**Classes & Events around the State**

Classes and events are available statewide, online via Zoom unless otherwise stated. Online classes require registration. Stay up to date with our classes and events at alzalaska.org/calendar

### Professional Webinars

**Contact:** Amber Smith: **586-6044** or asmith@alzalaska.org

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
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<th>Location(s)</th>
<th>Registration</th>
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<tbody>
<tr>
<td><strong>Beyond the Clipboard: The Person at the Heart of Care</strong></td>
<td>Tuesday, 7/18, 12 pm - 1:00pm</td>
<td>Webinar [REGISTER HERE]</td>
<td>—OR— Thursday, 7/20, 6 pm - 7:00pm</td>
<td>Webinar [REGISTER HERE]</td>
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<tr>
<td><strong>Non-Pharmacological Interventions for Behavioral and Psychological Symptoms of Dementia</strong></td>
<td>Thursday, 8/10, 12 pm - 1:00pm</td>
<td>Webinar [REGISTER HERE]</td>
<td>—OR— Wednesday, 8/16, 6 pm - 7:00pm</td>
<td>Webinar [REGISTER HERE]</td>
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<tr>
<td><strong>Connecting in the Moment</strong></td>
<td>Tuesday, 9/19, 12 pm - 1:00pm</td>
<td>Webinar [REGISTER HERE]</td>
<td>—OR— Thursday, 9/21, 6 pm - 7:00pm</td>
<td>Webinar [REGISTER HERE]</td>
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### Community Events

- **Virtual Dementia Tour**
  - Mon, 7/10, 10am-4:00pm
  - Anchorage — In-person
- **20 Questions, 100 Answers, 6 Perspectives (p2)**
  - Tue, 7/11, 1pm-2:30pm
  - Wasilla — In-Person
- **After Death Planning**
  - Tue, 7/11, 1pm-2:30pm
  - Anchorage — In-person
- **Making Visits Positive**
  - Fri, 7/14, 1pm-2:30pm
  - Webinar [REGISTER]
- **Legal Issues for Family Caregivers (p2)**
  - Sat, 7/15, 10:30am-12pm
  - Webinar [REGISTER]
- **Dementia & Spirituality**
  - Sat, 8/19, 10:30am-12pm
  - Webinar [REGISTER]
- **Virtual Dementia Tour**
  - Fri, 8/18, 10:00am-4pm
  - Seward Senior Center
- **Dementia & Spirituality**
  - Sat, 8/19, 10:30am-12pm
  - Webinar [REGISTER]
- **The Power of Art and Music in Dementia Care**
  - Tue, 7/25, 1pm-2:30pm
  - Webinar [REGISTER]
- **Lewy Body Dementia**
  - Tue, 8/1, 1pm-2:30pm
  - Webinar [REGISTER]
- **Legal Issues for the Aging Population**
  - Tue, 8/15, 3pm-4:30pm
  - Anchorage — In-person
- **Virtual Dementia Tour**
  - Fri, 8/25, 1:00pm-2:30pm
  - Webinar [REGISTER]
- **Challenging Behaviors**
  - Fri, 8/25, 1:00pm-2:30pm
  - Webinar [REGISTER]
- **The Related Dementias in ADRD**
  - Fri, 8/1, 1pm-2:30pm
  - Webinar [REGISTER]
- **Helpful Tips & Strategies for Managing Memory Loss**
  - Tue, 8/15, 1pm-2:30pm
  - Webinar [REGISTER]
- **20 Questions, 100 Answers, 6 Perspectives**
  - Wed, 8/20, 12pm-1:30pm
  - Fairbanks — In-Person
- **Lewy Body Dementia**
  - Tue, 8/1, 1pm-2:30pm
  - Webinar [REGISTER]
- **Responsive Dementia Care**
  - Tue, 8/15, 1pm-2:30pm
  - Webinar [REGISTER]
- **The Power of Art and Music in Dementia Care**
  - Tue, 7/18, 12 pm - 1:00pm
  - Webinar [REGISTER]
- **Dementia & Spirituality**
  - Sat, 8/19, 10:30am-12pm
  - Webinar [REGISTER]

### Other Events

- **Memory Café**
  - For more information or registration contact: Gay Wellman at 907-822-5620 or email: gwellman@alzalaska.org

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### Helpful Tips & Strategies for the Aging Population

**To register contact:** Sharon Franklin at 907-452-2277 or email: SFranklin@alzalaska.org

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### SAVVY CAREGIVER

6-week class, 2-hrs/week
Gain caregiver skills and knowledge to improve quality of life for your family member and yourself.

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### Memory Screening Event

**To register contact:** Janice Downing at 907-864-3408 or email: jdowning@alzalaska.org

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For more information or registration contact: Gay Wellman at 907-822-5620 or email: gwellman@alzalaska.org

**Follow us on Social Media for our latest news & information**

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

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**Art Links**
1-2:00pm
To register contact: Janice Downing at 746-3413 or email: jdowning@alzalaska.org

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**Memory Screening Event**
Anchorage office
Wed, 9/6, 10am-4pm
By Appointment Only, Call to schedule your no-cost Memory Screening today.

Contact: Debbie Chulick at dchulick@alzalaska.org or call 907-561-3313

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**Follow us on Social Media for our latest news & information**
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.

### 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 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
  - 907-822-5620 or 800-478-1080

#### Grieving Caregiver Support
- Every 1st & 3rd Thursday, 1-2:30 pm
- CONTACT: Gay Wellman, gwellman@alzalaska.org
  - 907-822-5620 or 800-478-1080

#### Statewide
- Every 4th Thursday, 5:30–7 pm
- CONTACT: Debbie Chulick, dchulick@alzalaska.org or 907-561-3313

#### Statewide
- Every 2nd Thursday, 5:30–7 pm
- CONTACT: Debbie Chulick, 907-561-3313

#### Homer
- Every 2nd and 4th Tuesday, 2 –3:30 pm
- CONTACT: Pam Hooker, 907-299-7198

#### Juneau / Southeast AK
- Call for current schedule
- CONTACT: Denise Darby 907-463-6177

#### Ketchikan
- Call for current schedule.
- CONTACT: Bernice, 907-255-8080

#### Kodiak
- Every 4th Thursday, 12:30–1:30 pm
- CONTACT: 907-486-6181

#### Mat-Su Valley
- Every 2nd Tuesday, 1:30–3 pm
- CONTACT: Janice Downing 907-746-3413

#### Sitka
- Call for current schedule
- CONTACT: Kathryn Winslow 907-747-4600

#### Soldotna
- Every 2nd and Last Tuesday, 1–3 pm
- Every 1st Tuesday, 1–2 pm
- CONTACT: 907-262-1280

#### Sutton, Palmer, Chickaloon, Glacier View
- Every 1st Friday, 10–11:30 am
- CONTACT: Kim Jung, 907-746-3413

Most groups are currently available statewide over the phone or via Zoom. It may be helpful to identify phone or Zoom groups on days and times that work best with your schedule regardless of location.

### MIND MATTERS

Mind Matters is an educational support program for people who have been diagnosed with early-stage dementia.

This program offers people living with dementia the opportunity to share their personal experiences and challenges. In addition it offers engaging activities, socialization and builds self-esteem in a supportive environment. Family caregivers are welcome to attend in a separate meeting room.

Mind Matters is currently available in Anchorage and in Wasilla. For more info:

- Anchorage: Debbie Chulick at 907-561-3313 or dchulick@alzalaska.org
- Wasilla: Janice Downing at 907-864-3408 or jdowning@alzalaska.org

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