

ADRC

NEWSLETTER

1ST QUARTER 2019

JAN - MAR

FREE TAX PREPARATION

2019 Tax-Aide information
- Check out the availability
calendar inside

AWARENESS MONTHS

GLAUCOMA
HEART HEALTH
TRAUMATIC BRAIN INJURY

COVER PHOTO: SEE PAGE 4

ANCHORAGE PROJECT ACCESS

Increasing access to health
care for low-income and
uninsured in Alaska

Two New ADRC Additions

Meet Maureen Haggblom
and David Friedline



MUNICIPALITY OF ANCHORAGE

New ADRC Program Manager

Meet Maureen Haggblom



Maureen Haggblom is the new Program Manager for the ADRC. She officially joined the ADRC team on October 8, 2018.

Before joining the ADRC, Maureen served as Program Manager for Emergency Preparedness and the Anchorage Safety Center/Safety Patrol. Maureen comes to the Anchorage Health Department and ADRC with over 10 years of experience serving vulnerable populations in the homeless, senior and disabled community.

Maureen led various initiatives related to public health such as homelessness and developed the emergency cold weather shelter system for families alongside the Anchorage Coalition to End Homelessness, the Municipality and the faith-based community.

Basic needs and affordable housing, as well as helping vulnerable families increase financial stability, gain employment, reduce debt and build assets for long-term self-sufficiency were all part of her world of Community Impact at United Way of Anchorage. Maureen has extensive grant management, contract management and program evaluation experience in addition to developing and monitoring of program goals and performance measures. Prior to working in the non-profit sector, her work included managing large operations facilities, contract compliance, and relationship/project management.

Maureen believes in serving and enhancing the well-being of seniors and the disabled, making a measurable difference in the community, and helping to develop a community that is livable for everyone of all abilities and all ages – all of which is important for the overall health of Anchorage.

Welcome aboard to the Aging & Disabilities Resource Center team, Maureen!!!

New ADRC Service Coordinator

Meet David Friedline



"My personal/professional motto is to always maintain the attitude of a student and be willing to learn".

David Friedline is the new Service Coordinator for the ADRC. David officially joined the ADRC on November 5, 2018. He will be sharing his knowledge and expertise with the Chugach Manor and Chugach View residents.

David says, "Three words that would describe me best are: adaptable, reliable, and extroverted.

I have worked for the Municipality for 17 years (since November 21, 2001), all of which have been in different roles within the Anchorage Health Department. In my last position I was a Child Care Licensing Specialist for almost nine years. I was a code enforcement officer who was responsible for ensuring those facilities (both homes and centers) that are licensed and care for children followed the required regulations set forth by the city and state.

Throughout my personal experiences both professionally and personally, I like to say I've learned a little about everything. Computers, construction, self-defense, you name it. I've probably dabbled in it or am meaning to do it. I may not be an expert, but I am always eager to learn how things work. I've also learned that if I hit a roadblock to not give up and look for alternate ways to get to where I need to go. I like to think that every wall is a door if you push hard enough. If I apply that attitude to this position, I know I'll be able to help those around me in the best possible way."

Welcome aboard to the Aging & Disabilities Resource Center team, David!!!



...connecting to care

Contributor: Melinda Freemon

The mission of Anchorage Project Access (APA) is to increase access to health care for low-income uninsured members of our community by using a volunteer network of providers working in a coordinated fashion to offer a compassionate and efficient program of necessary services for those in need. APA is a leader in facilitating health equity in Anchorage and removing barriers to accessing health care in our community.



APA staff member, Jane Dial, helping a client

Working with local health clinics serving low income uninsured individuals, APA receives referrals for specialty care or dental care indicating a medical need. Patients must see a primary care provider before being referred to specialty or dental care through APA.

Staff ensure that all APA enrolled patients establish a health home to receive ongoing primary care. APA provides all administrative functions to assist patients such as financial screening, applying for insurance, arranging all specialty and dental appointments, interpreter services, transportation, etc., to ensure medical and dental providers have an efficient system through which to donate their health care.

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(Continued from the left)

In addition, APA utilizes the in-kind donation of a health insurance company to track the exact amount of donated care. APA serves individuals residing in the Anchorage bowl and assists up to 10% of people living outside of Anchorage.

Since 2005, APA has served over 3,505 unique patients (over 8,496 enrolled and re-enrolled individuals) and coordinated over 16,400 appointments. In collaboration with Christian Health Associates, the APA Board of Directors and staff have recruited over 630 local medical and dental providers who have donated over \$45 million in pro bono care. Ancillary services such as medication assistance, radiology, physical therapy, etc., are also donated through APA.

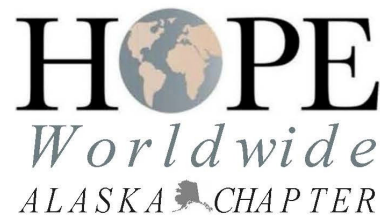


Melinda at the Mitzvah Mall event at Congregation Beth Sholom.

For more info contact: Melinda Freemon at mfreemon@anchorageprojectaccess.org or at 743-6651.

Cover Photo Features:

Anchorage and Valley Radiation is a sponsor for the 2019 Revolutions event.



The mission of Hope Worldwide – Alaska is to “Mobilize communities to deliver sustainable, high-impact service to the poor and needy of Alaska.” Volunteers form the foundation of the organization. Using the skills and talents that make each of them unique, our volunteers are able to participate in that mission. In addition to serving in a local and statewide capacity, occasionally volunteers are able to serve internationally, bringing home what they have learned to share with Alaskans and help develop future projects.

We Volunteer!

At HOPE Worldwide, we love to serve and recruit others to serve their community. We have a club at UAA that promotes this opportunity and have strong partnerships with the Boys & Girls Club of Alaska, Gateway to the Arctic Camp as well as the Nadon Family Home (NFH).

We are very passionate about serving the vulnerable population of Alaska, including the elderly and disabled.

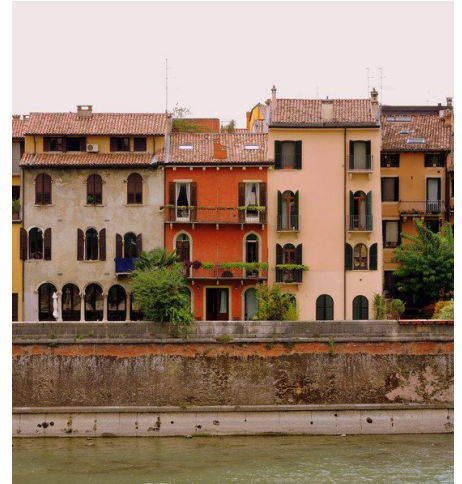
If you need help, please call us. We would love to:

- Build a ramp into your home
- Fix or make minor repairs for those in need
- Shovel your snow if it is too much for you
- You name it, we will let you know if we can mobilize

For more information contact:

Mari Gorash @ 907-791-0151

Ray Nadon @ 907-350-8702 raynadon@hopewwalaska.org



RENTAL ASSISTANCE PROGRAM

Rental Deposits and Evictions

The Municipality's Homeless Prevention Program for rental assistance opens on the first day of the month and continues for the first five business days. If the first day of the month happens to fall on a weekend the rental assistance program will open on the following business day. With the exception of October, call 2-1-1 to apply for the rental assistance program during the first five business days of the month.

DATES OPEN

February 1st & 4th -7th

March 1st & 4th -7th

MONTH CLOSED

October

UTILITY ASSISTANCE PROGRAM

The ADRC is currently partnering with Chugach Electric and Anchorage Waste and Water Utility (AWWU) to provide utility assistance.

If you have questions or need information on eligibility requirements please contact an ADRC Resource Specialist at (907) 343-4694.



**Thank you
AWWU & Chugach
Electric for your help and
contribution!!!**

CHUGACH
POWERING ALASKA'S FUTURE

HEATING ASSISTANCE PROGRAM (HAP)

The Heating Assistance Program (HAP) is designed to promote the general welfare and safeguard the health and well-being of Alaska's population by offsetting the cost of home heating for eligible Alaskan residents.

Locations to pick up applications in the Anchorage Area:

- ADRC Office 825 L Street Suite 203
- Public Assistance Offices 400 Gambell Street or 1251 Muldoon Rd Ste 111
- Senior Center 300 E 19th Ave
- WIC Clinics 825 L Street Ste 215 or 1200 E Airport Heights Drive

Enrollment Period:

Elderly or households experiencing a disability may submit their application Sept 1 - April 30. All other households may submit beginning Oct 1 - April 30. Applications received after April 30 will not be accepted.

Contact information:

Phone: (800) 470-3058 or (907) 465-3058 (Juneau)
Email HAP Staff at: liheap@alaska.gov

AARP® 2019 Tax-Aide FREE Tax Preparation in Anchorage

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Anchorage Senior Center 1300 E. 19th Ave. 9 a.m.-3 p.m. Site opens: Feb. 4 Site closes: April 15 CLOSED Feb. 18 for Presidents' Day</p> <p>Spenard Rec Center 2020 W. 48th Ave. 4:30-7:30 p.m. Site opens: Feb. 4 Site closes: April 15 CLOSED Feb. 18 for President's Day & March 25 for Seward's Day</p>	<p>Northeast Community Center 1251 Muldoon Rd. (In Boys & Girls Club) 10 a.m.-2 p.m. Site opens: Jan. 29 Site closes: April 13</p> <p>Redemption Church (Free Methodist) 4607 E. 6th Ave. 6-8 p.m. Site opens: Feb. 12 Site closes: April 9</p> <p>Girdwood Public Library 250 Egoft Dr., Girdwood Feb 19 & March 19 ONLY</p>	<p>Credit Union 1, Mountain View 115 N. Bragaw St. 11 a.m.-3 p.m. Site opens: Feb. 1 Site closes: April 12</p> <p>Chugiak-Eagle River Senior Center 22424 Birchwood Loop Rd. Noon-4 p.m. Feb. 6, 13, 20, 27 & April 3, 10 ONLY Site opens: Feb. 2 Site closes: April 13 CLOSED March 9</p> <p>AARP State Office 3601 C St., STE 1404 1-4 p.m. Site opens: Feb. 6 Site closes: April 10</p>	<p>Anchorage Senior Center 1300 E. 19th Ave. 9 a.m.-3 p.m. Site opens: Feb. 4 Site closes: April 15 CLOSED Feb. 18 for Presidents' Day</p> <p>Northeast Community Center 1251 Muldoon Rd. (In Boys & Girls Club) 10 a.m.-2 p.m. Site opens: Jan. 29 Site closes: April 13</p>	<p>Credit Union 1, Mountain View 115 N. Bragaw St. 11 a.m.-3 p.m. Site opens: Feb. 1 Site closes: April 12</p> <p>Crosspoint Community Church 1920 W. Diamond Blvd. (Next to Jo-Ann's) 2-5 p.m. Site opens: Feb. 15 Site closes: April 12</p>	<p>Chugiak-Eagle River Senior Center 22424 Birchwood Loop Rd. Noon-4 p.m. Site opens: Feb. 2 Site closes: April 13 CLOSED March 9</p> <p>Northeast Community Center 1251 Muldoon Rd. (In Boys & Girls Club) 10 a.m.-2 p.m. Site opens: Jan. 29 Site closes: April 13</p> <p>Girdwood Public Library 250 Egoft Dr., Girdwood April 6 ONLY</p>
<p>Language Translation Available at all Sites All Sites Except for Redemption Church are Disability Accessible</p>					



If you earned less than \$66,000 in 2018, you can do your taxes for FREE online at MyFreeTaxes.com. Need a computer? Call 2-1-1 or 1-800-478-2221 for site listings and information.



DON'T FORGET YOUR SOCIAL SECURITY CARDS FOR EACH INDIVIDUAL ON TAX RETURN

Visit www.FreeTaxPrepANC.com or call 2-1-1 or 1-800-478-2221 for info including a complete list of what to bring.



Visit www.FreeTaxPrepANC.com for more information.



Special Weekend Events

*IRS CERTIFIED TAX PREPARERS DO YOUR TAXES FOR FREE

- February 2, 10:30 a.m.-3:30 p.m.
Southcentral Foundation's The Gathering
Egan Center, 555 W. 5th Avenue
- February 9, 10 a.m.-2 p.m.
Northeast Community Center*
1251 Muldoon Road
- February 30, 10 a.m.-2 p.m.
Crosspoint Community Church*
1920 West Diamond Blvd. (next to Jo-Ann's)
- April 13, 10 a.m.-2 p.m.
UAA @ University Center Mall*
3901 Old Seward Highway

MyFreeTaxes.com Self-Assisted Computer Stations with Coaches Available
*ASL Interpretation Available at these Sites

WHAT CAN I DO?

➔ Other resources

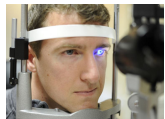


Educate yourself or family of available resources

You may already have your favorite eye doctor...GREAT! Consider having a discussion about Glaucoma. If you don't have a doctor or just want to learn more check out the local resource listed below or check out the following;

- Alaska Center for the Blind and Visually Impaired
- Low Vision Focus @ Hadley
- Glaucoma Research Foundation
- National Eye Institute

➔ Low vision clinics



Clinics are held twice a month at Alaska Center for the Blind and Visually Impaired 3903 Taft Drive in Anchorage

A recent eye examination report from a doctor is required for low vision clinic appointments

At the low vision clinic, individuals can try an assortment of magnifiers and other visual aids for maximizing their remaining sight to meet their goals for everyday tasks, employment and recreation. Clients have the opportunity to discuss their visual needs and goals with our low vision therapist. The program is able to offer up to \$100 of free recommended low vision devices.

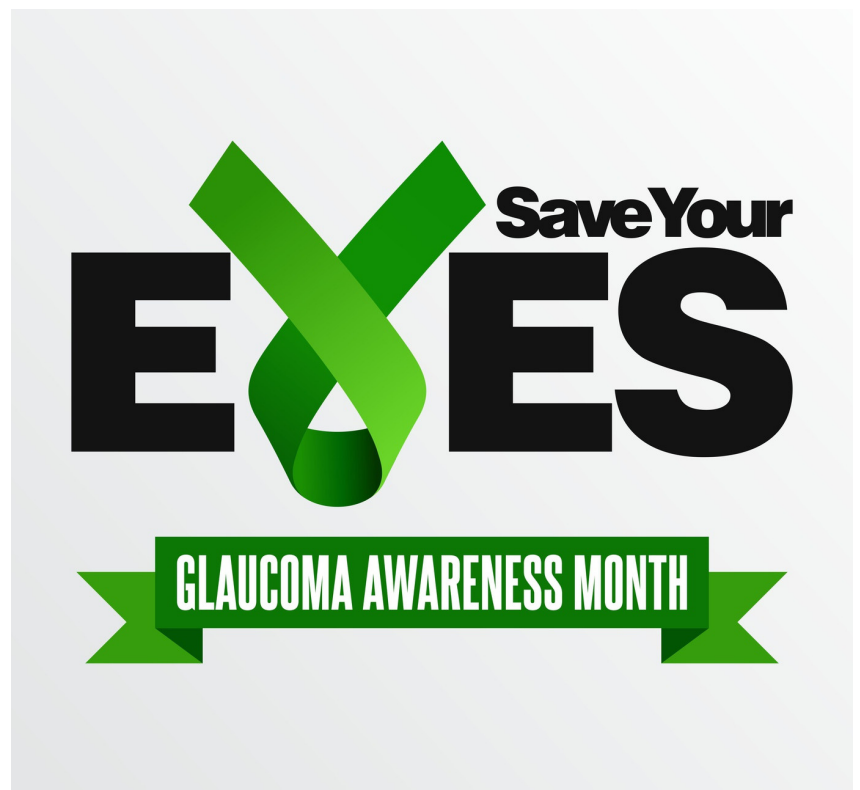
➔ Local resource



**3903 Taft Drive
Anchorage Alaska 99517**

**(907) 248-7770 in Anchorage
(907) 631-4077 in Mat-Su**

Toll free: 1-800-770-7517



GLAUCOMA

According to the Glaucoma Research Foundation:

There are several types of Glaucoma. The two main types are open-angle and angle-closure. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. Glaucoma is optic nerve damage caused by increased pressure within the eyeball.

Always check-in with your doctor or eye professional. A few preventive measures to consider include healthy weight and blood pressure, which may help lessen the chances of Glaucoma. In addition, get your eyes checked annually. There are Glaucoma medications which may be prescribed by your physician.

Currently, regular eye exams are the best form of prevention against significant Glaucoma damage. Early detection and careful, lifelong treatment can maintain vision in most people. In general, a check for Glaucoma should be done as follows:

- before age 40, every two to four years
- from age 40 to age 54, every one to three years
- from age 55 to 64, every one to two years
- after age 65, every six to 12 months

HEALTHY HEARTS

➔ Tips for health



Walk or exercise moderately for 30 minutes each day.

Use less salt - try substituting for more flavor like spices or other seasoning substitutes

Physical activity - here are some suggested ideas

- Swimming
- Walking
- Yoga
- Cycling
- Pilates
- Strength and Aerobic Classes
- Resistance-Band Training
- Personal Training

➔ Nutritious Foods



- A variety of fruits and vegetables
- Whole grains

- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils

➔ Local Resource



American Heart Association®

3700 Woodland Dr Ste 700
Anchorage, AK 99517

(907) 865-5300



HEART HEALTH

Contributor: Valerie Koch

- Cardiovascular disease, listed as the underlying cause of death, accounts for nearly 836,546 deaths in the US. That's about 1 of every 3 deaths in the US.
- About 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds
- Hypertension is significantly associated with age; 59% of Alaskans ages 65 and older report hypertension, compared to only 6% of those ages 18 to 24.
- In 2015, there were 238.4 per 10,000 inpatient discharges from hospitals that were related to hypertension.
- In 2013, there were 567 deaths in Alaska identified as hypertension related.
- A healthy diet and exercise has been attributed to a healthy life thus a healthy heart. American Heart Association says, "Use up at least as many calories as you take in". Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity or an equal combination of both weekly. The physical activity for seniors is cumulative, so it's ok to break it up into smaller bits as it adds up.

Eating less nutrient-poor food is a great way of reducing the intake of saturated fats, and sodium which will help control your weight, blood pressure and cholesterol. Consider quitting smoking, which is another major culprit leading to heart disease.

For more information click here for American Heart Association's (AHA) website or give them a call at 907-865-5300.

WHAT CAN I DO?

➔ Brain Injury signs



Memory issues, vision problems, and headaches?

If you are still experiencing symptoms two weeks after sustaining an injury, please see your doctor.

Symptoms to look for include: Headache, fatigue, problems with memory, attention/focus, processing information; sensory sensitivity (e.g. light, sound, touch); dizziness; irritability; emotional lability (extreme mood swings); lack of self-awareness; communication difficulties (trouble finding words, losing track in conversations, not understanding what is being said); ringing in ears; difficulty getting and/or staying asleep.

Everyone experiences a brain injury differently. If you have concerns, see your doctor.

➔ Prevention

Prevention



There are many things one can do to reduce the chances of sustaining a brain injury.

Of course, please wear helmets when biking, riding ATV or snow machine, sledding, skiing.

(ABIN has bike and ATV helmets available for those who cannot afford them. - see below)

Falls are leading cause of brain injury here in Alaska, especially in the elderly population.

This is a good resource for falls prevention: <https://www.ncoa.org/healthy-aging/falls-prevention/> (geared toward older adults, but good tips for everyone)

➔ Local Resource -ABIN

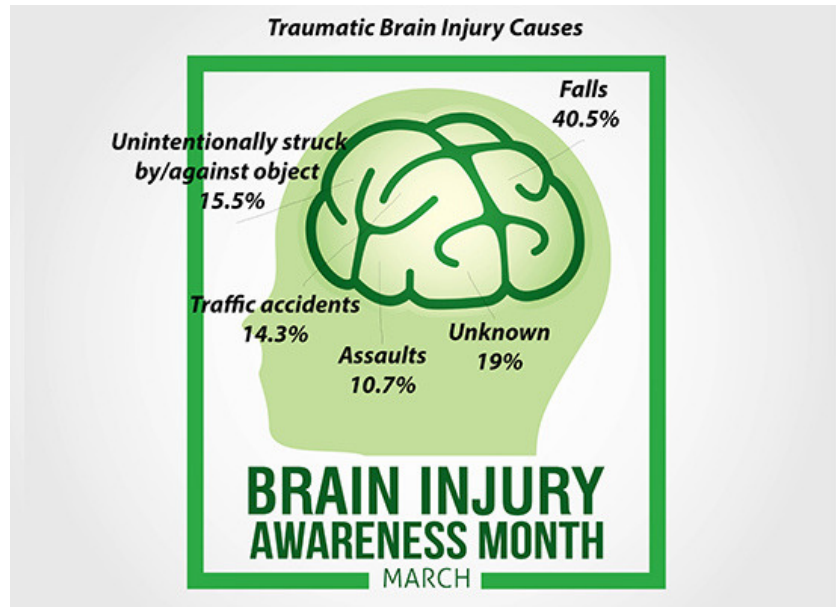


Alaska Brain Injury Network will be holding their 6th Annual Brain Institute March 21 -22 in Anchorage.

**Alaska Brain Injury Network, Inc.
121 West Fireweed Lane, Suite 175
Anchorage, AK 99503**

Walk-in Office Hours: 8:00-4:00
Monday-Friday

Phone: (907) 274-2824
Toll Free: 1-888-574-2824



TBI OR ATBI?

By Julie Davies, ABIN Resource Navigator

Traumatic brain injury is an alteration in brain function or pathology caused by an external force, such as a blow to the head, hitting your head against something or having an object penetrate your head (e.g., gun shot).

An acquired brain injury is an alteration in brain function that is internal and not due to congenital, hereditary, degenerative or by birth trauma and occurs after birth. Examples are stroke, brain tumor, anoxia/hypoxia, shaking, etc.

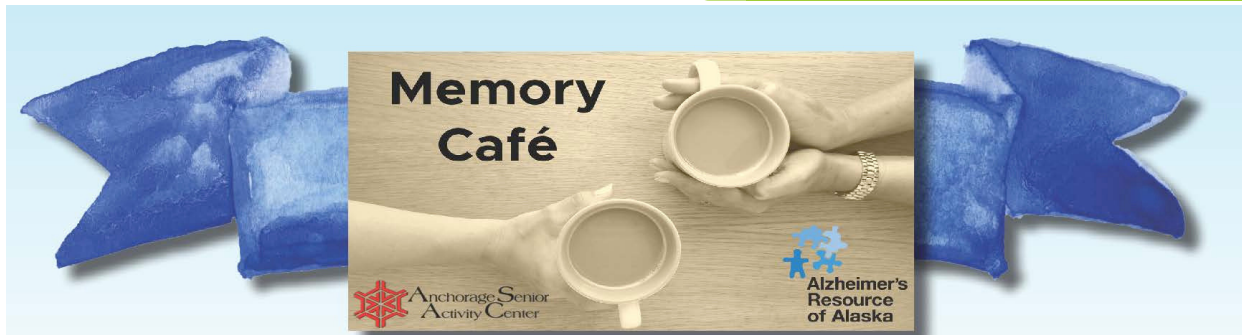
You have a brain injury, now what?

After sustaining a brain injury, the best thing you can do is get cognitive rest; that means zero or greatly reduced screen time, reading, work or anything that requires you to really engage your brain.

Physical rest as prescribed by your doctor. Limit stress as much as you can. If you are tired, sleep. Eat well – healthy fats such as seafood, eggs, nuts, avocados, olive oil. Try to limit intake of sugary foods, alcohol, highly processed foods

If, after two weeks, you are still experiencing symptoms, you may want to seek one or more types of therapy.

For more information contact Alaska Brain Injury Network. (See contact information on the left side of this page).



**Every 2nd Thursday of the Month, 1-2:30 PM
Anchorage Senior Activity Center
1300 E 19th Avenue, Anchorage**

A warm invitation to attend our
Neighborhood Memory Cafe!

A Memory Cafe offers an opportunity for persons living with dementia and their care partners to engage in much needed socialization and enjoy the company of others who are on the same journey. At our Memory Cafe, time will be split between socializing and enjoying the talents of local creative artists.

For more information

Contact: Ann Farris
Phone: 907-561-3313
Email: afarris@alzalaska.org

**Come join us for live
music, coffee, snacks,
and the chance to
recharge and enjoy
each other's company.**



Alzheimer's Resource of Alaska
Anchorage Office

Phone 907-561-3313
Toll Free 1-800-478-1080
www.AlzAlaska.org



Scan for other
upcoming events.



You are invited to attend the FREE Brown Bag monthly educational presentations, hosted by the ADRC.

The monthly Brown Bag presentation is on the second Tuesday of each month from Noon-1:00 p.m. at the BP Energy Center.

To find out more information about future presenters or if you would like to be a presenter, contact Karla Wright.

Contact Karla Wright at (907) 343-7778 or email karla.wright@anchorageak.gov.

SENIOR CITIZENS ADVISORY COMMISSION

2019 Meeting Schedule

**Dates:**

January 23, 2019 - February 27, 2019 - March 27, 2019

Location:

Every 4th Wednesday of the Month from 10:00 am - Noon.
Anchorage Senior Activity Center
1300 East 19th Ave., Anchorage

All meeting dates/times are subject to change.

Contact information:

For additional information contact Judy Atkins at 907-343-6590 or email judith.atkins@anchorageak.gov

Upcoming event:

Older Americans Month Kick Off Event
May 1, 2019 - to be held at Anchorage Senior Activity Center



The Resource Center 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

ADRC Office:

825 L Street Suite 203
Anchorage, Alaska 99501
(907) 343-7770
www.muni.org/adrc

Office Hours:

Monday - Friday 8:00 AM to 4:30 PM
Closed for Lunch 12:00 PM to 1:00 PM

Staff:

Jasmine Bracey
Rose Ebue
David Friedline
Maureen Haggblom
Heather Lindquist
Karla Wright

Holidays Observed

New Years Day	January 1
Martin Luther King Jr Day	January 21
President's Day	February 18
Seward's Day	March 25

**Services are confidential
and free of charge.**

**Contact a Resource
Specialist at
(907) 343-7770 to begin!**