

Classes & Events around the State

Classes and events are being offered online via Zoom and are available to attend statewide. All classes listed below require registration.

CAREGIVING 101

For more information or registration assistance contact: our education department at [907-561-3313](tel:907-561-3313)

Being a Friend: Staying Involved

Saturday, 7/11, 1pm-2:30pm

[REGISTER HERE](#)

* OR *

Wednesday, 7/15
10:30am-12pm

[REGISTER HERE](#)

Sleep & Dementia

Promoting a Good Nights Sleep

Monday, 7/13, 1pm -2:30pm

[REGISTER HERE](#)

Alaska Legal Services Presentation

Monday, 7/20, 1pm -2:30 pm

[REGISTER HERE](#)

When Does Forgetting Become a Disease

Tuesday, 7/21, 5:30 pm-7pm

[REGISTER HERE](#)

The Power of Music

Monday, 7/27, 1pm - 2:30pm

[REGISTER HERE](#)

Being the Decision Maker

Friday, 7/31, 1pm - 2:30 pm

[REGISTER HERE](#)

Behaviors That Challenge

Monday, 8/3, 1-2:30pm

[REGISTER HERE](#)

Driving & Dementia

Saturday, 8/8

1-2:30pm

[REGISTER HERE](#)

* OR *

Wednesday, 8/12
10:30am - 12:00 pm

[REGISTER HERE](#)

The Gems: Using Skills that Make a Difference

Monday, 8/10, 1p-2:30pm

[REGISTER HERE](#)

Home and Community Safety

Monday, 8/17, 1p-2:30pm

[REGISTER HERE](#)

Fall Prevention

Tuesday, 8/18, 5:30pm-7pm

[REGISTER HERE](#)

Wandering and Dementia

Monday, 8/24, 1-2:30pm

[REGISTER HERE](#)

Vascular Dementia

Monday, 8/25, 1-2:30pm

[REGISTER HERE](#)

Assisted Living If, When, and How

Friday, 8/28, 1-2:30pm

[REGISTER HERE](#)

Healthy Body, Healthy Brain

Wednesday 9/9
10:30am-12:00pm

9/9 CANCELLED

* OR *

Saturday, September 12
1pm-2:30pm

[REGISTER HERE](#)

Lifestory Reminiscing

Monday, 9/14, 1-2:30pm

[REGISTER HERE](#)

Dining & Dementia

Tuesday, 9/15, 5:30pm-7p

[REGISTER HERE](#)

Medicaid Waiver

Monday, 9/21, 1-2:30pm

[REGISTER HERE](#)

Overview of Dementia

Friday, 9/25, 1-2:30pm

[REGISTER HERE](#)

Care for The Caregiver

Monday, 9/28, 1-2:30pm

[REGISTER HERE](#)

Follow us on Social Media for the latest information



Memory Café

To register contact:

Ann Farris at

[561-3313](tel:561-3313) or email:

afarris@alzalaska.org



Thursday, 7/9 1-2pm

Thursday, 8/13 1-2pm

Thursday, 9/10 1-2pm

Art Links

To register contact:

Janice Downing at

[746-3413](tel:746-3413) or email:

jdowning@alzalaska.org



Thursday, 7/2, 1-1:45pm

Thursday, 7/16, 1-1:45pm

Thursday, 8/6, 1-1:45pm

Thursday, 8/20, 1-1:45pm

Thursday, 9/3, 1-1:45pm

Thursday, 9/17, 1-1:45pm

Brain Games

To register contact:

Debbie Chulick at

[907-561-3313](tel:907-561-3313) or email:

dchulick@alzalaska.org



Thursday, 7/23, 1-2pm

Thursday, 8/27, 1-2pm

Thursday, 9/24, 1-2pm

Voices of the Last Frontier

Chorus program to support people with dementia and their care-partners

To register contact:

Ann Farris at

[907-561-3313](tel:907-561-3313) or email:

afarris@alzalaska.org

Savvy Caregiver

Screening & Pre-registration required

To register contact:

Gay Wellman at

[907-822-5620](tel:907-822-5620) or email:

gwellman@alzalaska.org

Saturdays, 9/12-10/17
10am-12:00pm

Professional Webinars

Questions or registration assistance, contact:

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

Engaging People Living with Dementia

Tuesday 7/14, 12 pm - 1:00pm

[REGISTER HERE](#)

Engaging People Living with Dementia: The Environment

Tuesday 8/18, 12 pm - 1:00pm

[REGISTER HERE](#)

Engaging People Living with Dementia: Redirection

Tuesday 9/15, 12 pm - 1:00pm

[REGISTER HERE](#)



Alzheimer's Resource of Alaska

Mind Matters | Brain Works

Support for those who have been recently diagnosed with Alzheimer's or related dementia, or those living with moderate memory loss, and their care partner.

Screening & Pre-registration required

For more info contact:

Amy Becia at

[907-561-3313](tel:907-561-3313) or email:

abecia@alzalaska.org

Statewide Support Groups [Click here](#)