



**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

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

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)

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.



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 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
	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 Keschull, 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

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.