

# 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](#)**