



**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](tel:907-561-3313) from Anchorage, or [1-800-478-1080](tel:1-800-478-1080)

When Does Forgetting Become a Worry?
Fri, 1/5, 1pm-2:30pm
Webinar REGISTER

Making Visits Positive
Fri, 2/2, 1pm-2:30pm
Webinar REGISTER

Sleep and Dementia Promoting a Good Night's Sleep
Tue, 3/5, 1pm-2:30pm
Webinar REGISTER

Communication Tips for Caregivers
Mon, 1/8, 1pm-2:30pm
Anchorage – In-Person
–OR–
Tue, 1/9, 1pm-2:30pm
Webinar REGISTER

Special Film Showing "I'll Be Me"
Mon, 2/5, 1:00pm-2:30pm
Wasilla – In-Person

–OR–
Mon, 3/11, 1pm-2:30pm
Wasilla – In-Person

Senior Targeted Fraud and Scams
Thurs, 1/25, 1pm-2:30pm
Webinar REGISTER

Keeping Love Alive as Memories Fade
Tue, 2/13, 1pm-2:30pm
Anchorage – In-Person

Challenging Behaviors
Mon, 3/11, 1pm-2:30pm
Anchorage – In-Person
–OR–
Tue, 3/12, 1pm-2:30pm
Webinar REGISTER

Downsizing and Decluttering
Fri, 1/26, 1pm-2:30pm
Webinar REGISTER
–OR–
Tue, 1/30, 6pm-7:30pm
Webinar REGISTER

–OR–
Thurs, 2/15, 1pm-2:30pm
Webinar REGISTER

Meaningful Activity & Purposeful Days
Wed, 3/13, 1pm-2:30pm
Webinar REGISTER

End of Life
Fri, 2/23, 1pm-2:30pm
Webinar REGISTER

Next Steps After a Diagnosis of Dementia
Fri, 3/22, 1pm-2:30pm
Webinar REGISTER
–OR–
Tue, 3/26, 6pm-7:30pm
Webinar REGISTER

Honoring Connection: How to Improve Communication
Fri, 3/1, 1pm-2:30pm
Webinar REGISTER

Art Links 1p-2pm

Online meetings

Thursday, 1/4 & 1/18
Thursday, 2/1 & 2/15
Thursday, 3/7 & 3/21

Wasilla – In-Person 1pm

Friday, 1/12 & 1/26
Friday, 2/9 & 2/23
Friday, 3/8 & 3/22

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

Anchorage – In-Person 11 am

Friday, 1/5 11:00am
Friday, 2/2 11:00am
Friday, 3/1 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, 1/4 & 1/18
Thursday, 2/1 & 2/15
Thursday, 3/7 & 3/21

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](tel:907-561-3313) or asmith@alzalaska.org

Music in Dementia Care
Tuesday, 1/16, 12pm – 1pm
Webinar REGISTER HERE –OR– Thursday, 1/18, 6pm – 7pm
Webinar REGISTER HERE

Communication Tips for Caregivers: Beyond the Basics
Tuesday, 2/20, 12pm – 1pm
Webinar REGISTER HERE –OR– Thursday, 2/22, 6pm – 7pm
Webinar REGISTER HERE

Effective Responses When a Person with Dementia is Agitated, Angry or Aggressive
Tuesday, 3/19, 12pm – 1pm
Webinar REGISTER HERE –OR– Thursday, 3/21, 6pm – 7pm
Webinar REGISTER HERE



Memory Café 1p-2pm

Online	Wasilla – In-Person
Thurs, 1/11	Tue, 1/30
Thurs, 2/8	Tue, 2/27
Thurs, 3/14	Tue, 3/26

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



Classes & Events, cont.

Stay up to date with our classes and events at alzalaska.org/calendar



Virtual Dementia Tour (In Person)

Gain insight into what day-to-day life is like for a person living with AD/DR. These 30-minute tours are free to attend.

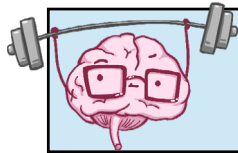
- Fairbanks Fri, 1/12, 10am-4pm
- Anchorage Thurs, 2/1, 10am-4pm
- Wasilla Mon, 2/19, 9:30am-4pm
- Fairbanks Fri, 3/22, 10am-4pm

SAVVY CAREGIVER

6-week class, 2-hrs/week

Gain caregiver skills and knowledge to improve quality of life for your care partner and yourself.

- Wasilla – In-Person** Tue, 1/16–2/20 10am – 12pm
Contact: Janice, [907-864-3408](tel:907-864-3408) or jdowning@alzalaska.org
- Online meetings** Wed, 1/17–2/21 6pm – 8pm
Contact: Amber, [907-561-3313](tel:907-561-3313) or asmith@alzalaska.org



Mind Sharpener™ 12-week course meeting twice per week online

For Alaskans worried about Memory Loss who want to keep their mind fit and engaged.

Tue & Thur, 1/16–4/16, 10am–11am Contact: Kim, [907-746-3413](tel:907-746-3413) or kjung@alzalaska.org

Caregiver Support Groups throughout Alaska

Groups are free to join. ARA logo indicates an ARA facilitator. Contact facilitator to participate.

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 2 nd Thursday, 5:30–7 pm – AND/OR – Every 4 th Thursday, 5:30–7 pm CONTACT: Amber Smith, asmith@alzalaska.org or 907-561-3313
Statewide	Every 1 st Friday, 10–11:30 am CONTACT: Kim Jung, 907-746-3413
Fairbanks	Every 1 st and 3 rd Wednesday, 4:30 –6 pm CONTACT: Sharon Franklin, 907-452-2277
Homer	Every 2 nd and 4 th Tuesday, 2 –3:30 pm CONTACT: Pam Hooker, 907-299-7198
Juneau/ SE AK	Call for schedule: 907-463-6177
Ketchikan	Call for schedule: 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 schedule: Kathryn 907-747-4600
Soldotna	Every 2 nd and Last Tuesday, 1–3 pm Every 1 st Tues, 1–2 pm: 907-262-1280

Support groups provide a way for people to help and learn from each other and can be an important source of social and emotional support.



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.



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