

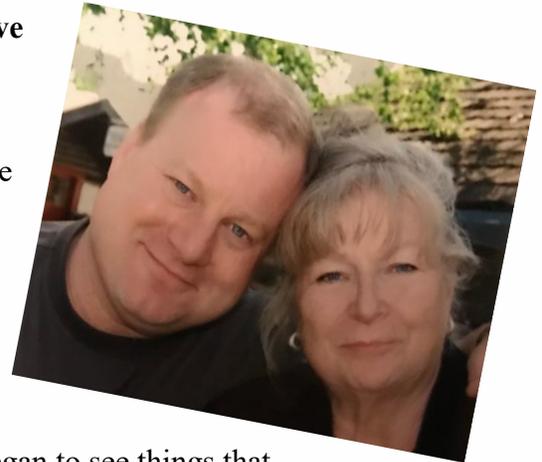
Dear Supporters:

Today you can change the lives of thousands of Alaskans and make a difference in your community. With a tax-deductible contribution to Alzheimer's Resource of Alaska, you will help people living with Alzheimer's disease, any other dementia or another disability – as well as their care partners -- get the support, education, and training they need to ensure quality of life.

Alaska had over 12,500 individuals living with dementia in 2018 who require increasing assistance from family and friends. This number is expected to rise to 23,900 in the next 10 years, almost doubling.

Because of donors like you, Alzheimer's Resource of Alaska can give people affected by Alzheimer's disease and related dementia the programs and support they need and much more.

Greg and his wife, Rebecca, shared the story of bringing his mom Rosie (pictured here in earlier days) back to Alaska after living in the "lower 48" for years. She moved in with a friend when she returned. According to Greg, she had always been a "hard-driving, 'I'm going to do it all by myself' Alaskan woman." This very determined nature made her difficult for others to deal with when her thinking abilities began to decline.



At first, Greg thought she was just getting old, but as time passed he began to see things that scared him. Greg told us, "**I also didn't have the tools yet to know how badly they were scaring her.**" She and Greg weren't getting along and Rosie wasn't getting along with anyone else either. Her next move was a new apartment in a senior living complex.

One day Greg was driving past the Anchorage office of Alzheimer's Resource of Alaska. He told us he threw his hands up out of sheer frustration and said, "I can't take her! I'm going to go in there and just see if they've got something." Well, we did. Greg was amazed that everyone he encountered at ARA knew exactly what he was talking about. He set up an appointment with an Education Specialist and began to learn about the many resources available. A few weeks later he received an e-mail from an Alzheimer's Resource of Alaska staff member inviting him to take a class called "Savvy Caregiver."

Your gifts help fund many programs, including "Savvy Caregiver," a course for people caring for a loved one with dementia. Over six weeks caregivers meet in a class and the instructor provides a thorough overview of Alzheimer's disease and related dementias and ways to improve the practice of caregiving. Caregivers also learn to address the emotions and difficult decision-making they face in their new role.

Greg was so impressed with the Savvy Caregiver class he said, "From the very first day of the class that I was in, reading the textbook and listening to the wonderful person who was teaching the class, I can actually put a marker in the ground on that day and say **my mom's life started to get better on that day because my life did too.** I realized there was an awful lot I didn't know."

As the class progressed he said, "I started having those 'aha' moments." One question the instructor asked right away was, "What are you doing to take care of yourself?" Greg said that he and almost everyone else in the class were "a little bit indignant, that *I'm here to find out how to take care of my mom, so never mind about me.*" He continued, "She knew what we didn't know, which is that for us to be good caregivers...we have to take care of ourselves. Because taking care of someone living with dementia will wear you down fast."

That's why your gift is so important, and Alaskan families affected by Alzheimer's disease and other disabilities want you to know that you make a difference.

In class Greg learned that better management of some of his mom's medical issues could make managing her dementia symptoms easier on both of them. And it did. "Ultimately," Greg says that what he learned in the class and passed on to his family "allows my mom to live with dignity for as long as she can."

Greg and Rebecca say they are two of the most grateful people because the rest of his mother's life will be better now that they have the tools to care for her.



Greg and his mom on a shopping trip this year.

With much gratitude,

Yancy Bennett

Francy Bennett
Development/Communications Director

P.S. Please, donate today. You are so powerful in the lives of Alaskan families living with Alzheimer's disease, related dementia, and other disabilities.

- Alzheimer's Resource of Alaska is a 501(c)(3) nonprofit organization, contributions are tax-deductible to the extent allowed by law.
Tax ID #92-0101736
- Did you know that if you are 70.5 years or older that you can transfer your IRA required minimum distribution to Alzheimer's Resource of Alaska tax-free? Check with your financial advisor for more information.