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

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**CAREGIVING 101**

- **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*

- **Lewy Body Dementia**
  Wed, 9/20, 10am-4:00pm
  *Seward Senior Center*

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

- **Memory Café**
  To register contact:
  907-864-3400

- **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 or email: gwellman@alzalaska.org

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Professional Webinars

**Contact:** Amber Smith: 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, 9/28, 6 pm – 7:00pm
  - *Webinar | REGISTER HERE*

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

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

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<th>Statewide</th>
<th>Contact Information</th>
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| Care Partner     | 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                                                        |
| Support          |                                                                                      |
| Grieving         | Every 1st & 3rd Thursday, 1-2:30 pm                                                 |
| Caregiver        | CONTACT: Gay Wellman, gwellman@alzalaska.org                                        |
| Support          | 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.