



Alzheimer's Resource of Alaska

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Offices & Contact Information

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777 N. Crusey St., B101,
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CCRA* (907) 746-3445

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Introducing Our New Executive Director: Lisa Sauder

By ARA Editorial Team July 2023



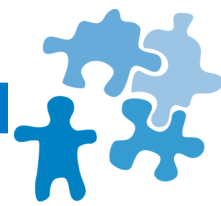
We're thrilled to welcome Lisa Sauder as our new Executive Director at Alzheimer's Resource of Alaska (ARA). With an impressive track record in nonprofit leadership, Lisa's passion for impacting the lives of those affected by Alzheimer's disease will drive us to even greater achievements. Her decades of experience, including roles as Executive Director at Bean's Cafe and the Alaska chapter of the American Heart Association, make her an exceptional fit for ARA's mission.

As Lisa takes the helm as our new Executive Director, she brings a deep commitment to our mission and a genuine desire to make a difference. She shared, "I am truly honored to join the Alzheimer's Resource of Alaska team and contribute to such a crucial cause. I have witnessed firsthand the transformative power of nonprofit organizations, and I am committed to leveraging my experience to further enhance the services and support ARA provides to the community." Her dedication is nothing short of inspiring.

Lisa's appointment will usher in a fresh perspective and drive to the organization. We look forward to seeing how her unique insights and approach will elevate our efforts.

We invite all our partners, supporters, and the wider community to join us in welcoming Lisa as the new Executive Director of ARA. Together, we are excited to strengthen our commitment to individuals affected by Alzheimer's disease and related dementias in Alaska and continue making a profound impact on their lives.

Stay tuned for more updates on our initiatives and events as we work alongside Lisa to create a brighter future for those we serve.



WOW! It has been an amazing couple of months in this new role as Executive Director for Alzheimer's Resource of Alaska (ARA). I so appreciate the warm welcome from the staff, community partners, and clients we are serving.

I look forward to continued connections and learning from all of you how ARA can best assist individuals and families struggling with Alzheimer's and related dementias.

I have had the opportunity to participate in training and education sessions and have spoken with users of our care coordination program.

I am so impressed by the extraordinary dedication of the staff to our mission. I look forward to helping to amplify their hard work and impact statewide.

As we look towards the highest per capita aging population in the country, we will need everyone to work together to provide the necessary support for our elders in the community.

If you stop by the Anchorage office, please say hello, or if you would like to chat, please feel free to give me a call at [907-561-3313](tel:907-561-3313). I look forward to meeting many of you over the next few months.

Thank you for your continued support of ARA!

Sincerely,

Lisa Sauder
Executive Director



Let's Change The Conversation Around Dementia

Words of understanding allow those with dementia to be respected for who they were, who they are and who they can still be

By Myrna Marofsky

June 20, 2023

This story originally published on [Next Avenue](#)

I call it “tragedy talk.” I heard much of it after my husband Larry received his dementia diagnosis. It began at the first meeting with our memory team — a doctor, social worker and occupational therapist delivered a generic owner’s manual about dementia.

It talked of continued decline and need for care and ended with a bunch of pamphlets and items creating an ominous To Do list. Seated around the table was my family, hoping to receive some guidance for going forward in a world that was rocked off its course.

Sitting right in the middle was Larry, who now had become a specimen. We had medical facts, many we didn’t need to know then. We didn’t have words of encouragement about what was still possible, even with some adjustments.

There were no suggestions there could still be good times while knowing there would be many hard ones. They had no idea who we were, our life, or how our heart was breaking.



They didn’t know because they didn’t ask.

Words Are Powerful

Even the AMA (American Medical Association) agrees that the “tragedy discourse” surrounding dementia directly harms the impact of the disease “above and beyond the pathology.” Not only does this negativity stigmatize those with dementia, making them feel less than others, but it also causes

care partners to feel hopeless.

To the broader community, dementia is a crisis. Dementia is not only a disease of the brain but one of the heart. Yet heartfelt words of empathy, love and hope are missing from our conversations. Words are powerful. They cannot alter the reality around dementia but transform how we accept and live through it.

Changing my words and

(Cont. on next page)



conversations changed my attitude from watching myself lose things to embracing what I still had.

It was how I maintained Larry's autonomy, kept our loving relationship and survived. When we reframe what we hear and help others do the same, we can change the conversations around and about dementia.

For example, think about the words "He can't," which leads to "We can't," which leads to "life is over as we knew it." Let's look at this differently. "Are there conditions where he could?" "What are the chances that things can go right?" "Let's try it." This shift in perspective allows for possibilities rather than triggering emotions of defeat.

Larry had things he could do which made him feel valued. A simple rephrase avoids assumptions and looks at "capabilities," a word seldom heard in a dementia conversation. With this mind shift, the chances of having some good years, moments of pleasure or simply chances to see flowers bloom and watch the sunset together are within reach.

Daily Doses of Gratitude

Can you feel the dread implied in these catastrophic words "Dementia is the long goodbye?" Of course, there is loss after loss with all the associated grief, but if we constantly see through the lens of saying goodbye, no joy or

memories will be made.

What if dementia is the process of finding daily doses of gratitude? Words filter how we see the world and how others interact with us. Consider the term "Dementia-ism," a phrase coined in the UK to describe explicit or implicit bias of how a person with dementia is viewed.

It's easy to recognize. You hear it as "he will never know." You see it when someone with dementia becomes invisible to someone beside them. "Dementia-ism" could be a doctor who ascribes any medical question to the progression of dementia, even an ingrown toenail.

To eliminate this from our conversations requires more than a change in vocabulary. It requires intention.

Requesting that my husband be recognized and spoken to, asking questions of the medical professionals that forced them to dig deeper, and never allowing anyone to trick him because he wouldn't know anyway took courage but was well worth it. It became, as Dr. Allen G. Power says, "a human rights issue."

Keeping our internal and external conversations from

going negative prevents those thoughts from being contagious. At first, my friends heard only the heartache about our situation. Then they didn't know what to say back.

When we reframe what we hear and help others do the same, we can change the conversations around and about dementia.

Finally, I learned to help them help me, not by painting a rosier-than-life picture but by thanking them for their thoughtfulness and turning the subject into a more enjoyable topics.

Consider changing the standard term "caregiving" to "care-living." Listen to the difference. Caregiving – heavy, burdensome, a job vs. "care-living" – hopeful, lighter, a choice.

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Grants Available



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

The Alaska Mental Health Trust Authority provides grants up to \$2,500 per fiscal year; available for individuals living with Alzheimer's disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources to help improve quality of life and increase independent functioning.

Details at:
<http://www.alzalaska.org/mini-grant>

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



[Learn More →](#)

Let's Change The Conversation Around Dementia, cont.

This change in perspective alone would help the thousands of care partners face each day with less dread and feel a little more in control of their destiny. Maybe they would create a “Ta Dah” list along with their long To Do list.

Maybe amidst what we call “interruptions,” we could find “invitations” to interact lovingly, slow down and appreciate. Life circumstances can't be changed, but our words can.

With transformative words that promote positive thinking, not audacious, but words of understanding with hints of hope, those with dementia will be respected for who they were, who they are and who they can still be.

For those on the other side of dementia, words can encourage strength and courage for the days ahead. Dementia doesn't have to be a tragedy unless we allow it to become one. ★

This story was [originally published](#) on NextAvenue and reprinted with permission. Author Myrna Marofsky, an entrepreneur, consultant, and devoted family member, ventured into a new direction after her husband's dementia diagnosis. She authored a memoir, “To The Last Dance, A Partner's Story of Living and Loving Through Dementia,” inspired by her experiences. Now, as a motivational speaker, she urges audiences to embrace a fresh perspective on caregiving, promoting the concept of “Care-Living.” Additionally, Myrna holds the position of Chapter Chair at the Women Presidents Organization, skillfully guiding peer groups of women business owners.

Recognizing Neighborhood Non-Profits

The Alaska Journal of Commerce's [Community Impact Award](#) aims to acknowledge non-profit organizations that have made a significant difference in the lives of individuals and communities in Alaska.



Nominations for the award are open from June 15 to **August 18**. The community will have the opportunity to vote for the top 15 nominated organizations between August 28 to September 27.

We hope you'll consider nominating Alzheimer's Resource of Alaska. Your support would greatly contribute to recognizing our impactful work in the community.

NOMINATE ARA!



Enhancing Dementia Caregiver Support in Alaska Native Communities

By Dr. Steffi Kim | Introductory paragraph by ARA Editorial Team

A team of Alaska Native and non-Native researchers from the University of Minnesota and collaborating organizations are focused on the experiences and challenges faced by Alaska Native caregivers who are caring for people with memory problems or dementia. Their study aims to gather information about the day-to-day experiences of Alaska Native caregivers and use it to make recommendations for better support and services. While this study is ongoing, we can provide some glimpses into the Alaska Native caregivers' experiences.

The initial findings reveal the extraordinary resilience and care that Alaska Native caregivers offer to preserve their loved one's dignity and respect despite existing challenges.

Alaska Native communities are seeing a rise in Alzheimer's disease and related dementias among older adults. National studies revealed that Alzheimer's

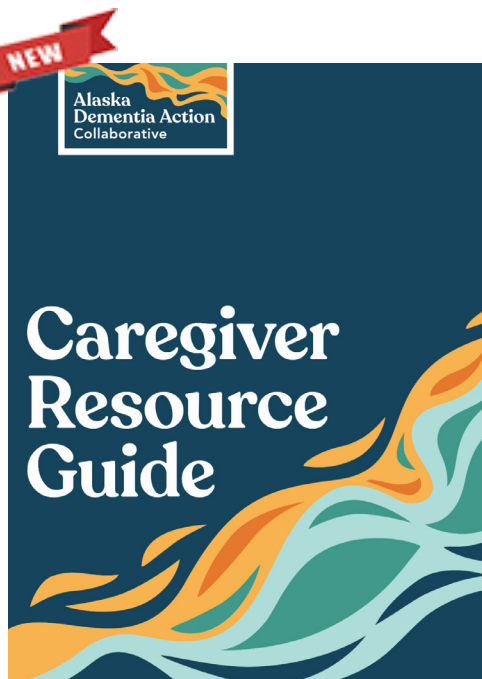
disease and related dementias are highly stigmatized, often described as the "hidden" burden. Stigma toward a condition drives little awareness and knowledge of the condition and negative thoughts, feelings, and behaviors toward the person and their families. Higher levels of stigma are related to higher caregiver burden, depression, and lower support seeking. At this point, we know little about Alaska Native caregivers' experiences as they are being impacted by personal, community, and structural stigma (involving health care systems). By collecting stories and experiences of Alaska Native caregivers, we want to learn how to improve the experiences across Alaska. We ask caregivers What does providing care to someone else feel like for you?, What kind of experiences



related to caregiving do you have within your community?, and What have your experiences with professionals (doctors, nurses, hospitals, and services) been like? We also want to know how these experiences influence caregiver well-being. This study is carried out by a team of Alaska Native and non-Native researchers from the University of Minnesota in collaboration with the National Alzheimer's Disease Resources Center for the Minority Aging Research and Alzheimer's Resource of Alaska.

Alaska Native caregivers

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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.ALZalaska.org/caregiver-resource-guide/> or pick up a copy in any of our offices.

Enhancing Dementia Caregiver Support in Alaska Native Communities *(Cont. from previous page)*

have positive mindsets toward caregiving grounded in traditional values of respecting and caring for older adults within the community and family. Despite the challenges of providing care to someone due to limited resources and services, Alaska Native caregivers reported continuing to respect their Elders and learning from them as they shared stories from their youth and the past. Caregivers also shared the importance of finding any opportunity to engage in self-care and the value this put on their lives and those they care for. Caring for themselves means that they can care for their loved ones. Examples of self-care activities they engaged in can include subsistence harvesting and gathering, traditional crafts, and cultural activities, such as potlatches.

Regarding caregiving experiences, there are noticeable differences between families and communities. While some families gather around the person with memory loss and support them with continuous care, others struggle due to family members disengaging, leaving most of the responsibility with one or two people. In these cases, caregivers struggle to find community support and experience isolation and loneliness. Several caregivers identified limited access to trusted and well-trained home care or respite services. Rural communities have been described as supportive environments for caregiving. One

example illustrating community support in rural areas is knowing the loved one with memory problems can walk freely within the community, being watched and redirected, if necessary, by community members. However, when loved ones progress to higher levels of care, caregivers noted that many community spaces lack wheelchair access or amenities that allow the person to continue participating in community activities and remain safe.

Last, participants reported experiencing different challenges when interacting with professionals. More specifically, caregivers noted the challenges in receiving a dementia diagnosis, spending months or years to receive a detailed diagnosis, which is needed for families to receive support and health care services. Even when professionals made a diagnosis, several caregivers described receiving the diagnosis with little explanation of causes, the course of treatment, or available local and national resources related to their needs, leaving them confused and worried. Many caregivers also reported spending hours browsing the internet, hoping to locate the needed information. Similarly, few caregivers knew of existing resources besides Alzheimer's Resource of Alaska.

In summary, rural caregivers have minimal access to support

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outside of their families and continue to face barriers to care, services, and receiving a diagnosis. These situations were often made worse when the person could not access a computer or case management services. Rural caregivers also shared that their providers did not appear well-trained or knowledgeable about dementia which may explain their hesitation to give a diagnosis. Caregivers noted that brochures offered within professional offices often contain limited information for caring within the Alaska Native

context and are not tailored to include Alaska Native-specific resources or information. The identified caregiver challenges translate into higher levels of stigma within communities and professional settings. Stigma-reduction efforts can change the challenging experiences of caregivers and are a goal of our efforts. However, despite these challenges, Alaska Native dementia caregivers continue to care for their family members, developing innovative and resourceful ways to keep everyone safe and enable their

loved ones to age with dignity and respect in their location of choice.

This is an ongoing study.

Reporting is based on preliminary study information. If you are interested in participating or finding out more information please visit:

<https://www.alzaska.org/alaska-native-dementia-caregiver-study/> or contact **Dr. Steffi Kim**, Project Lead/Chief Investigator, at (602) 300-8935, or email kim01586@umn.edu. ★

Alzheimer's Drug Leqembi Granted Full FDA Approval

Offers Hope for Slowing Cognitive Decline

By ARA Editorial Team July 7, 2023

The FDA has granted full approval for the new Alzheimer's drug Leqembi (lecanemab), offering hope to those with early-stage Alzheimer's and mild cognitive impairment.

Developed by Eisai and Biogen, Leqembi has shown promise in modestly slowing cognitive decline by clearing the brain plaque linked to the disease.

Although there are financial concerns about its cost, Medicare will now cover it, making treatment more accessible for those in need. However, limited healthcare system preparedness and potentially serious side effects may impact its availability.

Read the [full article on our blog](#) to learn about the potential challenges and limitations surrounding the full approval of Leqembi, including its cost, accessibility, and the potential impact it has on cognitive decline. ★



Supporting Fairbanks Families Affected by Alzheimer's: A Generous Grant from the Carol H. Brice Family Center

CBFC's Commitment to Enhancing Lives Echoes Alzheimer's Resource of Alaska's Mission

By Marc Sherman July 1, 2023

We are excited to share that Alzheimer's Resource of Alaska (ARA) has recently received a generous grant from the Carol H. Brice Family Center (CBFC). The grant, amounting to \$25,000, was presented to ARA by CBFC Board Member Patty Mongold on Tuesday, July 11th at 11 am.

The CBFC operates with a heartfelt mission - to empower families and improve the quality of life in the Greater Fairbanks Area. By supporting deserving nonprofit organizations, they are making a positive difference in the community. The grant given to ARA is a shining example of the CBFC's commitment to addressing the challenges posed by Alzheimer's disease and providing vital support to those affected by it.

The CBFC board expressed their immense pride in making this significant contribution, acknowledging that Alzheimer's disease knows no boundaries and often affects our best and brightest minds. Their donation is an honor to those who suffer from Alzheimer's and to those who support them, including Carol Brice and other dedicated CBFC

board members.

Carol Brice, a highly respected figure within the community, dedicated her life to improving the lives of children and families in Fairbanks. Her passionate advocacy for addressing child abuse and neglect led to the establishment of The Foundation for Parents and Children, which has since evolved into the Carol H. Brice Family Center. Carol's philanthropic spirit and commitment to volunteering epitomized her belief that giving back to the community is an essential responsibility.

The grant awarded by the CBFC will significantly enhance the services provided by Alzheimer's Resource of Alaska. With this generous support, ARA will be able to offer even more vital resources to individuals and families affected by Alzheimer's disease. The organization provides a wide range of services, including educational programs, support



CBFC Board Member Patty Mongold presents the \$25,000 check to ARA Board Member Denise Daniello & ARA Education Specialist Sharon Franklin.

groups, and care consultations. The CBFC's commitment to improving the quality of life for those impacted by Alzheimer's perfectly aligns with ARA's mission.

We are deeply grateful to the Carol H. Brice Family Center for their generous grant. The funding will make a tangible difference in the lives of individuals with Alzheimer's and their families, providing them with the necessary resources to navigate the challenges

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associated with the disease.

ARA, alongside the entire Fairbanks community, expresses heartfelt appreciation to the CBFC for their invaluable support. Together, we can create a more compassionate and supportive environment for those

affected by Alzheimer's disease and their loved ones.

About the Carol H. Brice Family Center: The Carol H. Brice Family Center (CBFC) is dedicated to supporting worthy nonprofit organizations in the Greater Fairbanks Area. Their

focus on empowering families and improving the quality of life has resulted in financial support for initiatives that make a positive impact in the community. ★

Call for Volunteers, Amblin' for Alzheimer's—May 4, 2024

Join us in making a meaningful difference in the lives of individuals living with Alzheimer's disease, their families, and their caregivers, by volunteering at the Amblin' for Alzheimer's event on May 4.

Amblin' for Alzheimer's is a non-competitive walk suitable for all ages that serves as an important fundraising event for Alzheimer's Resource of Alaska.

Your involvement as a volunteer is crucial to the success of this event, allowing us to continue our vital mission. Whether you're offering a helping hand along the route, assisting with participant registration, or providing a warm smile of encouragement, your presence and dedication will make a significant impact. Let's come together to create a memorable and meaningful experience for participants and help raise essential funds for those in need. Sign up today to be a part of this inspiring event and help us make a positive impact on our community. ★



Amblin' for Alzheimer's 2023 event at O'Malley on the Green in Anchorage

To discuss volunteer opportunities contact:

Joanne Proefrock

JProefrock@ALZalaska.org

or call us at [907-561-3313](tel:907-561-3313)

Apply at: www.ALZalaska.org/volunteer





Mini Grant Program Provides Relief for Individuals Living with Alzheimer's and Dementia

Eligible expenses include medical, dental, vision, hearing services, respite, supplies, and more

By Marc Sherman June 1, 2023

Are you looking for support and assistance for yourself or someone living with Alzheimer's or a related dementia? The [Mini Grant Program](#), funded by the Alaska Mental Health Trust Authority and distributed by Alzheimer's Resource of Alaska, may be able to help.

This program provides financial assistance for essential items and services that directly improve the quality of life and independent functioning of individuals diagnosed with Alzheimer's disease or related dementia. Eligible expenses

include medical, dental, vision, hearing services, supplies, therapeutic devices, adaptive equipment, caregiver respite, accessibility improvements or supplies, and services not available from any other funding source.

Caregivers deserve support and resources as much as those they care for. Respite is a vital service that can make a huge difference in the lives of those caring for someone living with dementia. This program can allow caregivers to take a break, recharge, and return to their caregiving responsibilities with renewed energy and a fresh

perspective.

To apply, submit a completed mini grant application and attach a written estimate from the vendor for the cost of the item(s) or service(s) requested for the beneficiary. Applications are accepted monthly, with a deadline of the first Tuesday of each month.

For more information or application, please refer to the mini grant program guidelines. Start the application process today to take advantage of a great opportunity to help improve the life of someone who is affected by Alzheimer's or related dementia. ★



Amblin for Alzheimer's: A Heartwarming Success in Support of Alaskans

Uniting Supporters and Raising Over \$77,000 to Make a Difference

By Joanne Proefrock July 1, 2023

We want to express our heartfelt appreciation to everyone who dedicated their time, effort, presence, and donations to our 18th Annual Amblin for Alzheimer's walk in May.

Despite the lingering snow and occasional moose sighting, we were overwhelmed by the enthusiastic turnout of supporters, friends, and volunteers! Together, we raised over \$77,000, directly benefiting Alaskans affected by Alzheimer's disease and related dementias. ★



— Thank you to our Sponsors! —

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Rumble Boxing Anchorage: Championing Alzheimer's Awareness and Community Support



[Rumble Boxing](#) in Anchorage deserves our sincere gratitude for their exceptional efforts in raising Alzheimer's Awareness during the month of June. The fundraiser they organized to benefit Alzheimer's Resource of Alaska (ARA) was truly inspiring. By offering a day of complimentary boxing classes to individuals living with dementia and their caregivers

in June, they not only promoted physical activity but also fostered inclusivity within the community. ARA's presence at the event, with Debbie Chulick on hand to address AD/DR related questions, provided invaluable support and information to all attendees. We are deeply appreciative of Rumble Boxing's dedication and recognition of Alzheimer's Awareness Month, as it sheds light on this critical cause and empowers our community to unite in supporting those affected by dementia. Thank you, head trainer Andie Steele, for making a meaningful impact! ★

Thank you to the Alaska State Fraternal Order of Eagles, Summer Solstice Charity Golf Tournament benefits people living with AD/DR



We extend our heartfelt gratitude to the [Fraternal Order of Eagles #4207](#) for organizing the Alaska State Fraternal Order of Eagles Summer Solstice Charity Golf Tournament. This year, the funds they raised went to Alzheimer's Resource of Alaska. Their unwavering support and dedication to our cause makes a significant impact on the lives of those living with

AD/DR. The funds raised from this event will undoubtedly make a difference, enabling essential classes and socialization events that can help slow down the progression of this devastating disease. Moreover, it provides much-needed respite to family caregivers, offering them valuable support. Thank you, Gene Hansen, for planning and hosting this remarkable fundraiser. We truly appreciate your commitment to making a positive change in our community. ★

Make a Donation



DONATE TODAY

Your donation will help provide education, socialization and care coordination to Alaskans living with Alzheimer's, related dementia and any disability. The classes and socialization events enabled by your donation may contribute to slowing down the progression of this fatal disease and allows family caregivers much-needed respite.

Pick.Click.Give.

There's still time to support Alzheimer's Resource of Alaska with just one click.

Alaskans may choose to add or adjust their charitable donations online through **August 31**.

Please consider making a gift to **Alzheimer's Resource of Alaska**, or increasing your pledge by \$10.

visit: pfd.alaska.gov



Living with Dementia Forum

Honoring Alzheimer's Awareness Month & National Family Caregivers Month



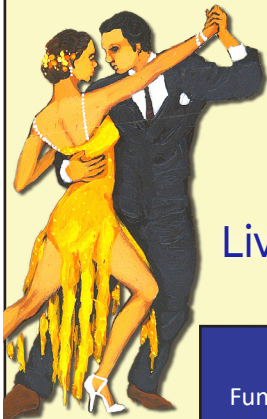
Attend our panel discussion on Zoom or by phone to hear firsthand experiences from Alaskans diagnosed with Alzheimer's disease and related dementias (ADRD), along with caregivers currently providing care for someone living with ADRD. Gain insights into statewide resources and supports offered by Alzheimer's Resource of Alaska. Don't miss the opportunity for a Q&A session following the discussion. Attend one or both sessions!

Monday, November 6, 2023 @ 1 PM—2 PM and 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: Debbie Chulick, dchulick@alzalaska.org or [907-561-3313](tel:907-561-3313)

THE ANCHORAGE SOCIAL CLUB PRESENTS:



"A Night to Remember"

September 23, 2023

Doors open at
7:30 PM

Live Music by Glacier Hoppers

Carpenter's Hall @ 407 Denali St. (4th and Denali)

Tickets sold at the door or online through EventBrite; or contact (907) 350-7575

Dance the night away for Alzheimer's Resource of Alaska

Funds raised stay in Alaska, supporting those affected by Alzheimer's, related dementias, and other disabilities.



Donations Made In Honor or Memory of

between October 1, 2022 - June 30, 2023 — alphabetized by honoree

Nancy

Joan Haskell

Shirley

Corey Farthing
Donna Farthing

Lorenza Alcaide

Perlita Pasana

Don Argetsinger

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Ronal A. Jackson

Peggy A. Jackson

Margaret “Midge” Keil

Carolyn Keil

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Donations Made In Honor or Memory of, cont.

between October 1, 2022 - June 30, 2023 — alphabetized by honoree



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Bruce Pozzi

Shirley Pulis

Lisa Sauder

Bill Ratliff

Kathleen Grace

Audrey Roberts

Pam Kelley
Jim & Janet Kelley
Donna Piszczak
Susan VanSchooten
Marta Zamiska
Estate of Dorothy M Roberts

Sharon Rust

Terry Aguilar

Joann Shore

Judi A. Gastrock

Paula Skvarch

Jacque Good

Shirley Stevenson

Nanette Stevenson

Robert Stewart

Linda Shepard

Steve and Connie

Dr. Charlotta Eaton

Patracia Versnick

Rhonda S. Scott

John Henry Waalkes

Gary & Lynetta Anderson

Carolyn Ward

Susan Phillips

Dolores Weeda

Dolores M. Weeda

Marlene & Gene Williamson

Ann Farris

Susan Yale

Jacqueline Cyphert

Make a Donatetion

NEW

Choosing our Own at-Home Options

NOW OPEN TO MAT-SU RESIDENTS

The **COHO program** is designed to support adults living with Alzheimer's disease and related dementias or other cognitive disabilities, as well as their caregivers.

Choosing our Own at Home Options



- Care Consultation
- Health and community resource connection
- Referral to educational materials and peer support
- Help in creating a support plan
- Limited funding is available
- Ongoing support during changes and challenges



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 are valuable for receiving social and emotional support, discovering effective strategies from others, and providing insights into local services and resources.



Most groups are accessible throughout the state by phone or Zoom, so finding one that fits your schedule matters more than the location.

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
Statewide	 Every 4 th Thursday, 5:30–7 pm  CONTACT: ★ Debbie Chulick, 907-561-3313
Statewide	 Every 2 nd Thursday, 5:30–7 pm  CONTACT: ★ Debbie Chulick, 907-561-3313
Homer	Call for current schedule CONTACT: Pam Hooker, 907-235-7655
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 4 th Thursday, 12:30–1:30 pm CONTACT: 907-486-6181
Mat-Su Valley	 Every 2 nd Tuesday, 1:30–3 pm  CONTACT: ★ Janice Downing 746-3413
Sitka	Call for current schedule CONTACT: 907-747-4600
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


Classes & Events around the State


Classes and events are available statewide, online via Zoom.
All classes/meetings listed below require registration.


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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)


 **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


 **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, 8/18, 10:00am-4pm
Seward Senior Center


 **Dementia & Spirituality**
Sat, 8/19, 10:30am-12pm
Webinar REGISTER


 **Challenging Behaviors**
Fri, 8/25, 1:00pm-2:30pm
Webinar REGISTER

 **The Related Dementias in ADRD**
Fri, 9/15, 1pm-2:30pm
Webinar REGISTER

 **Helpful Tips & Strategies for Managing Memory Loss**
Tue, 9/19, 1pm-2:30pm
Webinar REGISTER


 **20 Questions, 100 Answers, 6 Perspectives**
Wed, 9/20, 12pm-1:30pm
Fairbanks – In-Person

 **Alive Inside, movie**
Mon, 9/25, 1:00pm-2pm
Anchorage – In-person

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

Thursday, 7/6 & 7/20
Thursday, 8/3 & 8/17
Thursday, 9/7 & 9/21
Online meetings


Friday, 7/14 & 7/28
Friday, 8/11 & 8/25
Friday, 9/15 & 9/29
Wasilla – In-Person

To register contact: 
Sharon Franklin at
[907-452-2277](tel:907-452-2277) or email:
SFranklin@alzalaska.org


Thursday, 7/6 & 7/20
Thursday, 8/3 & 8/17
Thursday, 9/7 & 9/21
Fairbanks – In-Person

Professional Webinars

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

 **Beyond the Clipboard: The Person at the Heart of Care**
Tuesday, 7/18, 12 pm – 1:00pm
Webinar REGISTER HERE

–OR–
Thursday, 7/20, 6 pm – 7:00pm
Webinar REGISTER HERE

 **Non-Pharmacological Interventions for Behavioral and Psychological Symptoms of Dementia**
Thursday, 8/10, 12 pm – 1:00pm
Webinar REGISTER HERE

–OR–
Wednesday, 8/16, 6 pm – 7:00pm
Webinar REGISTER HERE

 **Connecting in the Moment**
Tuesday, 9/19, 12 pm – 1:00pm
Webinar REGISTER HERE

–OR–
Thursday, 9/21, 6 pm – 7:00pm
Webinar REGISTER HERE




SAVVY CAREGIVER

6-week class, 2-hrs/week

Gain caregiver skills and knowledge to improve quality of life for your family member and yourself.

Saturday, 9/30–11/4
1:30 pm – 3:30 pm
Online meetings

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

 **Memory Café**
To register contact
Janice Downing at
[907-864-3408](tel:907-864-3408) or email:
jdowning@alzalaska.org

Thursday, 7/13, 1pm
Thursday, 8/10, 1pm
Thursday, 9/14, 1pm
Online meetings

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](tel:907-561-3313)

Follow us on Social Media
for our latest news & information

