



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

Dementia and Sensory Changes

Tue, 7/16, 1pm-2:30pm

Webinar » REGISTER

Virtual Dementia Tours

Wed, 7/17, 10am-4:00pm

Wasilla – In-Person

Healthy Body, Healthy Brain

Mon, 7/22, 1pm-2:30pm

Webinar REGISTER

What is Mild Cognitive Impairment?

Tue, 8/6, 1pm-2:30pm

Webinar REGISTER

For more information or registration assistance contact:

907-561-3313 from Anchorage, or 1-800-478-1080

Intimacy, Sexuality, and Dementia

Sat, 8/17, 10:30am-12pm

Webinar REGISTER

Communication Tips for Caregivers

Mon, 8/19, 1pm-2:30pm

Anchorage – In-Person

Overview of Alzheimer's

Thurs, 9/12, 1pm-2:30pm

Webinar REGISTER

Virtual Dementia Tour (Talkeetna Public Library)

Mon, 9/16, 10:30am-3:30pm

Talkeetna – In-Person

Dementia and Incontinence

Mon, 9/23, 1pm-2:30pm

Webinar REGISTER

–OR–

Thurs, 9/26, 1pm-2:30pm

Anchorage – In-Person

Follow us on Social
Media for our latest
news & information



Art Links 1p-2pm

Online meetings

Thursday, 7/18

Thursday, 8/1 & 8/15

Thursday, 9/5 & 9/19

Wasilla – In-Person 1pm

Friday, 7/12 & 7/26

Friday, 8/9 & 8/23

Friday, 9/13 & 9/27

To register contact:

Janice Downing at

907-746-3413 or email:

jdowning@alzalaska.org

Anchorage – In-Person 11 am

Friday, 7/5 11:00am

Friday, 8/2 11:00am

Friday, 9/6 11:00am

For more info contact:

Johnathan Davin at

907-561-3313 or email:

jdavin@alzalaska.org

Fairbanks – In-Person 1pm

Thursday, 7/18

Thursday, 8/1 & 8/15

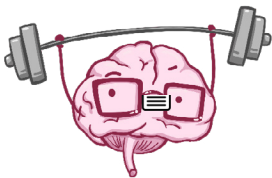
Thursday, 9/5 & 9/19

For more info contact:

Sharon Franklin at

907-452-2277 or email:

SFranklin@alzalaska.org



Fun Brain Activities in Talkeetna!

5-week course meeting twice per week | 7/16–8/13

For Alaskans worried about Memory Loss who want to keep their mind fit and engaged. At the Upper Susitna Seniors Incorporated building in Talkeetna at 16463 Helena Dr.

For information or registration contact:

Kim Jung at 907-746-3413 or email: kjung@alzalaska.org

Savvy Caregiver 6-week class for family members caring for a loved one living with Alzheimer's disease or related dementias.

- Learn caregiving skills
- Understand behavior changes
- Discuss decision making



Learn More →

SAVVY CAREGIVER

6-week class, 2-hrs/week

Gain caregiver skills and knowledge to improve quality of life for your family member and yourself.

Tuesdays, 8/20–9/24
10:00 am – 12:00 pm

Online meetings

For more information or registration contact:

Kim Jung at

907-746-3413 or email:

kjung@alzalaska.org

Mini Grant Money for services and items is available for people with Alzheimer's disease or related dementia (ADRD).

Details at » alzalaska.org/minigrants

Mini Grants can be used for:

- medical and dental
- vision and hearing services
- supplies and therapeutic devices
- adaptive equipment
- caregiver respite
- accessibility improvements or supplies
- services not available from any other funding source

For more information contact Kevin Silver

Call 907-561-3313 or visit: alzalaska.org/minigrants



Memory Café

Online meetings

Thursday, 7/11, 1pm

Thursday, 8/8, 1pm

Thursday, 9/12, 1pm



Wasilla –MSHF Building

Thursday, 7/30 1pm

Thursday, 8/27, 1pm

Thursday, 9/24 1pm

To register contact

Janice Downing at

907-864-3408 or email:













jdowning@alzalaska.org

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.