



**Alzheimer's
Resource
of Alaska**

Classes & Events around the State

Classes and events are available statewide, online via Zoom.
All classes listed below require registration.

CAREGIVING 101

For more information or registration assistance contact:
[907-561-3313](tel:907-561-3313) from Anchorage, or 1-800-478-1080

Common Challenges Faced by Dementia Care Partners

Monday, 10/11, 1pm-2:30pm
REGISTER HERE

Family Meeting

Friday, 10/15, 1-2:30pm
REGISTER HERE

Guardianship Explained

Saturday, 10/16, 1-2:30p
REGISTER HERE

Healthy Body, Healthy Brain

Tuesday, 10/19, 5:30pm-7pm
REGISTER HERE

Nutrition and Aging

Monday, 11/8, 1-2:30pm
REGISTER HERE

The Grieving Caregiver

Monday, 11/15, 1-2:30pm
REGISTER HERE

Fall Prevention

Tuesday, 11/16, 5:30-7pm
REGISTER HERE

Assisted Living: If, When, and How

Friday, 11/19, 1-2:30pm
REGISTER HERE

Holidays and Traveling: Tips For a Loved One

Living With Dementia
Saturday, 11/20, 1-2:30pm
REGISTER HERE

Sleep and Dementia: Promoting a Good

Night's Sleep
Tuesday, 11/23, 1-2:30pm
REGISTER HERE

The Related Dementias in ADRD

Friday, 12/3, 1-2:30pm
REGISTER HERE

The Memory Keeper

Tuesday, 12/7, 1-2:30pm
REGISTER HERE

Caring for our Aging Selves

Wednesday, 12/15, 1-2:30p
REGISTER HERE

How to Successfully Support a Loved One

When They Live In a Facility
Saturday, 12/18, 1-2:30pm
REGISTER HERE

Follow us on Social Media
for our latest news & info



Comfort Pets

Reduce social isolation for your Alaskan elder at no-cost



The benefits of a pet without the responsibility and risks

Learn More →

Memory Café

To register contact Ann Farris at [561-3313](tel:561-3313) or email: afarris@alzalaska.org



Thursday, 10/14, 1pm
Thursday, 11/11, 1pm
Thursday, 12/9, 1pm

NEW



Mind Sharpener™ For Alaskans worried about Memory Loss who want to keep their mind fit and engaged.

Learn More →



Professional Webinars

Questions or registration assistance, contact:
Amber Smith: [586-6044](tel:586-6044) or asmith@alzalaska.org

Engaging People Living with Dementia: Redirection

Tuesday, 10/19, 12 pm - 1:00pm
REGISTER HERE

Best Practices for Providing Person-Centered Care for Individuals with Intellectual / Developmental Disabilities and Dementia Part 1

Tuesday, 11/16, 12 pm - 1:00pm
REGISTER HERE

Best Practices for Providing Person-Centered Care for Individuals with Intellectual / Developmental Disabilities and Dementia Part 2

Tuesday 12/14, 12 pm - 1:00pm
REGISTER HERE

SAVVY CAREGIVER

Screening & Pre-registration required

To register contact:
Debie Chulick at [907-561-3313](tel:907-561-3313) or email: dchulick@alzalaska.org

Saturdays, 10/2-11/6
10:00am-12:00pm

Mind Matters | Brain Works

Screening & Pre-registration required

For more info contact:
Joan Adams at [907-452-2277](tel:907-452-2277) or email: jadams@alzalaska.org

Art Links 1-1:45pm

To register contact:
Janice Downing at [746-3413](tel:746-3413) or email: jdowning@alzalaska.org



Thursday, 10/7 & 10/21
Thursday, 11/4 & 11/18
Thursday, 12/2 & 12/16

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

Statewide Caregiver Support Groups

CLICK HERE