



**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: [907-561-3313](tel:907-561-3313)

The GEMS®: Using Skills that Make a Difference

Tuesday, 4/6, 1pm-2:30pm
REGISTER HERE

Meaningful Activities

Friday, 4/16, 1-2:30pm
REGISTER HERE

Driving and Dementia

Tuesday, 4/20, 5:30 -7p
REGISTER HERE

Understanding Supported Decision Making Agreements for Seniors

Monday, 4/26, 1-2:30pm
REGISTER HERE

When Does Forgetting Become a Worry?

Friday, 5/14, 1-2:30pm
REGISTER HERE

Wandering and Dementia

Tuesday, 5/18, 5:30 -7pm
REGISTER HERE

Coping with Social Isolation and Loneliness

Monday, 5/24, 1-2:30pm
REGISTER HERE

Being the Decision Maker

Friday, 6/4, 1-2:30pm
REGISTER HERE

The Related Dementias in ADRD

Saturday, 6/12, 1-2:30pm
REGISTER HERE

What, When and How of Assisted Living

Tuesday, 6/15, 5:30-7pm
REGISTER HERE



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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, 4/8, 1pm
Thursday, 5/13, 1pm
Thursday, 6/10, 1pm



Art Links 1-1:45pm

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

Thursday, 4/1 & 4/15
Thursday, 5/6 & 5/20
Thursday, 6/3 & 6/17



Brain Games

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

Thursday, 4/22, 1-2pm
Thursday, 5/27, 1-2pm
Thursday, 6/24, 1-2pm



Professional Webinars

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

Navigating Resources: Finding the Right Fit

Tuesday, 4/20, 12 pm - 1:00pm
REGISTER HERE

Using Plain Language: Tools for making health information clear and effective

Tuesday, 5/18, 12 pm - 1:00pm
REGISTER HERE

What Is It Like to Have Dementia?

Tuesday 6/15, 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

Now – May 2021

Walk, Ride, Run – then Show us how you Amble

Amblin' for Alzheimer's is a friendly, non-competitive fundraising walk/virtual event for all ages.

Details and registration:

www.alzalaska.org/amblin



Amblin'
for Alzheimer's



Savvy Caregiver

Screening & Pre-registration required
To register contact: Gay Wellman at [907-822-5620](tel:907-822-5620) or email: gwellman@alzalaska.org

Saturdays, 4/10-5/15
1:00pm-3:00pm

Statewide Support Groups [Click here](#)

