Classes & Events around the State

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

CAREGIVING 101

**Vascular Dementia**
Tue, 1/25, 1pm-2:30pm
REGISTER HERE

**How occupational therapy can help people living with dementia with everyday activities**
Mon, 2/7, 12pm-1:30pm
REGISTER HERE

**Bathing Without The Battle**
Wed, 2/9, 11am-12:30pm
REGISTER HERE

**Legal Issues for Family Caregivers P1**
Sat, 2/19, 1pm-2:30pm
REGISTER HERE

**Understanding Supported Decision Making Agreements for Seniors**
Mon, 2/21, 1pm-2:30pm
REGISTER HERE

**The Driving Dilemma: Knowing When to Brake**
Fri, 2/25, 1pm-2:30pm
REGISTER HERE

**Next Steps After a Diagnosis of Dementia**
Wed, 3/9, 11am-12:30pm
REGISTER HERE

**Legal Issues for Family Caregivers P2**
Sat, 3/19, 1pm-2:30pm
REGISTER HERE

**What are the Medicaid Waiver and Senior In-Home Programs?**
Mon, 3/21, 1pm-2:30pm
REGISTER HERE

**Activity Box Ideas for People Living with Dementia**
Tue, 3/22, 1pm-2:30pm
REGISTER HERE

**Downsizing and Decluttering**
Fri, 3/25, 1pm-2:30pm
REGISTER HERE

**Home & Community Safety**
Tue, 3/29, 1pm-2:30pm
REGISTER HERE

For more information or registration assistance contact:
907-561-3313 from Anchorage, or 1-800-478-1080

SAVVY CAREGIVER

Provides caregivers skills and knowledge needed to provide the highest level of care for loved ones, and themselves.

**Screening & Pre-registration required**

To register contact: Ann Farris at 907-561-3313 or email: afarris@alzalaska.org

Tuesdays, 1/11-2/15
3:00pm-5:00pm

**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 or email: afarris@alzalaska.org

**Mind Aerobics™**
12-week course meeting twice per week
For Alaskans worried about Memory Loss who want to keep their mind fit and engaged.

**Mind Sharpener™**
Tue & Thur, 1/4–3/31, 10-11am

**Mind Works™**
Mon & Wed, 1/17–4/11, 1 pm - 2 pm

Questions or registration, contact:
Ken Helander: 907-561-3313 or khelander@alzalaska.org

**Mind Matters**
Screening & Pre-registration required

For more info contact: Debbie Chulick at 907-561-3313 or email: dchulick@alzalaska.org

**Statewide Caregiver Support Groups**
CLICK HERE

Professional Webinars
Questions or registration assistance, contact:
Amber Smith: 586-6044 or asmith@alzalaska.org

**Person-Centered Care**
Tuesday, 1/18, 12 pm - 1:00pm
REGISTER HERE

**The GEMS®: Using Skills That Make a Difference**
Tuesday, 2/15, 12 pm - 1:00pm
REGISTER HERE

**Communication Tips: Beyond the Basics**
Tuesday 3/15, 12 pm - 1:00pm
REGISTER HERE

**Comfort Pets**
Reduce social isolation for your Alaskan elder at no-cost
The benefits of a pet without the responsibility and risks

Learn More...
### Caregiver Support Groups throughout Alaska

Groups are free to join. Registration required. ARA logo indicates an ARA facilitator.

| Statewide Telephone Support Group | Every 1st Saturday, 1–2:00 pm  
For additional info, contact Gay Wellman, 822-5620 or 800-478-1080 |
| Statewide Telephone Support Group | Every 3rd Wednesday, 1–2:00 pm  
For additional info, contact Debbie Chulick, 561-3313 or 800-478-1080 |
| Statewide Care Partner Support | Every 2nd & 4th Tuesday, 1-2:30 pm  
Every 2nd & 4th Saturday 10:30am-12 pm  
CONTACT: Gay Wellman, gwellman@alzalaska.org 822-5620 or 800-478-1080 |
| Grieving Caregiver Support | Every 1st & 3rd Thursday, 1-2:30 pm  
CONTACT: Gay Wellman, gwellman@alzalaska.org 822-5620 or 800-478-1080 |
| Anchorage | Every 4th Thursday, 5:30–7 pm  
CONTACT: Debbie Chulick, 561-3313 |
| Eagle River | Every 2nd Thursday, 5:30–7 pm  
CONTACT: Debbie Chulick, 561-3313 |
| Fairbanks | Every 2nd Tuesday, 4:30–6 pm  
Every 3rd Tuesday, 1:00–2:30 pm  
CONTACT: Joan Adams, 452-2277 |
| Homer | Call for current schedule  
CONTACT: Pam Hooker, 235-7655 |
| Juneau / Southeast AK | Call for current schedule  
CONTACT: Aimee 463-6177 |
| Ketchikan | Call for current schedule.  
CONTACT: Bernice, 255-8080 |
| Kodiak | Every 4th Thursday, 12:30–1:30 pm  
CONTACT: 486-6181 |
| Mat-Su Valley | Every 2nd Tuesday, 1:30–3 pm  
CONTACT: Janice Downing 746-3413 |
| Seward | Every 4th Thursday, 1–2 pm  
CONTACT: 244-5604 |
| Sitka | Call for current schedule  
CONTACT: 747-4600 |
| Soldotna | Every 2nd and Last Tuesday, 1–3 pm  
Every 1st Tuesday, 1–2 pm  
CONTACT: Dani Kebschull, 262-1280 |
| Sutton, Palmer, Chickaloon, Glacier View | Every 1st Friday, 10–11:30 am  
CONTACT: Kim Jung, 746-3413 |
| Talkeetna, Willow, Trapper Creek | Every 1st Monday, 10–11:30 am  
CONTACT: Kim Jung, 746-3413 |

Support groups provide a way for people with a common experience to help and learn from each other. They can be an important source of social and emotional support, as well as a great way to see what works for others and learn about local services.

Most groups are currently available statewide over the phone or via Zoom. For this reason most people find it helpful to identify groups with days and times that work best with your schedule regardless of location.

You might also be interested in joining our Facebook Caregiver Support Group. This is a closed group and you will need to request access.

**Mind Matters**

is an education and support program for individuals with early memory loss.

This program goes beyond the confines of a traditional support group and offers participants a chance to share experiences while engaging in a variety of meaningful activities including volunteering, gardening, writing and listening to guest speakers.