



Alzheimer
Resource
of Alaska

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

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

The GEMS®: Using Skills That Make a Difference
Tue, 10/3, 1pm-2:30pm
Webinar **REGISTER**
-OR-
Wed, 10/4, 1pm-2:30pm
Wasilla – In-Person

VA Services for Alaskan Veterans Living with Dementia
Fri, 10/13, 10:30am-12pm
Webinar **REGISTER**
-OR-
Fri, 10/27, 10:30am-12pm
Webinar **REGISTER**

Family Meeting
Fri, 10/13, 1pm-2:30pm
Webinar **REGISTER**

Bathing Without The Battle
Mon, 10/23, 1pm-2:30pm
Webinar **REGISTER**

Assisted Living: If, When, and How
Fri, 10/27, 1pm-2:30pm
Webinar **REGISTER**

Holidays and Traveling: Tips For Someone Living With Dementia
Fri, 11/3, 1:00pm-2:30pm
Webinar **REGISTER**

Financial Planning for Long-Term Care
Fri, 11/3, 1pm-2:30pm
Wasilla – In-Person

Vascular Dementia
Tue, 11/7, 1pm-2:30pm
Webinar **REGISTER**

-OR-
Mon, 11/13, 1pm-2:30pm
Wasilla – In-Person

Virtual Dementia Tours
Thurs, 11/16, 10am-4pm
Anchorage – In-Person

Dining and Dementia
Fri, 11/17, 1pm-2:30pm
Webinar **REGISTER**

Being the Decision Maker
Fri, 12/1, 1pm-2:30pm
Webinar **REGISTER**

The Driving Dilemma: Knowing When to Brake
Fri, 12/8, 1pm-2:30pm
Webinar **REGISTER**

Wandering and Dementia
Mon, 12/11, 1pm-2:30pm
Webinar **REGISTER**
-OR-
Tue, 12/12, 1pm-2:30pm
Wasilla – In-Person

Special Movie Presentation: Elf
Mon, 12/11, 1pm-2:45pm
Anchorage – In-Person

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

Art Links 1p-2pm

Online meetings
Thursday, 10/5 & 10/19
Thursday, 11/2 & 11/16
Thursday, 12/7 & 12/21
Wasilla – In-Person 1pm
Friday, 10/13 & 10/27
Friday, 11/10
Friday, 12/1 & 12/22

To register contact: Janice Downing at [907-746-3413](tel:907-746-3413) or email: jdowning@alzalaska.org

Anchorage – In-Person 11 am
Friday, 10/6 11:00am
Friday, 11/3 11:00am
Friday, 12/1 11:00am

For more info contact: Johnathan Davin at [907-561-3313](tel:907-561-3313) or email: jdavin@alzalaska.org

Fairbanks – In-Person 1pm
Thursday, 10/5 & 10/19
Thursday, 11/2 & 11/16
Thursday, 12/7

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

Professional Webinars

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

Effective Responses When a Person with Dementia is Agitated, Angry or Aggressive
Tuesday, 10/17, 12pm – 1pm
Webinar **REGISTER HERE** -OR- Thursday, 10/19, 6pm – 7pm
Webinar **REGISTER HERE**

Early Detection of Dementia: What is Our Role?
Tuesday, 11/14, 12pm – 1pm
Webinar **REGISTER HERE** -OR- Thursday, 11/16, 6pm – 7pm
Webinar **REGISTER HERE**

Pain in People Living with Dementia
Tuesday, 12/12, 12pm – 1pm
Webinar **REGISTER HERE** -OR- Thursday, 12/14, 6pm – 7pm
Webinar **REGISTER HERE**

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](tel:907-864-3408) or email: jdowning@alzalaska.org



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.

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 907-822-5620 or 800-478-1080
Grieving Caregiver Support	📅 📞	Every 1 st & 3 rd Thursday, 1-2:30 pm CONTACT: 🚩 Gay Wellman, gwellman@alzalaska.org 907-822-5620 or 800-478-1080
Statewide	📅 📞	Every 4 th Thursday, 5:30-7 pm CONTACT: 🚩 Debbie Chulick, dchulick@alzalaska.org or 907-561-3313
Statewide	📅 📞	Every 2 nd Thursday, 5:30-7 pm CONTACT: 🚩 Debbie Chulick, 907-561-3313
Homer	📅 📞	Every 2 nd and 4 th 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 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 907-746-3413
Sitka		Call for current schedule CONTACT: Kathryn Winslow 907-747-4600
Soldotna		Every 2 nd and Last Tuesday, 1-3 pm Every 1 st Tuesday, 1-2 pm CONTACT: 907-262-1280
Sutton, Palmer, Chickaloon, Glacier View	📅 📞	Every 1 st 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](tel:907-561-3313) or dchulick@alzalaska.org
Wasilla: Janice Downing at [907-864-3408](tel: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.