



Alzheimer's
Resource
of Alaska

Classes & Events around the State

Classes and events are being offered via Zoom statewide.
All classes require registration.

"Normal" Aging vs "Not-Normal" Aging

Mon, 7/12, 1p-2:30pm

REGISTER HERE

Downsizing & Decluttering

Tues, 7/20, 5:30pm-7p

REGISTER HERE

Honoring Connection: How to Improve Communication

Fri, 7/23, 1pm-2:30pm

REGISTER HERE

Helpful Tips & Strategies for Managing Memory Loss

Tues, 8/10, 1 -2:30p

REGISTER HERE

Communication Tips: Beyond the Basics

Sat, 8/14, 1 -2:30p

REGISTER HERE

For more information or registration
assistance call: [907-561-3313](tel:907-561-3313)

End of Life Decisions

Fri, 8/20, 1 -2:30pm

REGISTER HERE

Intimacy, Sexuality, & Dementia

Sat, 9/11, 1 -2:30pm

REGISTER HERE

Frontotemporal Disorders

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

REGISTER HERE

Making Visits Positive

Fri, 9/17, 1-2:30pm

REGISTER HERE

What About The Kids? Dementia Through the Eyes of a Child

Tues, 9/21, 5:30-7pm

REGISTER HERE

Memory Café

Thursdays 1-2 pm
7/8, 8/12, 9/9



Register with:

Ann Farris at

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

Art Links

Thursdays 1-1:45pm
7/1, 7/15, 8/5,
8/19, 9/2, 9/16



Register with:

Janice Downing at

[907-746-3413](tel:907-746-3413) or
jdowning@alzalaska.org

Savvy Caregiver

Tuesdays 1-3 pm
6/22-7/27

**Screening &
Pre-registration
required**

Register with:

Janice Downing at

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

Voices of the Last Frontier

Chorus for Alaskans liv-
ing with dementia and
their care-partners.

Register with:

Ann Farris:

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

Mind Matters | Brain Works

Support for people recently
diagnosed with Alzheimer's
or related dementias,
people living with moderate
memory loss, and their
care partners.

**Screening &
Pre-registration required**

Register with:

Amy Becia

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

Mind Aerobics

For Alaskans worried
about memory loss.
12-week session, meeting
twice a week for 1 hour.
Full-brain workout designed
to help people who have
concerns about their
memory and want to keep
their mind sharp.

**Screening,
Pre-registration &
FEE required
(Scholarships available)**

Register with:

Ken Helander

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

Professional Caregiver Webinars

The Power of Music

Tuesday, 7/20, 12 pm - 1:00pm

REGISTER HERE

Engaging People Living with Dementia

Tuesday, 8/24, 12 pm - 1:00pm

REGISTER HERE

Engaging People Living with Dementia: The Environment

Tuesday, 9/21, 12 pm - 1:00pm

REGISTER HERE

Contact: Amber Smith: [907-586-6044](tel:907-586-6044) or asmith@alzalaska.org



Alzheimer's Resource of Alaska

Follow us on Social Media
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