



**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

Activities of Daily Living

Saturday, 1/9, 1-2:30pm

REGISTER HERE

Communication Tips for Caregivers

Friday, 1/15, 1pm-2:30pm

REGISTER HERE

Overview of Alzheimer's

Tuesday, 1/19, 5:30-7pm

REGISTER HERE

Communication Tips: Beyond the Basics

Friday, 2/5, 1 -2:30pm

REGISTER HERE

Lewy Body Dementia

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

REGISTER HERE

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

Being a Friend: Staying Involved

Tuesday, 2/16, 5:30-7pm

REGISTER HERE

Behaviors that Challenge Us

Friday, 3/5, 1 -2:30pm

REGISTER HERE

Legal Issues for Family Caregivers

Saturday, 3/13, 1-2:30pm

REGISTER HERE

Family Meeting

Tuesday, 3/16, 5:30-7pm

REGISTER HERE

Memory Café

To register contact:

Ann Farris at

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

afarris@alzalaska.org



Thursday, 1/14, 1-2pm

Thursday, 2/11, 1-2pm

Thursday, 3/11, 1-2pm

Art Links 1-1:45pm

To register contact:

Janice Downing at

[746-3413](tel:907-746-3413) or email:

jdowning@alzalaska.org



Thursday, 1/7 & 1/21

Thursday, 2/4 & 2/18

Thursday, 3/4 & 3/18

Brain Games

To register contact:

Debbie Chulick at

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

dchulick@alzalaska.org



Thursday, 1/28, 1-2pm

Thursday, 2/25, 1-2pm

Thursday, 3/25, 1-2pm

Thursday, 4/22, 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

Savvy Caregiver

Screening & Pre-registration required

To register contact:

Kim Jung at

[907-746-3413](tel:907-746-3413) or email:

kjung@alzalaska.org

Tuesdays, 1/12-2/16

10:00am-12:00pm

Professional Webinars

Questions or registration assistance, contact:

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

Dining and Dementia

Tuesday 1/19, 12 pm - 1:00pm

REGISTER HERE

Intimacy, Sexuality, and Dementia

Tuesday February 16, 12 pm - 1:00pm

REGISTER HERE

Supporting Caregiver Well-being

Tuesday 3/16, 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

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)

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 & 4th Thurs, 2:30-3:30pm

CONTACT: Pam Hooker, [235-7655](tel:235-7655)

Juneau / Southeast

Every 1st & 3rd Thursday 12 -1 pm

CONTACT: Aimee [463-6177](tel:463-6177)

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

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)



**Alzheimer
Resource
of Alaska**

Follow us on Social Media for the latest information

