



January-February-March 2026



New Year, New View with

My sideboard looks so nice! I can't believe how quickly I am able to clean now. Clutter is a form of visual distraction, which increases cognitive overload and can reduce working memory. Ready to purge? Get started with the following AARP programs:

Less Mess and Less Stress in the New Year: Downsizing and Decluttering Tuesday January 6, 2026 | 8:00am-9:00am

Explore why possessions often carry deep emotional significance, making downsizing difficult and learn about practical, easy-to-follow strategies for decluttering and organizing your space. Register [here](#).

Start the Year Off with a Home Organized for Comfort and Safety Wednesday January 7, 2026 | 3:00pm-4:00pm

As older adults transition into new living arrangements or seek a more streamlined home, organization plays a vital role in reducing stress, increasing safety and making day-to-day life easier. Learn practical tips, thoughtful strategies, and smart solutions tailored to the unique needs of the older generation. Register [here](#).

Making a Difference in your Community



RurAL CAP
Rural Alaska Community Action Program, Inc.



The **Rural Alaska Community Action Program (RurAL CAP)**, founded in 1965, is a private, statewide, nonprofit organization working to improve the quality of life for low-income Alaskans. RurAL CAP's mission is to empower low-income Alaskans through advocacy, education, affordable housing, and direct services that respect our unique values and cultures.

RurAL CAP is recruiting volunteers 55 years of age and older for their **Senior Companions** and **Elder Mentors** programs.

Who are Senior Companions? Senior Companions are volunteers who provide supportive individualized services to help others maintain independence and increase their quality of life. Volunteers are individuals at least 55 years of age with an interest to serve as a friend and companion to other older adults. Examples of services that volunteers can provide include transportation, light housekeeping, running errands, and lending a listening ear.

Who are Elder Mentors? Elder Mentors are volunteers aged 55 or older who are interested in giving back to their community by providing one-on-one help with schoolwork, modeling social and cultural values, and offering emotional support to youth in their community. RurAL CAP partners with Head Starts, schools, and youth-serving programs in communities across Alaska to place Elder Mentors to support classrooms or afterschool activities. Elder Mentors serve in their community. The goals of the program include

increasing school readiness for preschool children, increasing school success for K-12 students, and reinforcing social skills, cultural values, and resilience for all children.

Volunteers who serve a minimum of five hours/week receive a tax-free stipend with paid time off and holidays; mileage and meal reimbursement; and ongoing training including the annual spring conference in Anchorage. Volunteers must be an Alaskan resident and pass a background check.

Funding for the programs comes from [AmeriCorps Seniors](#), a federal agency, that brings people together to tackle the country's most pressing challenges through national service and volunteering. AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. AmeriCorps helps make service to others a cornerstone of our national culture.

For more information or to apply go [here](#).

Hospice of Anchorage

Grief & Caregiver Support Group



Fridays through February 20, 2026
10:00 am - 11:00 am
2612 E. Northern Lights Blvd.

'We focus on the living part of dying.'
- Executive Director Susie Smith

Upcoming Themes:
Jan 9 | Caring for Yourself
Jan 16 | Memories & Meaning
Jan 23 | Coping with Triggers

Jan 30 | Shifts in Identity & Roles
Feb 6 | Hope & Meaning Making
Feb 13 | Looking Ahead
Feb 20 | Closing & Reflection

Caregiving in America

AARP and the National Alliance of Caregiving (NCA) have published a new report, ***Caregiving in the US 2025***, a near 30-year research series that provides a comprehensive look at the state of caregiving in America. The number of family caregivers has jumped to 63 million Americans, representing a 45 percent increase, or nearly 20 million more caregivers, over the past decade. This means one in four American adults are caregivers and are taking on more complex responsibilities, leading to rising stress, health risks, and financial strain. Who is caring for the caregiver?



Alzheimer's Resource of Alaska

Alzheimer's Resource of Alaska (ARA) is the only Alaska-based nonprofit that focuses solely on Alzheimer's Disease and related dementia and supporting caregivers is a big part of their mission. ARA understands caring for someone with Alzheimer's and related dementia can be overwhelming. They offer support groups, one-on-one consultations and coaching, educational classes and webinars, care coordination, and care navigation. Only one person in the care partnership needs to live in Alaska to access their services.

Intimate Partner Caregiver Support Group

10:30am-12:00pm | January 10, 24 | February 14, 28 | March 14, 28

1:00pm-2:30pm | January 9, 27 | February 13, 24 | March 13, 24

Statewide Grief Support Group

1:00pm-2:30pm | January 1, 15 | February 5, 19 | March 5, 19

For more information contact Gay Wellman at 907-822-5620 or gwellman@alzalaska.org. Access their events and programs calendar [here](#).

Mental Health Lunch and Learn Winter Series

Mondays 12:00pm - 1:00pm thru February 23, 2026 on Zoom

Join Alaska Behavioral Health for their second annual **Mental Health Lunch and Learn Series**, a free online educational series open to everyone. Weekly webinars are presented by therapists to explore new topics related to mental health. There are no requirements, costs, or referrals needed. Register to attend any or all of the sessions [here](#).

January 5 | In with the New, Out with the Old: Evaluate and Modify Automatic Thoughts, Beliefs, and Behaviors to Fit your Current Needs and Desired Outcomes, Now

January 12 | Keeping the Spark Alive: ADHD Winter

January 19 | TBD

January 26 | Am I Normal? Human Condition Across Continuums Degrees of Stress and Stress Response

February 2 | Goals and Mission Statement: Wellness for the New Year

February 9 | TBD

February 16 | Who is the Imposter? Imposter Syndrome

February 23 | Building Community after Military Transition

Questions? Call 907-762-8668 or email bsalvatore@akbh.org

Offered by
The Steven A. Cohen
Military Family Clinic
at Alaska Behavioral Health



ALASKA
BEHAVIORAL
HEALTH



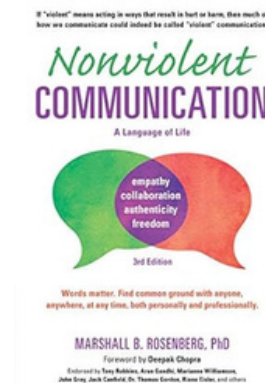
Language of Life: Discover the Art of Nonviolent Communication

Hone your skill at communicating kindly and clearly in a weekly class blending meditation, writing and practice.

Learn to communicate with kindness and clarity using the guidance and practical tools in *Nonviolent Communication* by Dr. Marshall Rosenberg. Each session, led by communication coach and qigong teacher Nate Guadagni, will include time for meditation, writing and practice in a friendly, supportive group.

**Wednesdays
3:00pm AKST**

**January 7
January 14
January 21
January 28**



Having *Nonviolent Communication* as a resource is recommended but not required. Learn more and register [here](#).

Sign in to your aarp.org account or create a free nonmember account to register. AARP membership is not required. You will receive an email with the Zoom link before the session.

For questions contact AARP Wyoming at wyaarp@aarp.org.



January is Financial Wellness Month

Financial Wellness Month is a yearly reminder to pay attention to your finances and financial health. What is 'financial wellness'? Financial wellness is the ability to meet basic needs and to manage money for the short- and long-term. Financial wellness is important because it reduces anxiety, helps you to budget better, and encourages financial stability. Select a couple tasks from the list below and complete them.

Prepare for Social Security. Log in to your account and check your earnings statement for accuracy. If you do not have an account, create one. The Social Security Administration offers a variety of benefits calculators to assist you in deciding when to apply for Social Security.

Get ready for tax season. AARP Foundation Tax-Aide, in partnership with United Way of Anchorage, will be offering tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 years of age and have low to moderate income. You don't need to be an AARP member to use the service. The 2026 schedule is being confirmed now and assistance is usually provided from early February through mid-April. To find a Tax-Aide location (when listing is released sometime in January) and to see a listing of required documents, go here.

Educate yourself about fraud. Fraudsters and scammers never quit and their methods are becoming more sophisticated. What is the difference between frauds and scams? Fraud involves stolen information, such as credit card or bank account numbers, while scams trick victims into providing personal information through tactics such as phishing emails, fake social media accounts, and too-good-to-be-true offers. AARP Fraud Watch NetworkTM is a free resource to help you stay informed, find

support, and have a voice. The Perfect Scam is AARP's weekly podcast profiling America's biggest scams. Listen to fraud victims and their families tell their stories and the leading experts who expose the fraudsters.

Make an appointment at the Benefits Enrollment Center (BEC). If you fall within the low-income bracket or are a person with disabilities and your monthly income falls below \$2,731 for an individual or \$3,212 for a married couple, you may be eligible for additional assistance for food, utilities, medical, and prescription drug costs. The BEC is a free public service offered by the Anchorage Senior Activity Center (ASAC). Membership is not required to use the service. Knowledgeable counselors are available to answer your questions about benefits and the enrollment process. Call 907-770-2025 to schedule an appointment.

Get help with civil legal matters. Alaska Legal Services Corporation (ALSC) assists low income and disadvantaged clients who are facing issues involving consumer law, family law, housing problems, public benefits, healthcare complications, Alaska Native law and other areas specific to veterans or the elderly. There are eligibility requirements and ALSC does not have the resources to assist everyone. You can apply for legal assistance online or by calling 1-888-478-2572. It is recommended you review the information found on their Apply for Help page before you begin.

Check your credit report. A credit report is a summary of your personal credit history. It includes identifying information about you and information about your credit history. Your credit report can affect your buying power, getting a job, or being able to rent or buy a place to live. Getting a copy of your credit report can help identify signs of identity theft and protect you from errors. There are three credit bureaus and all of them are required to provide you with a free report once a year. The Federal Trade Commission's (FTC) Consumer Advice page has a lot of good information about how to get a credit report, what to expect, and how to monitor your credit report.



Find Out about Fraud Targeting Veterans

Thursday January 8, 2026 | 10:00am-11:00am

Criminals increasingly target veterans because they know they have an income stream from VA benefits. Join AARP to learn the latest fraud and scams targeting veterans and find out how to protect your assets and those of veterans you know. Register [here](#).

Fraud Basics: The Scam Landscape & Staying Safe

Friday January 9, 2026 | 8:00am-9:00am

Scammers are getting smarter, but so can you with knowledge and practical tools to stay safe. The program will cover the basics of fraud, including how to recognize the warning signs, avoid common scams, and safeguard your personal information. Register [here](#).

Sign in to your aarp.org account or create an account to register for events. AARP membership is not required. You will receive an email with the Zoom link before the session.



The Alaska Commission on Aging

invites you to a free webinar

Social Security with Regional Public Affairs Specialist Nathan Cole

Thursday January 15 | 12:00pm - 1:30pm
on [Zoom](#)

Have a specific question about SSA? Email doh.acoa.info@alaska.gov with your question(s) so they can be shared with Nathan before the presentation. Other questions? Contact Yasmin Radbod at 907-230-0871.

Learn Something New in the New Year

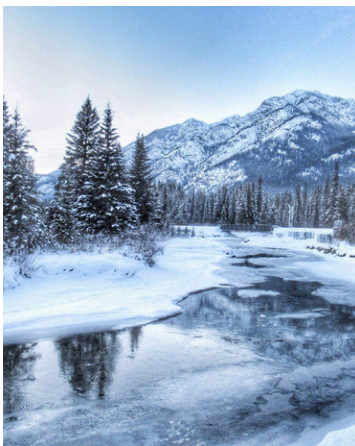
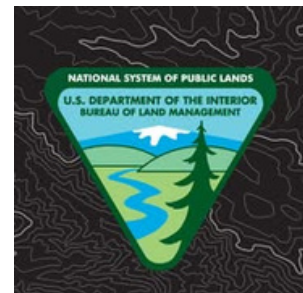
The State of Alaska's **Senior and Disabilities Services' (SDS)** Training Unit offers a variety of training videos for certified and enrolled Medicaid Home and Community Based Waiver and Personal Care Service providers, individuals looking to become providers, and other stakeholders. The collection is accessible through YouTube at SDS Training [@sdstraining2025](https://www.youtube.com/channel/UCsdstraining2025). Selections include How to Become a Care Coordinator, Long-Term Care for Overview for Hospitals, and Supported Decision Making, as well as Care Coordinator Information Sharing Webinars and Provider Monthly Info Sharing Webinars.

Virtual Talk

Your Public Lands with Alaska's Bureau of Land Management

Tracking Wildland Fire | Thursday January 15 6:00pm-7:00pm

Get a behind-the-scenes look into the world of wildland firefighting with Tasha Shields. Tasha has over 20 years of experience in firefighting, fuels, and fire management. Hear her stories from the front lines and what it takes to investigate wildland fires, track human-caused fires, and a lot more! Register [here](#) for a Microsoft Teams invite.



You are invited to attend the FREE monthly **Brown Bag Education Series** presentations, hosted by the ADRC. The series is held once a month, on Tuesdays from 12:00pm-1:00pm on Teams. Contact Karla Wright at karla.wright@anchorageak.gov or call 907-343-7778 to receive an invite. Presenters are being scheduled for the following dates:

January 13 | February 10 | March 10



February

February is National Senior Independence Month

Living an independent lifestyle as we age is important to many of us. February is the month seniors celebrate the independence they enjoy and plan ahead to maintain that independence. Here are a few tips to help.

Focus on safety around the home. Prepare to age in place by upgrading safety features at home. Schedule repairs for unsafe conditions like a loose floor board or railing. Once repairs are complete, add some new features that prioritize your safety. Adding shower grab bars, upgrading outdoor lighting, or having some type of seating by the door to use when putting on and removing shoes are all simple ideas that can make a difference. AARP offers a comprehensive [HomeFit Guide](#) to assist you with turning your home into a comfortable and safe fit for you as you age.

Check your vehicle's (and the grandchild's car seat) safe fit. The [Center for Safe Alaskans](#) offers the CarFit program, an educational program for older adults that offers them the opportunity to check the safety fit of their vehicle and to gather information about community resources to help increase driver safety. For grandparents, the Center is offering a new service called Drive Fit and Safe. The service checks your grandchild's car seat fit and the vehicle safety fit for you as the driver. The grandchild does not need to be present to participate in the service. Please visit the Center's [CarFit](#) page to learn more or call 907-929-3939 to schedule an appointment.

Prepare an emergency supply kit. After an emergency, you may need to survive on your own for several days. In Alaska, being prepared is crucial and experts recommend having enough emergency supplies to last for two weeks. The Municipality of Anchorage has a basic disaster supplies kit [list](#) as does the federal [Build a Kit](#) page. Consider adding several items a week throughout the month and ongoing until you feel you are prepared. For people with disabilities emergency preparedness is more complicated and requires additional planning. [Ready.gov](#) provides a comprehensive and detailed [page](#) to help you prepare.

Support your local senior center. According to the [National Council on Aging_\(NCOA\)](#), older adults who participate in senior center programs show a higher level of health, increased social interaction, and greater life satisfaction. While most senior centers are membership based, they also offer some free amenities and programs for everyone. We are fortunate to have two senior centers in Anchorage, the [Anchorage Senior Activity Center](#) and the [Chugiak-Eagle River Senior Center](#). Take a look at their websites, visit the facilities and take a tour or have lunch in the restaurant.

Keep moving. The [U.S. Centers for Disease Control and Prevention \(CDC\)](#) recommends adults 65 years of age and older engage in aerobic physical activity and activities that strengthen muscles and improve balance weekly. Physical activity can prevent or delay many of the health issues that seem to come with aging. For exercise recommendations, sample schedules, and further information, please visit their [Older Adult Activity_page](#).

Improve your tech skills. The [Anchorage Public Library](#) is offering opportunities for technology assistance. The Chugiak-Eagle River location offers a Drop-in Tech Time on Wednesdays from 10:00am to 12:00pm and Muldoon offers Senior Saturdays at Muldoon, held on Saturdays from 11:00am to 1:00pm. Access the library's events calendar [here](#).

If you are a caregiver, find support. Caregivers play a vital role in supporting the health and well-being of older adults and providing quality care. It's important they are supported in maintaining their own physical and mental health, which leads to improved patient outcomes and reduced caregiver stress and burnout. Alzheimer's Resource of Alaska hosts several support groups to choose from. They offer an Intimate Partner Caregiver Support Group, a Statewide Grief Support Group, and a statewide Caregiver Support Group. Access their events calendar [here](#). For more information, please call 907-561-3313.

The Alaska Veterans Affairs Health Care System offers a number of services to support Caregivers of veterans including a Caregiver Support Team (CST). The support team is available to help caregivers find the necessary support needed and to help with enrollment in caregiver programs and services.

The CST can help with getting caregiver assistance through the VA, matching you with services and benefits, and connecting you with local resources and programs.

Mission statement: To promote the health and well-being of family Caregivers who care for our nation's Veterans through education, resources, support, and services.



Caregiver Support Team
907-375-2606



Opportunities @ your Library

Access the library's events calendar [here](#).

Application Assistance

Anchorage Public Library staff will be available to help you navigate paper or online applications and research what resources and opportunities best fit your needs.

Chugiak-Eagle River | Main Floor | Tuesdays 2:00pm-4:00pm
January 13, 20, 27 | February 3, 10, 17, 24 | March 3, 10, 17, 24, 31

Muldoon | Main Floor | Thursdays 2:00pm-4:00pm
January 15, 22, 29 | February 5, 12, 19, 26 | March 5, 12, 19, 26

Z.J. Loussac | Raven Meeting Room | Wednesdays 3:30pm-5:30pm
January 14, 21, 28 | February 4, 11, 18, 25 | March 4, 11, 18, 29

AARP Tax-Aid

Mountain View | Community Room | Saturdays 10:00am-2:00pm
February 7, 21, 28 | March 7, 14, 21

Senior Saturday

Muldoon | Main Floor | Saturdays 11:00am-1:00pm

Drop-in Tech Time

Chugiak-Eagle River | Main Floor | Wednesdays 10:00am-12:00pm

Genealogy Workshop

Z.J. Loussac | Raven Meeting Room
Tuesday January 13 | 3:00pm-5:00pm





March

March is National Brain Injury Awareness Month

The observance of **Brain Injury Awareness Month** began in the United States when efforts of advocacy organizations and individuals resulted in the 1989 designation by the Brain Injury Association of America (BIAA). According to The Center for People with Disabilities (CPWD), every nine seconds someone in the U.S. sustains a brain injury. Injuries can occur in various ways including sports injuries, accidents, violence, or medical conditions. Mild Traumatic and Acquired Brain Injuries (TABIs) might result in temporary symptoms such as headache, confusion, dizziness, and memory problems. Severe TABIs can lead to long-term physical, cognitive, emotional, and behavior impairments and have lasting impacts on an individual's ability to function in daily life.

You can take steps to prevent traumatic brain injuries.

- Install safety features at home, like grab bars and non-slip mats.
- Wear ice cleats when needed.
- Keep walkways clear of ice and snow.
- Test eyesight and hearing annually.
- Get regular physical activity, including exercises to improve your balance.
- Wear proper fitting sport-specific helmets.
- Maintain your vehicle and always wear a seatbelt.

The National Council on Aging (NCOA) has an excellent website dedicated to Falls Prevention. Get the facts, debunk the myths, check your risk, and review the home safety checklist.

In Alaska, over 30% of injury-related deaths are TABI related and falls are the leading cause. For ages 19 and older, the top three causes of fatal and non-fatal TABI are falls, motor vehicle crash, and being struck by a moving or stationary object. Additional data, trainings, a concussion guidebook and more can be found on UAA's Center for Human Development's Brain Injury State Partnership Program [website](#).

In Anchorage, individuals with a traumatic brain injury and their families and caregivers have two resource agencies to work with, Access Alaska and Daybreak, Inc.

[Access Alaska](#) is a non-profit agency that provides resource facilitation, peer support, and supplemental services for individuals with TABI to improve quality of life and maintain independence. Resource facilitation includes providing navigational help to individuals accessing housing, employment, benefits, legal rights, and transportation. Peer support groups are offered and are also open to parents, families, and caregivers. Individuals may also apply for mini-grants that cover services and items not funded by other sources.

1217 E. 10th Ave
907-248-4777 | info@accessalaska.org



[Daybreak, Inc.](#) believes their consumers be given the opportunity to guide their own recovery and be able to live independently. Resource Facilitators have received training in TABI and how it can impact the recovery process. They work with individuals to locate the providers and services needed for recovery and then help with arranging the services, providing transportation, and running errands. Peer support groups are also available, as well as mini-grants. The focus is always on individuals experiencing TABI regaining as much independence as possible.



130 W. International Airport Rd Ste C
907-390-0981 | contact@daybreakmhsc.com

Winter is a Perfect Time to Visit a Museum



\$5 Third Thursdays

Museum admission is \$5 on the third Thursday of October - April. Upcoming dates: January 15, February 19, and March 19.

Sensory Friendly Second Sundays

An opportunity for families and adults who experience developmental and/or physical disabilities, and those on the autism spectrum, to visit the museum during a quieter time for \$5. Visit the [online calendar](#) for specific times, which change seasonally. January's date is the 11th from 11:00am-12:00pm.

**Third Thursdays @ the
Alaska Native Heritage Center
5:30pm-7:30pm**



January 15 | February 19 | March 19

Join the [Alaska Native Heritage Center](#) for Third Thursdays at the Ch'k'iqadi Gallery. Third Thursdays is a monthly evening celebration of contemporary Alaska Native artists. Each month features new artwork by artists from a different Alaska Native cultural group. On every Third Thursday, enjoy a special after-hours event honoring the featured artists, complete with light refreshments. This event is free and open to the public.

Alaska ADRC

Aging & Disability Resource Center

The Aging and Disability Resource Center (ADRC) is a one-stop resource center. Our trained and certified Resource Specialists are available to answer your questions about services within the community. We advocate for seniors and individuals experiencing disabilities.

The ADRC can help you find:

- Adaptive Equipment
- Assisted Living/Nursing Homes
- Employment Programs
- Family Caregiver Assistance
- Financial Aid
- Health & Wellness Programs
- Housing Options
- In-Home Personal Care
- Nutrition Programs
- Prescription Drug Coverage
- Respite Care
- Senior Centers
- Support Groups
- Transportation

Call today to get started! 907-343-7770

ADRC Office:

825 L St Ste 200
Anchorage, AK 99501
www.muni.org/adrc

Office Hours:

Monday-Friday 8:00am-5:00pm
Closed for lunch 12:00pm-1:00pm

Holidays Observed (we are closed)

New Year's Day
Thursday January 1

Martin Luther King Jr. Day
Monday January 19

Presidents' Day
Monday February 16

Seward's Day
Monday March 30