



**Alzheimer's
Resource
of Alaska**

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)

Family Meeting

Friday, 10/2, 1pm-2:30pm

[REGISTER HERE](#)

Alaska Mental Health Trust Authority

Monday, 10/5, 1pm -2:30pm

[REGISTER HERE](#)

Holidays and Traveling: Tips For a Loved One Living With Dementia

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

[REGISTER HERE](#)

Senior Targeted Fraud and Scams

Monday, 10/12, 1 pm-2:30p

[REGISTER HERE](#)

The Art of Long Term Care Planning

Monday, 10/19, 1-2:30pm

[REGISTER HERE](#)

Honoring Connection: How to Improve Communication

Tuesday, 10/20, 5:30-7pm

[REGISTER HERE](#)

Intimacy, Sexuality and Dementia

Monday, 10/26, 1-2:30pm

[REGISTER HERE](#)

Assistive Technology of Alaska

Monday, 11/2, 1-2:30pm

[REGISTER HERE](#)

Making Visits Positive

Friday, 11/6, 1-2:30pm

[REGISTER HERE](#)

What Is It Like to Have Dementia?

Monday, 11/9, 1-2:30pm

[REGISTER HERE](#)

Next Steps After a Diagnosis of Dementia

Saturday, 11/14, 1-2:30pm

[REGISTER HERE](#)

Guardianship Explained

Monday, 11/16, 1-2:30pm

[REGISTER HERE](#)

Meaningful Activities of Daily Living

Tuesday, 11/17, 5:30-7pm

[REGISTER HERE](#)

Nutrition and Aging

Monday, 11/23, 1-2:30pm

[REGISTER HERE](#)

When Does Forgetting Become a Worry?

Monday, 11/30, 1-2:30pm

[REGISTER HERE](#)

End of Life Decision

Friday, 12/4

1pm-2:30pm

[REGISTER HERE](#)

Grief and the Holidays

Monday, 12/7, 1-2:30pm

[REGISTER HERE](#)

Activities of Daily Living

Saturday, 12/12

1:00pm-2:30pm

[REGISTER HERE](#)

Creating Moments of Joy

Tuesday, 12/15

5:30pm-7pm

[REGISTER HERE](#)

Care for The Caregiver

Monday, 12/21, 1-2:30pm

[REGISTER HERE](#)



**Alzheimer's
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of Alaska**

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



Thursday, 10/8, 1-2pm

Thursday, 11/12, 1-2pm

Thursday, 12/10, 1-2pm

Art Links 1-1:45pm

To register contact:

Janice Downing at

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

jdowning@alzalaska.org



Thursday, 10/1

Thursday, 10/15

Thursday, 11/5

Thursday, 11/19

Thursday, 12/3

Thursday, 12/17

Brain Games

To register contact:

Debbie Chulick at

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

dchulick@alzalaska.org



Thursday, 10/22, 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

Professional Webinars

Questions or registration assistance, contact:

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

The Power of Music

Tuesday 10/20, 12 pm - 1:00pm

[REGISTER HERE](#)

Intellectual and Developmental Disabilities and Dementia

Tuesday 11/17, 12 pm - 1:00pm

[REGISTER HERE](#)

Mouth Care Without the Battle

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

[REGISTER HERE](#)

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 partners.

Screening & Pre-registration required

For more info contact:

Amy Becia at

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

abecia@alzalaska.org

Savvy Caregiver

Screening & Pre-registration required

To register contact:

Debbie Chulick at

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

dchulick@alzalaska.org

Tuesdays, 10/13-11/17

5:30pm-7:30pm

Statewide Support Groups [Click here](#)