

October 2021  
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[alzalaska.org](http://alzalaska.org)

# Alzheimer's Resource of Alaska

## **New Programs Designed to Strengthen Brains at Work**

*For Alaskans worried about memory  
loss who want to keep their mind fit.*

## **Meet Our New Care Coordination Director**

## **Care Coordination: Provides One Family Among Many with their "Posse"**

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## Offices & Contact Information

### Anchorage

1750 Abbott Rd.  
Education (907) 561-3313  
CCRA\* (907) 677-6789

### Fairbanks

565 University Ave., Ste. 2  
Education (907) 452-2277

### Mat-Su Valley

777 N. Crusey St., B101,  
Wasilla, AK  
Education (907) 746-3413  
CCRA\* (907) 746-3445

### Juneau

2354 Mendenhall Loop Rd.  
Education (907) 586-6044  
CCRA\* (907) 500-7456

### Copper River Basin

(907) 822-5620

### Statewide

Toll Free within Alaska  
outside of Anchorage  
(800) 478-1080

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\* **Care Coordination Resource of Alaska**

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# Jenniver Ivory Promoted to CCRA Director



Jennifer makes the move to Director of Care Coordination after supervising the Mat-Su Care Coordination team since 2016.

She has worked in the social service field for 23 years and has a Bachelor's degree in Psychology and Library Science from Western Kentucky University. Before joining our Care Coordination team Jennifer worked as an In-Home Services Specialist for ARA. Prior to that she was a Resource Navigator at Alaska Brain Injury Network. In 2016 Jennifer assisted management to establish our Care Coordination team in Mat-Su and served as its supervisor. Working with individuals and their support network to empower them in their decisions is something that Jennifer really enjoys. She is looking forward to directing our entire Care

Coordination Department, from Juneau to Anchorage to Mat-Su, in providing excellent, person-centered services that can be depended on.

Please help us congratulate Jennifer on her recent promotion. We are excited to see what she brings to her new role. ★



Dear Friends,

There are still leaves on some trees, but we're heading into winter apace. Our offices are open to individuals and families who need assistance, seeing them on an appointments basis. We're not too formal about this – a call from the parking lot can be all it takes to make that [appointment](#) and be seen in real time. Yet we are continuing to take precautions around this pandemic, limiting walk-ins, requiring masks on site and entryway sign-in on the chance contact tracing would be needed. Every quarter when I write this letter, it's with the sincere hope that we return to how things were before. Less Zoom. More "In the Room".



Here's some good news I'm happy to share: Alzheimer's Resource of Alaska was selected to receive one of 13 highly competitive federal grants from the Administration for Community Living, as part of their Alzheimer's Disease Program Initiative (ADPI). The Alaska Mental Health Trust Authority and the Mat-Su Health Foundation are assisting with additional funding, for a project that will focus on the Mat-Su Borough. This 36-month project will address three known needs – providing services to persons living alone with dementia, improving programs and services dedicated to persons with intellectual and developmental disabilities who are developing dementia as they age, and delivering behavioral management training and expert consultations for family caregivers.

Our Care Coordinators earn lots of kudos from the families they serve, although they're not the sort who naturally boast. That's why when we hear from a family like Jocie's, we like to share their story with you. Don't miss the [article on p.4](#).

Mark your calendars: the [Mayor's Charity Ball](#) will now be held on February 19, 2022 – postponed to allow Anchorage to recover from the current surge in COVID cases and the extremely high level of community spread. I'm looking forward to seeing friends there!

Lastly, we're making some changes to the look of the quarterly newsletter. We're interested in your thoughts about that. It's all part of a freshening up of our publications, our [website](#) and our social media that is now underway.

With gratitude,

Pamela Kelley  
Executive Director



# Care Coordination: Provides One Family Among Many with their “Posse”

*By: ARA Editorial Team*

The relationships that develop among Care Coordination clients, their care coordinator and their family members often can be deeply meaningful to all. That was the experience of the Boisvert family, whose daughter with special needs is served by our Juneau-based care coordinator, Tiffany Schneider.

Michael and Jeannie Boisvert are Jocelynn’s parents. “Jocie” has great advocates in them. As Michael noted, “I am never at a loss for words. But when it comes to our daughter Jocie, it is so hard to put things down on paper. Maybe that’s why we are so lucky to have the great team at Care Coordination Resource of Alaska (CCRA) on our side.”

“Truly, we are not just lucky to have them but blessed to have them as members of our team. We think of them as advocates for us and our daughter and as members of our family,” Michael wrote.

“In the past three years, Tiffany (and before her others

from CCRA) has been lifesaving and unconditionally supporting. They know how important our Jocie’s education is to me and my wife (I’m a former educator). They also know the issues the city and state create that can impede our forward movement and almost discourage us by slowing down our daughter’s progress.” Working through these challenges and impediments requires careful navigation.

CCRA delivers person-centered services informed by their deep understanding of the limitations of the various programs. That person-centeredness is described by Michael Boisvert very clearly, “I do not mean to imply that they are directing us or steering the ship. Instead, they are there with ready answers, support and assistance when it appears as if the seemingly



*Jocie in her classroom at school — Photo provided by Michael and Jeannie Boisvert*

overbearing powers of the school and school system are pushing us in a direction that is not in the best interest of our daughter’s education. Jocie’s special needs require a high level of knowledge about the workings of the public school system. We understand that my wife and I do not have the best nor the most up-to-date training to homeschool our daughter so we must look to the public school system for  
*(Cont. on next page)*





that support. Luckily we have people like Tiffany who have the experience to help when we have questions about the school system.”

Together, the CCRA team serves these goals. “This team that we have affectionately called “Jocie’s Posse” has not only stood by us but encouraged us,” Michael wrote.

“There are so many examples where my wife and I felt like we were looking at a spinning compass not knowing which direction to go, but when we asked Tiffany everything became clear and we were ‘rescued’. One of the latest was when the school/department wanted to ‘push’ Jocie into the sixth grade. We understand she is special needs but we also know that given instruction, training, and proper schooling she can show progress. An example being right now she cannot hold a pencil correctly, but one of her therapists at the hospital got her doing it within minutes two years ago....but because the school did not continue or reinforce this skill she “lost” the ability.”

“We knew from simple

observation our daughter was nowhere near ready for sixth grade, and to be honest, not even 5th grade. But the school wanted to push her forward, almost as if they were rushing her out of the system. When we questioned this, Tiffany explained the policies and our potential courses of action to us and Jocie is thankfully still in the 5th grade.”

“I could go on and on, and believe me, I would, but there are almost too many examples of the times I or my wife have called Tiffany, wondering if our daughter is getting the proper instruction from school, or Direct Service Professional benefits outside of school, to count. We don’t want to look like we are complaining... and Tiffany confirms that we ARE NOT, but we are thankful she is there with answers, support and encouragement.”

The experience of

the Boisvert family is not uncommon among CCRA clients, who range from Alaskans experiencing developmental disabilities to older Alaskans living with dementia. CCRA strives to assure that each client we support has a posse, just like Jocie.

Our thanks to Michael and Jeannie Boisvert, who shared their experience of CCRA services in support of their daughter who lives with special needs. ★



*Jocie in her classroom at school — Photo provided by Michael and Jeannie Boisvert*

# New ARA Programs Designed to Strengthen Cognition – *ARA Has a New Brain Gym!*

By: Ken Helander

This past Spring, Alzheimer's Resource launched its newest program, Mind Aerobics™.

Anyone who goes to the gym to exercise knows the exhilaration of being physically fit along with the many benefits of paying attention to healthy living. Now, with Mind Aerobics™ folks can find the same satisfaction with exercising the mind.

ARA currently has three courses running, and more are scheduled. It's wonderful to see the response and hear what the program has meant to the participants.

One of the best comments I've heard about our new Mind Aerobics™ program at Alzheimer's Resource came from a staff colleague. She said she was very glad we have the new program because it's so positive. As the program's



manager, I couldn't agree more as I've heard much the same from our participants.


The twice-weekly classes move along at quite a clip and the exercises, although increasingly challenging, are always fun and enjoyable. It's quite common to hear at the end of a session, "Wow, that went fast!"

It's certainly true that no one is thinking about anything else but the exercises during

that hour. Each exercise is absorbing, and involves lots of concentration and focus. Just like at the gym, participants typically let out a big sigh at the end of an exercise, getting their mental breath ready for the next one.

Another positive aspect of the program is that the groups quickly learn to enjoy one another's company. The ideas and strategies shared by

*(Cont. on page 8)*




## Comfort Pets

the benefits of a pet without the responsibility and risks of a live animal.

**LIMITED QUANTITIES**

- Reduce social isolation
- Lower stress and anxiety
- Free while supplies last! \*

Check website for eligibility

 **Learn More** →



# Volunteer & In-Kind Supporters

between July 1 - June 30, 2021



AK Bark  
AK Wine Grotto  
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\* Denotes current or former ARA board member.

Other donors are noted in our Annual Report.

## In Honor & Memory of

**Lois Avery**  
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Dale & Beverly Tallman  
Marion S. Tallman



# New ARA Programs Designed to Strengthen Cognition

## *ARA Has a New Brain Gym!*

*(Cont. from page 6)*

participants about how they approach a particular exercise become a rich learning lab, full of encouragement, shared laughter, and growing appreciation for how our differences in thinking stimulate creative solutions for everyone.

The uniqueness of each class and its participants is enhanced by the virtual experience, with many different parts of Alaska represented. It's common that we check in on the weather in Fairbanks, or Juneau, Kodiak, or "the Valley" before we start to exercise. No matter where we live, the class binds us all together in a common purpose of strengthening our minds.

One of the best examples of learning involve the sharing of strategies and ways of solving problems that occur after several of the exercises... especially ones involving memory. Participants also often share how the exercises have translated into practical ways of daily living. Remembering lists, appointments, to-do chores, names, and making important decisions all benefit from the exercises.

If you are interested in joining a Mind Aerobics™ class, you can find out more information at our website, [www.alzalaska.org/mind-aerobics](http://www.alzalaska.org/mind-aerobics), or by calling or emailing me, Ken Helander – [907-561-3313](tel:907-561-3313), [khelander@alzalaska.org](mailto:khelander@alzalaska.org). But, don't wait too long...the classes fill up very fast! ★

MAYOR'S CHARITY BALL

# JOIN US ON THE NEW DATE

## February 19, 2022

At The Dena'ina Center

Tickets can be purchased through [mayorscharity.org](http://mayorscharity.org)

Alzheimer's Resource of Alaska is looking for silent auction items.

If you have something to donate please contact Loraine, [lguyer@alzalaska.org](mailto:lguyer@alzalaska.org) or [907-561-3313](tel:907-561-3313)



# Breaking News: We Refreshed Our Website

## *Check Out Our New Online Calendar*

Our website is so much easier to use (and look at)! Not only does our site have an updated look but we've also made it searchable and reorganized the navigation menus, making it easier than ever before to find the resources you are looking for. We hope you'll find these new changes welcoming and helpful. Take a look for yourself at [www.alzalaska.org](http://www.alzalaska.org).



**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.

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## 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](mailto:afarris@alzalaska.org)

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



**Savvy Caregiver** 6-week class for  
family members caring for a loved one living  
with Alzheimer's disease or related dementias.

- Learn caregiving skills
- Understand behavior changes
- Discuss decision making



Learn More →

## 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: 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](mailto: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](mailto:jadams@alzalaska.org)

## Art Links 1-1:45pm

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

## Statewide Caregiver Support Groups

**CLICK HERE**





**Alzheimer's  
Resource  
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- attention and concentration
- memory
- language
- problem-solving

**\$240 / 24-session course**

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We also offer programs for people experiencing mild memory loss

Questions or more information

Call **907-561-3313** or **800-478-1080**

or visit **[www.alzaska.org/mind-sharpener](http://www.alzaska.org/mind-sharpener)**

