



Alzheimer's Resource of Alaska

Living with Dementia and the Rhythm of Life

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The power of rhythms can help
relieve the stresses of daily living

How to Reduce Stigma and Empower People Living With Dementia

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Find more helpful stories and perspectives
on our website blog @ alzalaska.org/blog

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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

* Care Coordination
Resource of Alaska

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www.alzalaska.org

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November is National Alzheimer's Awareness Month

Living with Dementia Forum



Join us on Zoom or by phone to hear from Alaskans diagnosed with Alzheimer's disease and related dementias (ADRD), as well as those who are currently caring for someone living with ADRD.

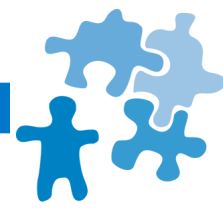
Learn more about statewide resources and supports from Alzheimer's Resource of Alaska. Q&A session will follow. Register for one or both sessions.

Details: alzalaska.org/calendar/living-with-dementia-forum

Monday, November 14, 2022 @ 1 PM—2 PM and/or 7 PM—8 PM

Live-streamed and hosted by Alzheimer's Resource of Alaska – available to view and participate in Statewide throughout Alaska.

For more information contact: Ann Farris, afarris@alzalaska.org or 907-561-3313



Dear Friends,

I know everyone is busy, readying for the change in seasons and the holidays on the horizon. But I want to take a moment to acknowledge that November is Alzheimer's Awareness Month and Family Caregiver Month. The commitment and challenges confronting family caregivers who support someone experiencing dementia are momentous.



That's why I encourage all who are themselves in that role, or know someone who is, to look to the news on [page 6](#) about the Caregiver Resource Guide. If you're reading this newsletter online, there's a live link to take you right to it. This Guide is phenomenal. It was put together by one of the Dementia Action Collaborative's working groups, with the financial support of the Alaska Mental Health Trust and AARP-Alaska. There's a link to the 41-page guide [on our website](#), and it can be downloaded as a PDF. In November, a hard copy will be inserted in every copy of the Senior Voice as well.

As we grow more comfortable gathering together, ARA has been the beneficiary of a few wonderful social evenings and events. First, the Anchorage Social Dance Clubs' annual formal, A Night to Remember, was a lovely benefit that increased awareness of our mission amid the fun. Special thanks are due to Michele Berns.

Heritage Place in Soldotna holds a yearly Walk and Roll event and decided to 'keep it local' because of the important services our education team provides their residents. We applaud the efforts of Aud.

We were also fortunate this year to be able to participate in the Mayor's Charity Ball in Anchorage, after two years of delays resulting from the pandemic. There were so many friends of ARA attending, volunteering, and donating silent auction Items! We are full of gratitude for each and every one of them. A special thanks goes to Woody Angst who spoke on behalf of ARA, lauding services that he and his family have received in the recent years.

Thank you for all your support,
Sincerely,

Pamela Kelley
Executive Director

Living with Dementia and the Rhythm of Life

The power of rhythms can be harnessed to help us through many illnesses, including dementia and other neurological disorders and can help relieve the stresses of daily living.

By: Ann Farris

The human relationship to sound and rhythm starts early. In fact, even before you were born, you began to develop an auditory system. Already, you were in a world of sound: breath and heartbeat, of rhythm and vibration. When you heard a lullaby as a toddler, it offered comfort and a feeling of happiness. As a young adult, songs that provided a beat and rhythm offered you meaning and enjoyment. As an older adult these are the special songs stored in your brain and bring back fond memories.

There is a strong connection between music and the mind. This powerful connection explains why a man in the later stages of dementia, barely able to communicate, will liven up when listening to his favorite music. Closely related to music is rhythm, “a strong, regular, repeated pattern of movement or sound”. In fact, rhythm is as elemental to breathing and other bodily functioning as it is to singing and dancing. Our lives are driven by rhythm.

In her Master’s Thesis, “Music Therapy and Percussion for People with Dementia”, Jaclyn Bell focuses on

the potential of percussion and other rhythm-based music therapies. She writes, “People with dementia may gradually lose the ability to sing as the disease progresses and the use of percussion may allow for continued musical participation...”

Studies have shown that rhythm interventions can sometimes elicit more of a response than singing.”

There are a variety of ways to utilize rhythm to enhance the quality of life for someone living with dementia: start a drum circle with friends, keep the beat while listening to music, dance, exercise. Creating homemade instruments is always fun: fill an empty medicine bottle with rice and you have a maraca; books, pots, and tables make great drums. Finally, utilize rhythm to assist in the desired outcome of an activity: soft music before bed; relaxing music while bathing, upbeat music while folding laundry or cleaning.

There are ways to incorporate music into activities for everyone. The key to assisting



The Alaska Jumping Flea Society performing at the Anchorage Senior Activity Center’s Memory Café, presented by Alzheimer’s Resource of Alaska — August 25, 2022

those living with dementia is selecting music that meets the need. For those in later stages of dementia, a more measured approach can be helpful. In her article, “How to use music to help a loved with dementia”, Jan Maier suggests starting slow and tailoring the activity to the response of the person living with dementia: “Keep sessions short, perhaps up to a half hour. Tailor the length of the sessions to how much your loved one enjoys them.”

A powerful visual of how rhythm can assist those with dementia or other neurological disorders is the video of a man living with Parkinson’s disease. During physiotherapy sessions, the man’s gait is enhanced first

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by the therapist counting “1. 2, 1, 2...”, and secondly by listening to a favorite song. These rhythmic cues assist the brain in going through the motions of walking.

(video can be found at: <https://youtu.be/oTjIEtpR4yU> published by: Parkinson: Recherche au Luxembourg)
The beat of our hearts, the

rise and fall of our breathing, the movement of our bodies through each day demonstrate the natural rhythms of life. The power of rhythms can be harnessed to help us through many illnesses, including dementia and other neurological disorders and can help relieve the stresses of daily living. In his book *Musicophilia*, renowned neuroscientist Oliver

Sacks writes that rhythm is one of the most basic and fundamental parts of the human experience and remains with us until the very end. We agree, and to quote from the musical *Sweet Charity*, “The rhythm of life is a powerful beat!” ★

How to Reduce Stigma and Empower People Living With Dementia

*By Esther Heerema, MSW — Medically reviewed by Huma Sheikh, MD
reprinted from verywellhealth.com*

It's been well-established that a diagnosis of Alzheimer's and other types of dementia carries a stigma, and this stigma can have harmful and debilitating effects for those already coping with the challenge of the disease. So, how can you help? Here are 13 ways to help reduce stigma and empower those with cognitive challenges such as dementia.

SHARE YOUR STORY

If you're dealing with dementia, stop thinking of memory loss and confusion with shame, as if it's a fault you have. Are people ashamed of having a broken leg or cancer? You're still you, and sharing your diagnosis and symptoms with others can be freeing to you and educational for them.

SHARE YOUR LOVED ONE'S LIFE STORY

If your family member with dementia significantly struggles with word-finding difficulty, help her share her experiences and her story. Put a face on the challenge of dementia. It is much harder for others to remain detached from the fight for effective treatment and a cure when they have a personal connection to someone living with dementia.



approaches to improve your overall functioning (or that of your loved one).

DON'T ASSUME IMMEDIATE MENTAL INCAPACITY

Just because someone has a dementia diagnosis, it doesn't mean the cognitive ability switch has been flipped from “on” to “off.” In

EDUCATE YOURSELF

The more you know, the better equipped you'll be to share information about dementia with others. Learn the facts, what you can expect as the disease progresses, and how you can use complementary and alternative

(Cont. on next page)

NEWAlaska
Dementia Action
Collaborative

Caregiver Resource Guide

We're excited to have a new resource to offer care partners – family members, friends, and neighbors – who care for someone with Alzheimer's disease and related dementias.

The new Alaska Caregiver Resource Guide was published by the Dementia Action Collaborative, a coalition of public-private partners committed to preparing Alaska State for the growth of the dementia population.

Find out more and download the guide at <https://www.alzaska.org/caregiver-resource-guide/>

How to Reduce Stigma and Empower People Living With Dementia *(Cont. from previous page)*

the early stages of dementia, there are enough times that the person living with dementia will doubt herself. She doesn't need to add you to that list. Give her the benefit of the doubt unless doing so would be harmful to herself or others.

DEVELOP AND MAINTAIN RELATIONSHIPS

Don't just write off your friend or loved one just because they have dementia. Unfortunately, many people let the uncertainty of what to say or do, stop them from doing anything, adding the loss of friendship to the other losses in dementia. Even in the middle and later stages, your visits can be a gift to both of you.

ADVOCATE FOR OTHERS

Those with power (in many cases, that's those of us without dementia) need to speak up. Whether it's reminding others that the person with dementia can still express her personality by choosing her own clothes for the day, or asking that the avid gardener is able to plant some flowers outside, advocating for others can make a difference in their quality of life.

Advocating also goes beyond the individual. It's important to use your voice to share with those in government about the challenges of dementia. For example, an initiative that began in 2015 urges communities to become dementia-friendly and is successfully raising

awareness and empowering those with dementia.

EMPOWER BY LISTENING

Ask the person living with dementia how they're doing, and then be prepared to listen without judgment. Don't try to fix anything right now. Maybe later, you'll have the opportunity to follow up on something she said that could be helpful, but for now, just ask a few questions and listen.

USE COGNITIVE TRAINING TO COMPENSATE

One way to empower people with dementia is to provide additional cognitive exercises where they can learn and practice strategies to remain independent longer. For example, one study found that people with early-stage dementia benefited from procedural memory tasks, such as cooking classes.

BE PROACTIVE ABOUT PUTTING SUPPORTS IN PLACE

Connecting with community resources can empower people to live safely in their own homes for a longer period of time. If your family member has dementia, encourage them to seek out which resources are available for the future. Although this step may be a difficult hurdle, the appropriate supports can allow for more independence.

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How to Reduce Stigma and Empower People Living With Dementia *(Cont. from previous page)*

ENCOURAGE PARTICIPATION IN SIMULATIONS OF DEMENTIA

Simulations such as virtual dementia tours or a visual imagery of life with dementia can be an eye-opening (and heart and mind-opening, as well) experience. After “experiencing” what it’s like to live with dementia, it’s difficult for the person to gloss over the person who is living with dementia’s challenges.

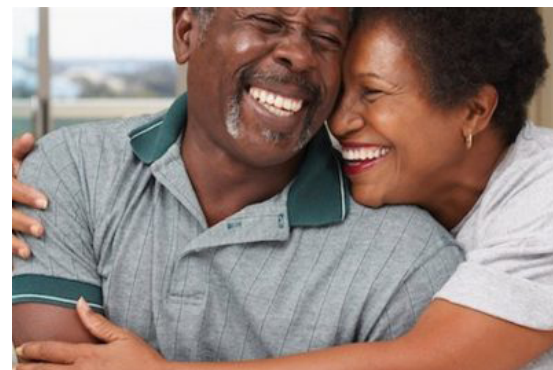
PARTICIPATE IN MEMORY CAFES AND SUPPORT GROUPS

Stigma can have the effect of keeping the person indoors, safely at home so as to not become stressed or make others

uncomfortable. Memory cafes and support groups provide a great opportunity to enjoy getting out of the house and connecting with others in the same situation. This, in turn, can make you more comfortable and confident in sharing your challenges with others. This is true both for the person with dementia, as well as the caregivers.

WATCH THE LANGUAGE YOU AND OTHERS USE

Rather than describing someone as “demented” or “senile,” emphasize the person. The Dementia Engagement and Empowerment Program recommends using “the person with dementia” or “the person living with dementia” instead.



USE SOCIAL MEDIA TO INCREASE AWARENESS

Consider sharing small pieces of information on social media from time to time. The more we all talk about it, the more attention dementia will receive from society and those in positions of influence. ★

Reprinted from [verywellhealth.com/ways-reduce-stigma-empower-people-dementia-98246](https://www.verywellhealth.com/ways-reduce-stigma-empower-people-dementia-98246)

Donations Made In Honor or Memory of

between January 1 - October 1, 2022 — alphabetized by honoree

Alice
Celia Koelsch

Amelia
Harry Prichard

Diane
Katie Moran

Gil
Catherine Coon

Karen
Heather Jacox

Sharon
Sherri Roberds

Teresa’s Mom
Keri Clark

Elva Amidon
Ronald & Sandra Amidon
Ann and Ray Rodgers

Chottie Angst
Susan Rymzo

Eubanks Barnhill
Roselyn Barnhill

Josie Sutton Bills
Myrna Frantz
Milly & Steve Wilkins

Roger Birckhead
Roberta & Wayne Helms

Adel Boucher
Diana L. Straub

Shirley Braspenninckx
Robert Barrett

Karen Carlson
ConocoPhillips High Octane
Jill Melland Simek*
Leslie Willocks
Marta Zamiska

(Cont. on next page)

Donations Made In Honor or Memory of

between January 1 - October 1, 2022 — alphabetized by honoree

Cheryl A. Carmona

Cesar Carmona

Delbert Cederburg

Dawn Deason

Gladys Coster

Candace Horter

Anna Deubelbeiss

Tekka Bedwell

Ruth Deubelbeiss

Doris Goodwin

Joanne Proefrock

Lynette DiBerardino

Angela DiBerardino

Jan and Larry Dinneen

Laurie Evans-Dinneen

Justine Beth Emerson

John and Joyce Smith

Len Ferucci

Patricia Ferucci

Geneve

Robert Galle

Peggie Galle

PRH

Wayne Helander

Jim & Denise Hansen

Mari Gibson

Karen Nadeau

Jim Hansen

James Hansen

Janet Margrave

Reydun & Steiner Hansen

Sandra & Edward Sanders

Reudan Hansen

S. Lynne Larson

Marjorie & Robert Paulson

Charles Helmick, Jr.

Jeff Helmick

Leiza Johnson

Debbie Hestes

William Hestes

Dorothy Hugg

Wayne Holmes &

Jonell Snook-Holmes

Jan Janzen

Rebecca Marinelli

Midge Keil

Keil Family

Anita Kirk

Joanie Kirk

Sandy Knight

Tyler Woznica

Preferred Care

Charlene Konestago

Pioneers of AK Women's

Igloo #11

Victor LaForge

Cheryl Snyder

Lynne Larson

Robert & Marjorie Paulson

Judy Simonds

Dorothy Magette

John and Jackie Brunton *

Rev. Russell H. McConnell,

Beatrice McConnell,

& Robert McConnell

Ruth McConnell Benson

Rusty Moore

Michael Dunn

M. L. Morgan

Michele L. Berns

Dolores Morris

Cheri Clausen

Christopher Myrick

Betsey Myrick

Kim Peterson

Teresa Richards

Reid Pfanmiller

Barbara Halcro

Cheryl Ponder

SWONAP

Moveta Posma

Moveta Posma Trust

Charles Powers

Joan Cullinane

Irvine Pyett

Dennis Stock

Layne Ratcliffe

Caroline Ratcliffe

Sharon Roberds

Tanya French

Teri Kostka

Ed & Barb Marlow

Karen Misas

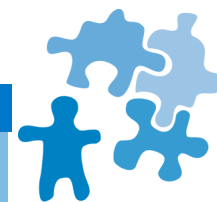
ConocoPhillips

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Donations Made In Honor or Memory of, cont.

between January 1 - October 1, 2022 — alphabetized by honoree

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Uncle Ralph and Aunt Mary
Carey Mills

Audrey Roberts
Susan June
Pamela Kelley
Donna Piszczak
Marta Zamiska

Macon Roberts
Elisabeth Fleischer

Gary Rupert
Teri Kostka

Jeff Schowen
Janet Pinter

Aunt Bev & Bobbie Scribner
Chris Wilson

Bobbie Adams Scribner
Steve Adams

Jim & Phyllis Serfling
Krista Shelby

Bette Shaver
Kathryn Stoltzfus

Paula Skvarch
Jacque Good

Sue Sloan
Dorothy Bonin
Antoinette Rusted
Joyce Snyder

Robert Stewart
Linda Shepard

Werner Stutzer
Elena Hartford

Katy Sutherland
Abby McLane

Werner Stutzer
Elena Hartford

Craig Thompson
Brad and Mary Reeve
Alaskan Brewing Co.

Phyllis Thompson
Kristin George *

Patricia Versnick
Rhonda S. Scott

Larry W.
Aunt Shelly Cassano

Evelyn White
Louise Smith

Regina Wilgus
Oma
Jim Wilgus

Gene Williamson & Marlene Ronnie Williamson
Carrie Berrey
Ann Farris & Tom Williamson

Joanne Younie
Robert & Melissa Burke

Susan Reading Pozzi

Bruce Pozzi
Shawn Abel
Hobie & Dawn Bannister
Leroy & Suzanne Barker
Stacy Barnes
Rose M. Bridgeman
Patricia Brown
Jeanne Davis & Leo Bustad
M. David Cole
Patricia E. Doyle
Barbara & David Ells
James & Marsha Fergusson
Robert & Carol Freeman
Jill R. Friedman
Richard & Elizabeth Hansen
Darlene H. Hermes
Maryhelen & Rodney Johnson
Julie A. Korting
Marc & Sandra Langland
Bob Miller
Stephen Peacock
Daniel and Cecelia Regis
Robert R. Richards
T.J. Sardy
Mario Scampoli
Carrie Schnell
Maribeth & Griff Steiner
Truman & Roberta Struck
Dolores Tamagni
Daniel Dieckgraeff &
Denise Thanepohn

[Make a Donatetion](#)

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.



Support groups 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 and resources.

Most groups are currently available statewide over the ☎ phone or via 🖥 Zoom. For these, most people find it helpful to identify groups that fit your schedule, regardless of location.

📘 You might consider joining our Facebook Caregiver Support Group. This is a private group—you will need to request access.

Grants Available

Funding is available for services and to support the needs of people with Alzheimer's disease or related dementias (ADRD).



Details at: www.alzalaska.org/mini-grant

For more information contact:
Kevin Silver at 907-561-3313
or email ksilver@alzalaska.org



Trust
Alaska Mental Health
Trust Authority

Statewide Telephone Support Group Dial in using: Code 927989# No registration required	☎ Every 1 st Saturday, 1–2:00 pm For additional info, contact ★ Gay Wellman, 822-5620 or 800-478-1080
	☎ Every 3 rd Wednesday, 1–2:00 pm For additional info, contact ★ Debbie Chulick, 561-3313 or 800-478-1080
Statewide Care Partner Support	🖥 Every 2 nd & 4 th Tuesday, 1–2:30 pm 🖥 Every 2 nd & 4 th Saturday 10:30am–12 pm ☎ CONTACT: ★ Gay Wellman, gwellman@alzalaska.org 822-5620 or 800-478-1080
Grieving Caregiver Support	🖥 Every 1 st & 3 rd Thursday, 1–2:30 pm ☎ CONTACT: ★ Gay Wellman, gwellman@alzalaska.org 822-5620 or 800-478-1080
Anchorage	🖥 Every 4 th Thursday, 5:30–7 pm ☎ CONTACT: ★ Debbie Chulick, 561-3313
Eagle River	🖥 Every 2 nd Thursday, 5:30–7 pm ☎ CONTACT: ★ Debbie Chulick, 561-3313
Fairbanks	🖥 Every 2 nd Tuesday, 4:30–6 pm ☎ Every 3 rd 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 4 th Thursday, 12:30–1:30 pm CONTACT: 486-6181
Mat-Su Valley	🖥 Every 2 nd Tuesday, 1:30–3 pm ☎ CONTACT: ★ Janice Downing 746-3413
Seward	Every 4 th Thursday, 1–2 pm CONTACT: 244-5604
Sitka	Call for current schedule CONTACT: 747-4600
Soldotna	Every 2 nd and Last Tuesday, 1–3 pm Every 1 st Tuesday, 1–2 pm CONTACT: Dani Kebschull, 262-1280
Sutton, Palmer, Chickaloon, Glacier View	🖥 Every 1 st Friday, 10–11:30 am ☎ CONTACT: ★ Kim Jung, 746-3413
Talkeetna, Willow, Trapper Creek	Every 2 nd Tuesday, 1–2:30 pm CONTACT: ★ Kim Jung, 746-3413



CAREGIVING 101

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)

The GEMS®: Using Skills That Make a Difference

Tue, 10/4, 1pm-2:30pm

Webinar REGISTER

—OR—

Wed, 10/5, 1pm-2:30pm

Wasilla — In-Person

Dining and Dementia

Fri, 10/7, 1pm-2:30pm

Webinar REGISTER

What Is Good for the Brain

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

Webinar REGISTER

Holidays and Traveling: Tips For Someone Living With Dementia

Sat, 10/29, 10:30am-12:00pm

Webinar REGISTER

The Related Dementias in AD/DR

Fri, 11/4, 1pm-2:30pm

Webinar REGISTER

Healthy Body, Healthy Brain

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

Webinar REGISTER

Behaviors that Challenge Us

Sat, 11/19, 10:30am-12pm

Webinar REGISTER

Wandering and Dementia

Mon, 11/21, 1pm-2:30pm

Webinar REGISTER

Family Meeting

Fri, 12/2, 1pm-2:30pm

Webinar REGISTER

Dementia and Sensory Changes

Tue, 12/6, 1pm-2:30pm

Webinar REGISTER

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:

Janice Downing at [907-864-3408](tel:907-864-3408) or email: jdowning@alzalaska.org

Monday, 10/3–11/7
1:00 pm – 3:00 pm
Online meetings

MIND MATTERS

Caregiver Support
Screening & Pre-registration required

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

Art Links 1-2:00pm

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

Thursday, 10/6 & 10/20
Thursday, 11/3 & 11/17
Thursday, 12/1 & 12/15
Online meetings

Friday, 10/14 & 10/28
Friday, 11/11
Friday, 12/9 & 12/23
Wasilla — In-Person

Memory Café

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

Thursday, 10/13, 1pm
Thursday, 11/10, 1pm
Thursday, 12/8, 1pm
Online meetings

Thursday, 10/27, 3pm
Anc. Senior Activity Center

Professional Webinars

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

Early Detection of Dementia: What is Our Role?

Tuesday, 10/11, 12 pm – 1:00pm

Webinar REGISTER HERE

—OR—

Thursday, 10/20, 6 pm – 7:00pm

Webinar REGISTER HERE

Person-Centered Care for Individuals with IDD and Dementia

Tuesday, 11/15, 12 pm – 1:00pm

Webinar REGISTER HERE

—OR—

Thursday, 11/17, 6 pm – 7:00pm

Webinar REGISTER HERE

Pain in People Living with Dementia

Tuesday, 12/13, 12 pm – 1:00pm

Webinar REGISTER HERE

—OR—

Thursday, 12/15, 6 pm – 7:00pm

Webinar REGISTER HERE

Stay up to date with our
classes and events at
alzalaska.org/calendar

Follow us on Social Media
for our latest news & info



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

Living with Dementia Forum

Monday, November 14, 2022

1pm-2pm

REGISTER

7pm-8pm

REGISTER

Join us on Zoom or by phone to hear from
Alaskans living with Alzheimer's or related
dementia, as well as those who are currently
caring for someone living with dementia.

- Learn more about statewide resources.
- Q&A session will follow.
- Register for one or both sessions.



A BIG THANK YOU!

We couldn't have the community impact that we do without the support of our donors and organizations that step up to support us.

Thank you to the Anchorage Mayor's Charity Ball for selecting us as one of the organizations to benefit from this year's auction. A special thank you all of our amazing volunteers, donors, staff and board members for your uplifting support in making this event come together!

Thank you to the Wells team at ConocoPhillips for hosting a silent auction that benefited Alzheimer's Resource of Alaska!

Thank you to Heritage Place in Soldotna for their Walk and Roll fundraiser.

Thank you to Riverview Senior Living in Juneau for their fundraiser that benefited Alzheimer's Resource of Alaska.

Thank you to Anchorage Social Dance Club who held their annual formal, A Night to Remember, that benefited Alzheimer's Resource of Alaska. Thank you for helping to increase awareness of our mission amid the fun. Special thanks to Michele Berns.

