## 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

### CAREGIVING 101

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Time</th>
<th>Format</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The GEMS®: Using Skills That Make a Difference</td>
<td>Tue, 10/3, 1pm-2:30pm</td>
<td>Webinar</td>
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<tr>
<td>VA Services for Alaskan Veterans Living with Dementia</td>
<td>Fri, 10/13, 10:30am-12pm</td>
<td>Webinar</td>
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<tr>
<td>Family Meeting</td>
<td>Fri, 10/13, 1pm-2:30pm</td>
<td>Webinar</td>
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<tr>
<td>Bathing Without The Battle</td>
<td>Mon, 10/23, 1pm-2:30pm</td>
<td>Webinar</td>
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<tr>
<td>Assisted Living: If, When, and How</td>
<td>Fri, 10/27, 1pm-2:30pm</td>
<td>Webinar</td>
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For more information or registration assistance contact: 907-561-3313 from Anchorage, or 1-800-478-1080

### Professional Webinars

Contact: Amber Smith: 907-561-3313 or asmith@alzalaska.org

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<tr>
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<tr>
<td>Effective Responses When a Person with Dementia is Agitated, Angry or Aggressive</td>
<td>Tue, 10/17, 12pm - 1pm</td>
<td>Webinar</td>
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<tr>
<td>Early Detection of Dementia: What is Our Role?</td>
<td>Thu, 11/14, 12pm - 1pm</td>
<td>Webinar</td>
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<tr>
<td>Pain in People Living with Dementia</td>
<td>Tue, 12/12, 12pm - 1pm</td>
<td>Webinar</td>
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### Memory Café

Online meetings

- Thursday, 10/12, 1pm
- Thursday, 11/9, 1pm
- Thursday, 12/14, 1pm

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

### Hospice of Homer Fall Weekend of Dementia Education

Thurs, 10/12–Sun, 10/15
Join us for four days of events. From Virtual Dementia Tours, Community Talks, Free Consultations and Memory Screenings, and a special movie presentation.
Details at alzalaska.org/homer

### Follow us on Social Media

for our latest news & information

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**Classes & Events for More Information**

**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**
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.

### Statewide Care Partner Support
- **Every 2nd & 4th Tuesday, 1-2:30 pm**  
  CONTACT: Gay Wellman, gwellman@alzalaska.org  
  907-822-5620 or 800-478-1080
- **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

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

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.