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: 907-561-3313

- **The GEMS®: Using Skills that Make a Difference**
  - Tuesday, 4/6, 1pm-2:30pm
  - [REGISTER HERE](#)

- **Meaningful Activities**
  - Friday, 4/16, 1-2:30pm
  - [REGISTER HERE](#)

- **Driving and Dementia**
  - Tuesday, 4/20, 5:30 -7p
  - [REGISTER HERE](#)

- **Understanding Supported Decision Making Agreements for Seniors**
  - Monday, 4/26, 1-2:30pm
  - [REGISTER HERE](#)

- **When Does Forgetting Become a Worry?**
  - Friday, 5/14, 1-2:30pm
  - [REGISTER HERE](#)

- **Wandering and Dementia**
  - Tuesday, 5/18, 5:30 -7pm
  - [REGISTER HERE](#)

- **Coping with Social Isolation and Loneliness**
  - Monday, 5/24, 1-2:30pm
  - [REGISTER HERE](#)

- **Being the Decision Maker**
  - Friday, 6/4, 1-2:30pm
  - [REGISTER HERE](#)

- **The Related Dementias in ADRD**
  - Saturday, 6/12, 1-2:30pm
  - [REGISTER HERE](#)

- **What, When and How of Assisted Living**
  - Tuesday, 6/15, 5:30 -7pm
  - [REGISTER HERE](#)

**Professional Webinars**

Questions or registration assistance, contact: Amber Smith: 586-6044 or asmith@alzalaska.org

- **Navigating Resources: Finding the Right Fit**
  - Tuesday, 4/20, 12 pm - 1:00pm
  - [REGISTER HERE](#)

- **Using Plain Language: Tools for making health information clear and effective**
  - Tuesday, 5/18, 12 pm - 1:00pm
  - [REGISTER HERE](#)

- **What Is It Like to Have Dementia?**
  - Tuesday 6/15, 12 pm - 1:00pm
  - [REGISTER HERE](#)

**Memory Café**

To register contact Ann Farris at 561-3313 or email: afarris@alzalaska.org

- Thursday, 4/8, 1pm
- Thursday, 5/13, 1pm
- Thursday, 6/10, 1pm

**Art Links**

1-1:45pm

To register contact: Janice Downing at 746-3413 or email: jdowning@alzalaska.org

- Thursday, 4/1 & 4/15
- Thursday, 5/6 & 5/20
- Thursday, 6/3 & 6/17

**Brain Games**

To register contact: Debbie Chulick at 907-561-3313 or email: dchulick@alzalaska.org

- Thursday, 4/22, 1-2pm
- Thursday, 5/27, 1-2pm
- Thursday, 6/24, 1-2pm

**Statewide Support Groups**

Click here

**Amblin' for Alzheimer's**

Amblin' for Alzheimer's is a friendly, non-competitive fundraising walk/virtual event for all ages.

Details and registration: www.alzalaska.org/amblin

**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 partners.

**Screening & Pre-registration required**

For more info contact: Amy Becia at 907-561-3313 or email: abecia@alzalaska.org

**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 or email: afarris@alzalaska.org

**Savvy Caregiver**

Screening & Pre-registration required

To register contact: Gay Wellman at 907-822-5620 or email: gwellman@alzalaska.org

- Saturdays, 4/10-5/15
  - 1:00pm-3:00pm