doctors tell me that there “was nothing wrong” with my husband.** One went so far as to ask him “how things were at home,”

as if I caused the familial dementia issues (we’re still in the process of obtaining a diagnosis). I recently changed medical providers and finally got a referral for testing and an evaluation by a neurologist. If I weren’t persistent, where would we be?

Because I am resourceful (I ran and developed an alternative-like school and

currently own a small business), I kept pushing and digging. I needed support. A friend told me about Alzheimer’s Resource of Alaska. I called, and Amy Becia entered the scene.

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## Offices & Contact Information

### Anchorage

1750 Abbott Rd.  
Phone (907) 561-3313

### Fairbanks

565 University Ave., Ste. 2  
Phone (907) 452-2277

### Juneau

3225 Hospital Dr.  
Phone (907) 586-6044

[facebook.com/alzalaska](https://facebook.com/alzalaska)  
[instagram.com/alzalaska](https://instagram.com/alzalaska)  
[twitter.com/alzalaska](https://twitter.com/alzalaska)

### Mat-Su Valley

777 N. Crusey St., B101,  
Wasilla, AK  
Phone (907) 746-3413

### Copper River Basin

(907) 822-5620  
**Statewide**  
Toll Free within Alaska  
outside of Anchorage  
(800) 478-1080

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

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# Managing Stress for Caregivers

## 7 Techniques for Calming Stressful Situations *(Cont. from page 1)*

moving will do a world of good for your mood.

Try this [quick exercise technique](#) next time you need a break.

**4. Avoid asking “what if?”** The longer you spend worrying about every possible outcome, the more time you’ll spend focused on negative thoughts.

Instead of speculating endlessly, force yourself to take a break from worry, even for just 10 minutes, to break out of the negative rut.

Or try turning your worry into something productive.

**5. Focus on the positives.**

This is our favorite tip. Keep a go-to list of positive thoughts and things you’re grateful for. That way, in times of stress, you can immediately focus on them. Putting positive thoughts in your head shifts your mindset away from negativity and instantly improves your mood.

### **6. Reject negative self-talk.**

When we’re stressed, the voices in our heads often becomes extra-negative toward ourselves. Notice when this happens and identify those harsh self-criticisms as just thoughts, not facts.

Instead, speak to yourself in a neutral or positive way to significantly reduce stress.

**7. Forgive.** Nobody is perfect and we shouldn’t hold onto blame toward ourselves or others. That will only add to our stress and frustration. ★

*Used with permission from: <https://dailycaring.com/managing-stress-for-caregivers-7-calming-techniques-for-stressful-situations/>*

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## Letter *from the* Executive Director



Dear Friends,

We're now more than four months beyond the declaration of this health emergency. We're adapting, and we know you are too. Some of the changes, though abnormal, are beginning to seem routine: maintaining social distances, wearing masks as recommended, keeping our social circles small. It's not like it was before, but all of us are adapting. Hearing how you are adapting inspires us.

Here are some of the ways that we've adapted: You can access most of our events, classes, programs and support groups online via Zoom. Even our chorus, Voices of the Last Frontier, is practicing together virtually. Some programs, like Memory Cafés and Art Links, have been moved to Facebook Live.

Caregivers are facing a huge hurdle now, as there are very limited ways for them to socialize safely in person. That old adage applies: Necessity is the mother of invention. We're continuing to hold our Memory Cafes, Art Links sessions, Brain Games and the Chorus – so those familiar ways of maintaining social contacts are available. See links on page 7 and learn how to join in.

I think you'll enjoy the account from one of our family caregivers on the front page. Her point that she didn't know about ARA, or that our services were open to anyone no matter what form of dementia or disability, strikes home. We surely wish we had a bigger budget for getting our name out there. But you can help us reach a broader public by sharing our social media posts, forwarding our e-mails to people who you think may need our help and, if you hear an Alaskan with a disability or dementia needs help, let them and their caregiver know that we are here.

Finally, 'SAVE THE DATE' friends. Your mission, should you decide to accept it, is to join us for a virtual party (and silent auction) on November 13. We're calling it "Mission: Possible", and the planning committee has some amazing things in store for all of us. There's a preview on the back cover.

Very best wishes,

Pamela Kelley  
Executive Director





# One Caregiver's Experience / A Long Search Before Finding Help

By Anonymous (Cont. from page 1)

Amy is amazing, knowledgeable, patient, caring, available for phone calls, and has so far answered all of my many questions that have bothered me for a long time. She's given me tips on how to react or not to react, suggested strategies, and has helped me immensely. Amy has provided

written support, Teepa Snow videos, and various other articles for me to read. During a truly difficult time, it is extremely reassuring to have Amy on my team.

What a HUGE difference it has made to me to have kind, gentle, support! Think of the others out there who

are being told there's "nothing wrong...he passed our word memory test," etc. I'm glad for your help!

I do have a suggestion: there's got to be more publicity for ARA. I didn't know ARA was for individuals with all types of cognitive issues, not just Alzheimer's. I thought I couldn't call because my husband might not have Alzheimer's. ★

*This caregiver has a great suggestion!*

*If you have ideas on how we can get more publicity, please contact Francy Bennett at 907-561-3313 or [fbennett@alzalaska.org](mailto:fbennett@alzalaska.org)*



*Members of Alzheimer's Resource of Alaska Education Team, from left to right, Kay, Kevin, Amy and Debbie outside the Anchorage ARA office.*

## We've Partnered with Target Circle!

We are excited to have an opportunity to partner with Target Circle, a free nationwide program that offers you personalized deals and supports local non-profits. If you join and shop at Target stores or online at Target.com, you will receive deals from Target and will be able to vote to direct Target's giving in Alaska to Alzheimer's Resource of Alaska or three other Alaskan non-profits. To participate, go to [Target.com/circle](https://Target.com/circle). Each purchase earns you votes that you can cast through the same website. Voting ends September 30. ★

**Help support us  
with Target Circle.**

**Vote by September 30.**





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*Contributions received between April 1 - June 30, 2020*

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## Grants Available — Apply Today



The Alaska Mental Health Trust Authority provides grants up to \$2,500 per year; available for individuals with Alzheimer's disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources to help improve quality of life and increase independent functioning.

For more information contact Kevin Silver at 907-561-3313 or email [ksilver@alzalaska.org](mailto:ksilver@alzalaska.org)

[www.alzalaska.org/mini-grant](http://www.alzalaska.org/mini-grant)

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Howard and Barbara Spun

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## Caregiver Support Groups

### Statewide

Every 1st Saturday, 1-2 pm  
Every 3rd Wednesday, 1-2 pm  
Dial-in using [1-877-216-1555](tel:1-877-216-1555),  
Code 927989#. For additional  
information, contact Gay Wellman,  
[822-5620](tel:822-5620) or [800-478-1080](tel:800-478-1080)x5

### Anchorage

Every 4th Thursday, 5:30-7 pm  
CONTACT: Debbie Chulick, [561-3313](tel:561-3313)

### Eagle River

Every 2nd Thursday, 5-6:30 pm  
CONTACT: Debbie Chulick, [561-3313](tel:561-3313)

### Fairbanks

Every 2nd Tuesday, 4:30-6 pm  
Every 3rd Tuesday, 1:00-2:30 pm  
CONTACT: Joan Adams, [452-2277](tel:452-2277)

### Homer

Every 2nd & Every 4th Thursday,  
2:30-3:30 pm  
CONTACT: Pam Hooker, [235-7655](tel:235-7655)

### Ketchikan

Call for current schedule.  
CONTACT: Bernice, [255-8080](tel:255-8080)

### Kodiak

Every 4th Thursday, 12:30-1:30 pm  
CONTACT: [486-6181](tel:486-6181)

### Mat-Su Valley

Every 2nd Tuesday, 1:30-3 pm  
CONTACT: Janice Downing [746-3413](tel:746-3413)

Every 1st Friday, 10-11:30 am  
CONTACT: Kim Jung, [746-3413](tel:746-3413)

### Seward

Every 4th Thursday, 1-2 pm  
CONTACT: [244-5604](tel:244-5604)

### Sitka

Call for current schedule  
CONTACT: [747-4600](tel:747-4600)

### Soldotna

Every 2nd and Last Tuesday, 1-3 pm  
CONTACT: Judy Warren, [262-1280](tel:262-1280)

Every 1st Tuesday, 1-2 pm  
CONTACT: Judy Warren, [262-1280](tel:262-1280)

### Talkeetna

Every 1st Monday, 10-11:30 am  
CONTACT: Kim Jung, [746-3413](tel:746-3413)

### Willow

Every 1st Monday, 1:30-3 pm  
CONTACT: Kim Jung, [746-3413](tel:746-3413)



# Classes & Events around the State



Classes and events are being offered online via Zoom and are available to attend statewide. All classes listed below require registration.

## CAREGIVING 101

For more information or registration assistance contact: our education department at [907-561-3313](tel:907-561-3313)

### Bathing Without the Battle

Monday, 7/6, 1pm-2:30 pm

**REGISTER HERE**

### Being a Friend: Staying Involved

Saturday, 7/11, 1pm-2:30pm

**REGISTER HERE**

\* OR \*

Wednesday, 7/15  
10:30am-12pm

**REGISTER HERE**

### Sleep & Dementia

Promoting a Good Nights Sleep

Monday, 7/13, 1pm -2:30pm

**REGISTER HERE**

### Alaska Legal Services Presentation

Monday, 7/20, 1pm -2:30 pm

**REGISTER HERE**

### When Does Forgetting Become a Disease

Tuesday, 7/21, 5:30 pm-7pm

**REGISTER HERE**

### The Power of Music

Monday, 7/27, 1pm - 2:30pm

**REGISTER HERE**

### Being the Decision Maker

Friday, 7/31, 1pm - 2:30 pm

**REGISTER HERE**

### Behaviors That Challenge

Monday, 8/3, 1-2:30pm

**REGISTER HERE**

### Driving & Dementia

Saturday, 8/8

1-2:30pm

**REGISTER HERE**

\* OR \*

Wednesday, 8/12  
10:30am - 12:00 pm

**REGISTER HERE**

### The Gems: Using Skills that Make a Difference

Monday, 8/10, 1p-2:30pm

**REGISTER HERE**

### Home and Community Safety

Monday, 8/17, 1p-2:30pm

**REGISTER HERE**

### Fall Prevention

Tuesday, 8/18, 5:30pm-7pm

**REGISTER HERE**

### Wandering and Dementia

Monday, 8/24, 1-2:30pm

**REGISTER HERE**

### Assisted Living If, When, and How

Friday, 8/28, 1-2:30pm

**REGISTER HERE**

### Healthy Body, Healthy Brain

Wednesday 9/9  
10:30am-12:00pm

**REGISTER HERE**

\* OR \*

Saturday, September 12  
1pm-2:30pm

**REGISTER HERE**

### Lifestory Reminiscing

Monday, 9/14, 1-2:30pm

**REGISTER HERE**

### Dining & Dementia

Tuesday, 9/15, 5:30pm-7p

**REGISTER HERE**

### Medicaid Waiver

Monday, 9/21, 1-2:30pm

**REGISTER HERE**

### Overview of Dementia

Friday, 9/25, 1-2:30pm

**REGISTER HERE**

### Care for The Caregiver

Monday, 9/28, 1-2:30pm

**REGISTER HERE**

Follow us on Social Media  
for the latest information



## Memory Café

To register contact:

Ann Farris at

[561-3313](tel:561-3313) or email:

[afarris@alzalaska.org](mailto:afarris@alzalaska.org)

Thursday, 7/9 1-2pm  
Thursday, 8/13 1-2pm  
Thursday, 9/10 1-2pm



## Art Links

To register contact:

Janice Downing at

[746-3413](tel:746-3413) or email:

[jdowning@alzalaska.org](mailto:jdowning@alzalaska.org)

Thursday, 7/2, 1-1:45pm  
Thursday, 7/16, 1-1:45pm  
Thursday, 8/6, 1-1:45pm  
Thursday, 8/20, 1-1:45pm  
Thursday, 9/3, 1-1:45pm  
Thursday, 9/17, 1-1:45pm



## Brain Games

To register contact:

Debbie Chulick at

[907-561-3313](tel:907-561-3313) or email:

[dchulick@alzalaska.org](mailto:dchulick@alzalaska.org)

Thursday, 7/23, 1-2pm  
Thursday, 8/27, 1-2pm  
Thursday, 9/24, 1-2pm



## Voices of the Last Frontier

Chorus program to support people with dementia and their care-partners

To register contact:

Ann Farris at

[907-561-3313](tel:907-561-3313) or email:

[afarris@alzalaska.org](mailto:afarris@alzalaska.org)

## Savvy Caregiver

*Screening & Pre-registration required*

To register contact:

Gay Wellman at

[907-822-5620](tel:907-822-5620) or email:

[gwellman@alzalaska.org](mailto:gwellman@alzalaska.org)

Saturdays, 9/12-10/17  
10am-12:00pm

## Professional Webinars

Questions or registration assistance, contact:

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

### Engaging People Living with Dementia

Tuesday 7/14, 12 pm - 1:00pm

**REGISTER HERE**

### Engaging People Living with Dementia: The Environment

Tuesday 8/18, 12 pm - 1:00pm

**REGISTER HERE**

### Engaging People Living with Dementia: Redirection

Tuesday 9/15, 12 pm - 1:00pm

**REGISTER HERE**



**Alzheimer's Resource of Alaska**

## Mind Matters | Brain Works

Support for those who have been recently diagnosed with Alzheimer's or related dementia, or those living with moderate memory loss, and their care partner.

*Screening & Pre-registration required*

For more info contact:

Amy Becia at

[907-561-3313](tel:907-561-3313) or email:

[abecia@alzalaska.org](mailto:abecia@alzalaska.org)

**Statewide Support Groups [Click here](#)**



**Alzheimer's  
Resource  
of Alaska**

1750 Abbott Rd.  
Anchorage, AK 99507

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PERMIT NO. 357

You have been selected to be part of an elite mission should you choose to accept it.



**VIRTUAL GALA &  
SILENT AUCTION**

Benefitting Alzheimer's Resource of Alaska

**SAVE THE DATE: November 13, 2020**

November is National Alzheimer's Awareness Month  
and the 13<sup>th</sup> is Family Caregiver Appreciation Day

Facebook group  
coming soon to rate:

- Spy movies
- Spy drinks
- Masks
- Costumes
- More!

**TABLE CAPTAINS NEEDED:**  
Please contact Francy Bennett  
for more information.  
[fbennett@alzalaska.org](mailto:fbennett@alzalaska.org)  
or 907-561-3313



[WWW.ALZALASKA.ORG](http://WWW.ALZALASKA.ORG)