



**Alzheimer's
Resource
of Alaska**

Classes & Events around the State

Classes and events are available statewide, online via Zoom unless otherwise stated. Online classes require registration.

CAREGIVING 101

Making Visits Positive

Thurs, 7/7, 12pm-1:30pm

Juneau – In-Person

–OR–

Fri, 7/8, 1pm-2:30pm

Webinar REGISTER

Nutrition and Brain Health:

What we need to know

Wed, 7/13, 11am-12:30pm

Webinar REGISTER

Alive Inside, movie showing

Wed, 7/20, 5:30pm-7pm

Fairbanks – In-Person

Frontotemporal Dementia

Tue, 7/26, 1pm-2:30pm

Webinar REGISTER

–OR–

Thurs, 7/28, 1pm-2:30pm

Mat-Su – In-Person

When Does Forgetting

Become a Worry?

Fri, 7/29, 1pm-2:30pm

Webinar REGISTER

Being the Decision Maker

Thurs, 8/4, 12pm-1:30pm

Juneau – In-Person

–OR–

Fri, 8/5, 1pm-2:30pm

Webinar REGISTER

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

Family Meeting

Wed, 8/10, 11am-12:30pm

Webinar REGISTER

Downsizing and Decluttering

Fri, 8/19, 1pm-2:30pm

Webinar REGISTER

Common Challenges Faced by Dementia Care Partners

Mon, 8/22, 1pm-2:30pm

Webinar REGISTER

–OR–

Tue, 8/23, 1pm-2:30pm

Mat-Su – In-Person

End of Life

Thurs, 9/8, 12pm-1:30pm

Juneau – In-Person

–OR–

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

Webinar REGISTER

Engaging People Living with Dementia

Tue, 9/13, 3pm-4:30pm

Webinar REGISTER

–OR–

Fri, 9/16, 3pm-4:30pm

Anchorage – In-Person

Overview of Alzheimer's

Wed, 9/14, 11am-12:30pm

Webinar REGISTER

Honoring Connection: Improve Communication

Mon, 9/19, 1pm-2:30pm

Webinar REGISTER

–OR–

Thurs, 9/22, 1pm-2:30pm

Mat-Su – In-Person

Creating Moments of Joy

Wed, 9/21, 5:30pm-7pm

Fairbanks – In-Person

SAVVY CAREGIVER

Learn caregiver skills and knowledge to provide the highest level of care for loved ones and yourself.

For more information or registration contact:

Gay Wellman at [907-822-5620](tel:907-822-5620) or email: gwellman@alzalaska.org

Saturday, 7/9-8/13

1:30 pm – 3:30 pm

Online meetings

Art Links 1-1:45pm

To register contact:

Janice Downing at

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

jdowning@alzalaska.org

Thursday, 7/7 & 7/21

Thursday, 8/4 & 8/18

Thursday, 9/1 & 9/15

Online meetings

Friday, 7/8 & 7/22

Friday, 8/12 & 8/26

Friday, 9/9 & 9/23

Mat-Su – In-Person

Memory Café

To register contact

Ann Farris at

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

afarris@alzalaska.org

Thursday, 7/14, 1pm

Thursday, 8/11, 1pm

Thursday, 9/8, 1pm

Online meetings

Voices of the Last Frontier

Chorus program to support people with dementia and their care-partners

Online meetings

Contact: Ann Farris

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

afarris@alzalaska.org

Professional Webinars

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

Activity Box Ideas for People Living with Dementia

Tuesday, 7/19, 12 pm – 1:00pm

Webinar REGISTER HERE

Music in Dementia Care

Tuesday, 8/23, 12 pm – 1:00pm

Webinar REGISTER HERE

Activities are Everywhere

Tuesday, 9/20, 12 pm – 1:00pm

Webinar REGISTER HERE



Mind Aerobics™

Online meetings

12-week course meeting twice per week

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

Contact: Ken Helander

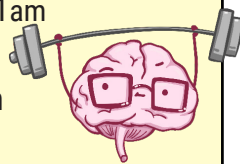
[907-561-3313](tel:907-561-3313) or khelander@alzalaska.org

Mind Sharpener™

Tue & Thur, 7/26-10/18, 10am-11 am

Mind Works™

Mon & Wed, 8/3-11/2, 1pm-2 pm



Caregiver Support Groups throughout Alaska



Groups are free to join. ARA logo ★ indicates an ARA facilitator.
Contact facilitator in advance for zoom link or call-in phone number.

Statewide Telephone Support Group Dial in using: 1-877-216-1555 Code 927989# No registration required	Every 1st Saturday, 1–2:00 pm For additional info, contact ★ Gay Wellman, 822-5620 or 800-478-1080
	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 Keschull, 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 on days and times that work best with your schedule regardless of location.

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.

For more info contact: Debbie Chulick at [907-561-3313](tel:907-561-3313) or dchulick@alzalaska.org



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