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]

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-12pm
Webinar [REGISTER]

The Related Dementias in ADRD
Fri, 11/4, 1pm-2:30pm
Webinar [REGISTER]

For more information or registration assistance contact: 907-561-3313 from Anchorage, or 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]

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 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 or email: dchulick@alzalaska.org

Voices of the Last Frontier
Chorus program to support people with dementia and their care-partners

Art Links
1-2:00pm
To register contact: Janice Downing at 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 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 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

Living with Dementia Forum
Monday, November 14, 2022
1pm-2pm
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 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 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 2nd 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 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.