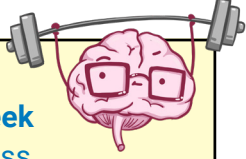




**Alzheimer's  
Resource  
of Alaska**

# Classes & Events around the State

Classes and events are available statewide, online via Zoom.  
All classes listed below require registration.



## 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)

**Honoring Connection: How to Improve Communication**

Fri, 4/8, 1pm-2:30pm

**REGISTER HERE**

**Being a Friend: Staying Involved**

Wed, 4/13, 11am-12:30pm

**REGISTER HERE**

**Navigating the VA System**

Sat, 4/16, 1pm-2:30pm

**REGISTER HERE**

**Lewy Body Dementia**

Tue, 4/26, 1pm-2:30pm

**REGISTER HERE**

**Blood Pressure: Know Your Numbers**

Mon, 5/9, 1pm-2:30pm

**REGISTER HERE**

**Dining and Dementia**

Wed, 5/11, 11am-12:30pm

**REGISTER HERE**

**Assisted Living: If, When, and How**

Fri, 5/13, 1pm-2:30pm

**REGISTER HERE**

**How to Gain the Rewards of Being a Caregiver**

Sat, 5/21, 1pm-2:30pm

**REGISTER HERE**

**Dementia and Sensory Changes**

Tue, 5/24, 1pm-2:30pm

**REGISTER HERE**

**Helpful Tips and Strategies for Managing Memory Loss**

Tue, 6/7, 1pm-2:30pm

**REGISTER HERE**

**The Related Dementias in AD/DRD**

Wed, 6/8, 11am-12:30pm

**REGISTER HERE**

**Intimacy, Sexuality, and Dementia**

Sat, 6/18, 1pm-2:30pm

**REGISTER HERE**

**Mouth Care without the Battle**

Fri, 6/24, 1pm-2:30pm

**REGISTER HERE**

**Mind Aerobics™**

**12-week course meeting twice per week**

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

Questions or registration, contact: **Ken Helander**

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

**Mind Sharpener™**

Tue & Thur, 4/7-7/5, 10-11am

**Mind Works™**

Mon & Wed, 4/18-7/20, 1 pm - 2 pm

## Professional Webinars

Questions or registration assistance, contact:

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

**What is it Like to have Dementia?**

Tuesday, 4/19, 12 pm - 1:00pm

**REGISTER HERE**

**Behaviors that Challenge Us**

Tuesday, 5/17, 12 pm - 1:00pm

**REGISTER HERE**

**Effective Responses When a Person with Dementia is Agitated, Angry or Aggressive**

Tuesday 6/21, 12 pm - 1:00pm

**REGISTER HERE**

**Memory Café**

To register contact

Ann Farris at

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

[afarris@alzalaska.org](mailto:afarris@alzalaska.org)

Thursday, 4/14, 1pm

Thursday, 5/12, 1pm

Thursday, 6/9, 1pm



**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](mailto:afarris@alzalaska.org)

## SAVVY CAREGIVER

Learn caregiver skills and knowledge to provide the highest level of care for loved ones and yourself.

**REGISTER HERE**

For more information or registration assistance:

Debbie Chulick at

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

[dchulick@alzalaska.org](mailto:dchulick@alzalaska.org)

Tuesdays, 4/12-5/24

6:00 pm - 8:00 pm

## MIND MATTERS

Caregiver Support

*Screening & Pre-registration required*

For more info contact:

Debbie Chulick at

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

[dchulick@alzalaska.org](mailto:dchulick@alzalaska.org)

**Statewide Caregiver Support Groups**

**CLICK HERE**

Join us for



In-person fundraising walk. **May 7**, at the Anchorage Golf Course on O'Malley!

[alzalaska.org/amblin](http://alzalaska.org/amblin)

**Art Links** 1-1:45pm

To register contact:

Janice Downing at

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

[jdowning@alzalaska.org](mailto:jdowning@alzalaska.org)

Thursday, 4/7 & 4/21

Thursday, 5/5 & 5/19

Thursday, 6/2 & 6/16



# 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.

<b>Statewide Telephone Support Group</b> Dial in using: 1-877-216-1555 Code 927989# No registration required	Every 1st Saturday, 1-2:00 pm For additional info, contact  Gay Wellman, <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
	Every 3rd Wednesday, 1-2:00 pm For additional info, contact  Debbie Chulick, <a href="tel:561-3313">561-3313</a> or <a href="tel:800-478-1080">800-478-1080</a>
<b>Statewide Care Partner Support</b>	Every 2nd & 4th Tuesday, 1-2:30 pm Every 2nd & 4th Saturday 10:30am-12 pm CONTACT:  Gay Wellman, <a href="mailto:gwellman@alzalaska.org">gwellman@alzalaska.org</a> <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
	CONTACT:  Gay Wellman, <a href="mailto:gwellman@alzalaska.org">gwellman@alzalaska.org</a> <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
<b>Grieving Caregiver Support</b>	Every 1st & 3rd Thursday, 1-2:30 pm CONTACT:  Gay Wellman, <a href="mailto:gwellman@alzalaska.org">gwellman@alzalaska.org</a> <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
<b>Anchorage</b>	Every 4th Thursday, 5:30-7 pm CONTACT:  Debbie Chulick, <a href="tel:561-3313">561-3313</a>
<b>Eagle River</b>	Every 2nd Thursday, 5:30-7 pm CONTACT:  Debbie Chulick, <a href="tel:561-3313">561-3313</a>
<b>Fairbanks</b>	Every 2nd Tuesday, 4:30-6 pm Every 3rd Tuesday, 1:00-2:30 pm CONTACT:  Joan Adams, <a href="tel:452-2277">452-2277</a>
<b>Homer</b>	Call for current schedule CONTACT: Pam Hooker, <a href="tel:235-7655">235-7655</a>
<b>Juneau / Southeast AK</b>	Call for current schedule CONTACT: Aimee <a href="tel:463-6177">463-6177</a>
<b>Ketchikan</b>	Call for current schedule. CONTACT: Bernice, <a href="tel:255-8080">255-8080</a>
<b>Kodiak</b>	Every 4th Thursday, 12:30-1:30 pm CONTACT: <a href="tel:486-6181">486-6181</a>
<b>Mat-Su Valley</b>	Every 2nd Tuesday, 1:30-3 pm CONTACT:  Janice Downing <a href="tel:746-3413">746-3413</a>
<b>Seward</b>	Every 4th Thursday, 1-2 pm CONTACT: <a href="tel:244-5604">244-5604</a>
<b>Sitka</b>	Call for current schedule CONTACT: <a href="tel:747-4600">747-4600</a>
<b>Soldotna</b>	Every 2nd and Last Tuesday, 1-3 pm Every 1st Tuesday, 1-2 pm CONTACT: Dani Keschull, <a href="tel:262-1280">262-1280</a>
<b>Sutton, Palmer, Chickaloon, Glacier View</b>	Every 1st Friday, 10-11:30 am CONTACT:  Kim Jung, <a href="tel:746-3413">746-3413</a>
<b>Talkeetna, Willow, Trapper Creek</b>	Every 1st Monday, 10-11:30 am CONTACT:  Kim Jung, <a href="tel:746-3413">746-3413</a>



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.

Most groups are currently available statewide over the phone or via Zoom. For this reason most people find it helpful to identify groups with days and times that work best with your schedule regardless of location.

You might also be interested in joining our [Facebook Caregiver Support Group](#). This is a closed group and you will need to request access.

**MIND MATTERS**

is an education and support program for individuals with early memory loss.

This program goes beyond the confines of a traditional support group and offers participants a chance to share experiences while engaging in a variety of meaningful activities including volunteering, gardening, writing and listening to guest speakers.

For more info contact: Debbie Chulick at [907-561-3313](tel:907-561-3313) or [dchulick@alzalaska.org](mailto:dchulick@alzalaska.org)