

Alaska

ADRC

Aging & Disability Resource Centers

2nd Quarter 2021

April - June



HEALTHCARE
DECISIONS

COVID-19
VACCINES

SAFE
FAMILIES

Healthcare Decisions

Hospital Go Bag

Suggested items to include:

- A copy of your advance directive
- Healthcare proxy name and contact information
- Cell phone charger and written cell phone password
- Written list of medications (or a bag of pill bottles/inhaler box)
- Plans for pets and bills
- Glasses, hearing aids, dentures, mobility devices
- Ear plugs, sleep mask, toothbrush, books
- Clothes
- Food, water and medication needed for a potentially long wait

**National
Healthcare
Decisions Day**

APRIL 16TH

“We can’t control how this pandemic will play out, but we can control who will speak for us if we can't speak for ourselves.”

What Is An Advance Directive?

An Advance Directive is a written statement that clarifies the type of medical treatment that you wish to receive if you are unable to voice those preferences yourself. It will help healthcare workers and your family members make decisions compatible with your choices. The pandemic is forcing many families into the impossible position of making the best decisions in the moment of crisis. Having an advance directive in place can provide reassurance that they are making the decision you would make.

- What would be most important to you?
- What are you most worried about?
- What is helping you through this difficult time?
- If you became sick with COVID-19, would you prefer to stay where you live or go to the hospital?
- If you chose to go to the hospital, would you want to receive intensive care in the hospital?

[Forbes: Coronavirus & Advanced Health Directives](#)

Download here: [Alaska Advance Health Care Directive](#)

This booklet contains the Alaska statutory form for an Advance Health Care Directive. **[Alaska Legal Services Corporation](#)** (ALSC) provides this as a service to you and does not take responsibility for how you fill it out. The law allows you to prepare this form on your own.

COVID-19 VACCINE

Alaskans now eligible:

The COVID-19 vaccine is now available for anyone living or working in Alaska who is age 16 or older.

Appointments are limited, but more appointments open regularly. New appointments are often added on Thursdays. Phone assistance is available.



Need assistance making your COVID-19 vaccine appointment?

Call the COVID Vaccine Helpline:

907-646-3322

Hours: 9am - 6:30pm (Mon-Fri),
9am - 4:30 pm (Sat-Sun)



Schedule your appointment

Schedule an appointment with an Alaska COVID vaccine provider.

[Find a COVID-19 vaccine provider](#)

Vaccine Dashboard Summary		
State Allocated Vaccines 288,000	Persons Vaccinated 239,322	Vaccination Series Complete 176,488

General public questions may be directed to covid19vaccine@alaska.gov or 1-907-646-3322

Georgia Tech Center for Inclusive Design and Innovation COLLEGE OF DESIGN

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COVID-19 Accessible Resources

COVID-19 Guidance & Resources

Our goal is to increase access to information about COVID-19. This project was made possible with funding from the CDC Foundation. Resources on this site are adapted and accessible versions of CDC's COVID-19 guidance. For CDC's full guidance, please visit www.cdc.gov/coronavirus.

Resources by Accessibility Type

All resources and documents made available how you need them.



Braille Resources



Accessible Word Documents & PDFs



ASL Resources

Easy to Read

Simplified Text

American Sign Language (ASL) Videos are now available!

[Click here to view](#)

Additional Resources

We are working to provide information and additional resources to make flattening the curve easier.

You can find what you need here to support you wherever you are.



Related Articles & Updates

Read articles and partner information related to COVID-19.



Webinars & Training

Learn about tools and technology that will help us all come together to stop the spread.



About the CDC Foundation and CIDI

Learn more about the teams making accessible documents.



Partners

Learn more about the organizations that support our mission.



<https://cidi.gatech.edu/covid>

ADRC Brown Bag Education Series

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



April 13th - Noon-1 p.m.
Presented by Madeline Holdorf,
[AARP](#) AK State President - online link TBD

May 11th- Noon-1 p.m.
Presenter and online link TBD

June 8th - Noon-1 p.m.
Presenter and online link TBD

Contact Karla Wright at (907) 343-7778 or email her at karla.wright@anchorageak.gov to receive an invitation.

AARP Alaska

MOVIE SCREENING PREVIEW! Sky Blossom

A raw, candid look at the 24.5 million teens and twenty-somethings caring for a veteran parent or grandparent. Caring for family with tough medical conditions, they stay at home doing things often seen only in hospitals. They are cheerleaders, work part time, and go to college – but also live double lives – quietly growing up as America’s next greatest generation. This special AARP Alaska virtual event will focus on one of the families in the Sky Blossom caregiving documentary and feature a live discussion on caregiving with the family and veterans service representatives. Sky Blossom has been nominated as a “Best Documentary” for the 2020 Movie for Grownups Awards.

Wednesday, April 7, 2021 at 8 p.m. Virtual Presentation: Register online [here](#)

Spring Concert with the Alaska Chamber Singers

Join AARP Alaska as we celebrate spring with a virtual concert from the Alaska Chamber Singers. The concert begins at 7 PM AST. Look for the event link in your registration confirmation.

Friday, Apr 16, 2021 From 7pm to 8pm AST Virtual Presentation: Register online [here](#)

Fraud Watchdog Team Howl: Smart Devices

Focus is on the smart devices that we all carry with us. We will be answering the question, "are your smart devices spying on you?" Do you have a smart TV or refrigerator? Alexa? Video doorbell? Smart thermostat or light switches? Security cameras? Learn what devices in your home might be hacked and 9 ways to secure your smart devices.

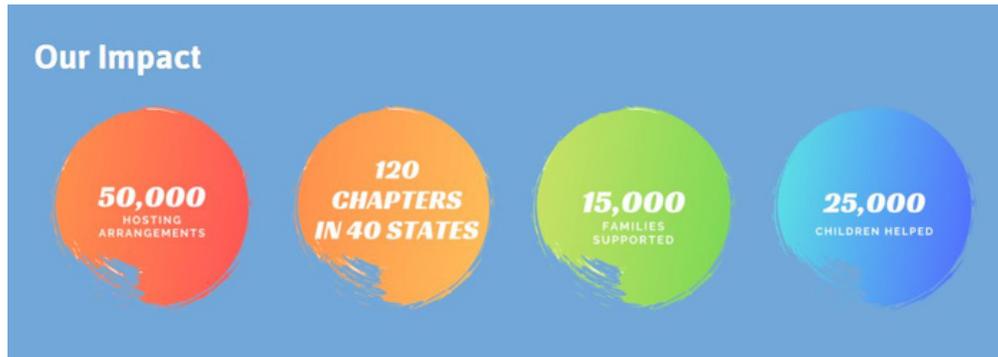
Thursday, Apr 22, 2021 1pm to 2pm Virtual Presentation: Register online [here](#)

<https://states.aarp.org/alaska/>



Safe Families for Children is a movement fueled by compassion to keep children safe and families intact. Through Host Families, Family Friends, and Family Coaches, we temporarily host children and provide a network of support to families in crisis while they get back on their feet.

We open our hearts, open our arms, and open our homes.



Founded in 2003, Safe Families for Children surrounds families in crisis with caring, compassionate community. We are a volunteer-driven nonprofit that provides hope and support to families in our local communities.

Our vision is to create a world where children are safe and families transformed through radically compassionate communities. Our mission is to host vulnerable children and create extended family-like supports for desperate families through a community of devoted volunteers who are motivated by compassion to keep children safe and families intact.

In Anchorage: <https://anchorage.safe-families.org/>

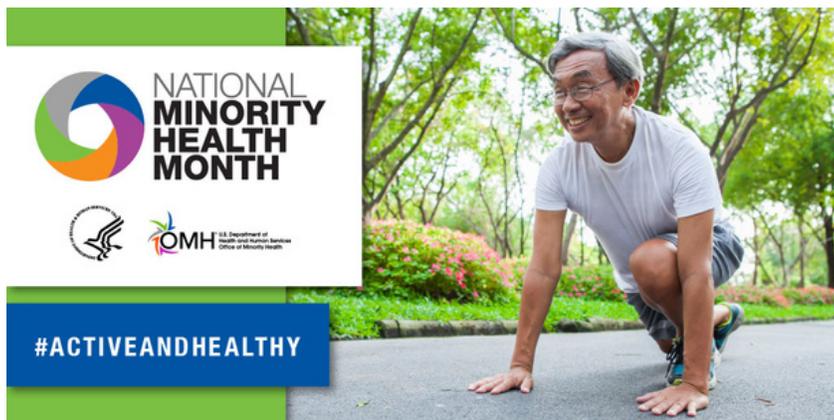


2807 Arctic Blvd. Suite A
Anchorage AK 99503

Phone: 907-222-0925 Ext. 3

Email: safefamilies@beaconhillak.com

<https://safe-families.org/>



Learn what you, your family, and community can do to get active and stay healthy. Physical activity is one of the best things people can do to improve their health. Yet, too few Americans get the recommended amount of physical activity. Only 1 in 4 adults and 1 in 5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities. These numbers are even lower among adults in some racial and ethnic minority populations.

Physical activity promotes health and reduces the risk of chronic diseases and other conditions that are often more common and more severe among racial and ethnic minority groups. Physical activity also fosters normal growth and development in children, improves mental health, and can make people feel better, function better, and sleep better.

Minority Health Month, Health Equity, Health Disparities, and OMHHE Explained

"Without health and long life, all else fails."

– Dr. Booker T. Washington

Recognizing that health is the key to progress and equity in all other things, Dr. Booker T. Washington proposed the observance of "National Negro Health Week" in April 1915. He called on local health departments, schools, churches, businesses, professional associations, and the most influential organizations in the African-American community to "pull together" and "unite... in one great National Health Movement." That observance grew into what is today a month-long initiative to advance health equity across the country on behalf of all racial and ethnic minorities. – [National Minority Health Month](#)

What is Health Equity? Health equity is when everyone has the opportunity to be as healthy as possible.

What Are Health Disparities? Health disparities are differences in health outcomes and their causes among groups of people. For example, African American children are more likely to die from asthma compared to non-Hispanic white children. Reducing health disparities creates better health for all Americans.

Why is Health Equity Important? Health is central to human happiness and well-being and is affected by where people live, learn, work, and play. According to the World Health Organization, health also makes an important contribution to economic progress.

What does CDC's Office of Minority Health and Health Equity (OMHHE) do? OMHHE's mission is to advance health equity and women's health issues across the nation through CDC's science and programs, and increase CDC's capacity to leverage its diverse workforce and engage stakeholders toward this end.

[Get Active and Healthy this National Minority Health Month!](#)

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Every May, the [Administration for Community Living](#) leads our nation's observance of [Older Americans Month](#). The theme for 2021 is "Communities of Strength." Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong

The good news is there are many ways we can connect, even if we're physically apart. And if you're still looking for that perfect gift idea, you can't go wrong with the gift of connection.

- [Send a letter-writing kit](#)
- [Share a recipe](#)
- [Make a keepsake](#)
- [Write a legacy letter](#)
- [Set up a connection hub](#)
- [Show you care in real time](#)
- [Make connection easier](#)



<https://acl.gov/oam/2021/older-americans-month-2021>



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Visit alz.org/10ways to learn more.

alzheimer's  association
THE BRAINS BEHIND SAVING YOURS:



May 1 – May 31, 2021

YOU are invited to join Alzheimer's Resource of Alaska's Virtual Event:

[Click here to register now](#)

The individual, family/team leader who raises the most money will win two round-trip tickets anywhere Alaska Airlines flies, and the second-place fundraiser will win a new-in-box apple watch donated by GCI.

Show everyone how you Amble wherever, whenever and in any way you want, as long as you are safe, by sharing your photos and videos in Alzheimer's Resource of Alaska's 2021 Amblin' Facebook group!



#amblinforalzheimers #amblinforalaska #amblinforcaregivers

In May you can win weekly prizes as we will draw from submitted Amblin' photos/videos and game participants!

Invite your friends and family. They don't even have to be in Alaska to participate!

As the number of Alaskans living with Alzheimer's or related dementia grows from 12,500 now to an estimated 23,900 in the next ten years our services will become even more vital. Your team's participation in this fundraising walk will ensure they have quality of life.

<https://alzalaska.rallyup.com/amblin21>



Where can I get tested TODAY ([click here](#))?

Anchorage COVID-19 Testing is free, safe, and confidential for everyone. You don't need a note from a doctor and you don't need to be showing any symptoms.

What to expect:

- If you arrive by car, make your way to the end of the line. Each car usually takes less than 2 minutes, so 10 cars may mean a 20 minute wait. The line moves quickly!
- When you reach the front of the line, a clinician will check you in. If you've preregistered, the staff will confirm your name and date of birth. If you haven't preregistered, you'll be asked to fill out a quick form.
- Then, the medical team will stick a swab in each nostril or in your throat for a few seconds. It may be uncomfortable, but it will not be painful.

That's it!

The Municipality of Anchorage has partnered with Visit Healthcare and Providence Alaska Medical Center to run the community testing sites.

<https://covid-response-moa-muniorg.hub.arcgis.com/pages/testing>



AnchorRIDES 
Grocery Delivery Program

Enroll in AnchorRIDES Grocery Delivery Program today by calling 907.343.6543, Option 2!



Anchorage residents are able to enroll for AnchorRIDES buses to pick up their orders of groceries, essential household items, and pet supplies from participating stores that offer curbside pickup. AnchorRIDES buses will deliver these items to their homes. Call 907-343-6543 Option 2

<http://www.muni.org/Departments/transit/AnchorRides/Pages/GroceryDeliveryProgram.aspx>

ASSISTIVE TECHNOLOGY ASSISTANCE PROGRAM



Assistive technology helps people who have difficulty speaking, typing, writing, remembering, pointing, seeing, hearing, learning, walking, and many other things. Different disabilities require different assistive technologies.

The Assistive Technology (AT) program improves access to and acquisition of assistive technology for Alaskans with disabilities of all ages in the areas of education, employment, community living, information technology and telecommunications. Call an ADRC Resource Specialist at **907-343-7770** to see if you qualify for a referral to ATLA for an assistive technology evaluation.



EMERGENCY SOLUTIONS GRANT (ESG) PROGRAM

Rental Deposits and Evictions

This program is in place to prevent homelessness. Homelessness prevention programs are intended to prevent persons who are housed from becoming homeless by helping them regain stability in their current housing or permanent housing. Through our **Emergency Solutions Grant** (ESG) we offer rental deposits and arrearages (Eviction Notices, outstanding payments etc.) Call **2-1-1** to determine eligibility.



Heating Assistance Program (HAP)

The Heating Assistance Program assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household's vendor, sent to the vendor, and applied to the customer's account as a credit. It is open to homeowners and renters. The program opens on October 1.

Applications are available at Department of Public Assistance offices throughout the state, WIC offices, vendor locations, senior centers, and on line at www.heatinghelp.alaska.gov beginning on October 1. You can also contact the Heating Assistance Office at **1-800-470-3058** or liheap@alaska.gov and we'd be more than happy to mail one out to you.

Benefits are issued beginning on November 1.

[2020 Application for Heating Assistance](#)



National Prescription Drug

Take Back Day

April 24, 2021

Older adults are considered high risk for opioid overdose, whether intentional or accidental.

1 in 3 Medicare D patients were prescribed an opioid script in 2017 and there has been an increase of overdose in older adults during the pandemic.

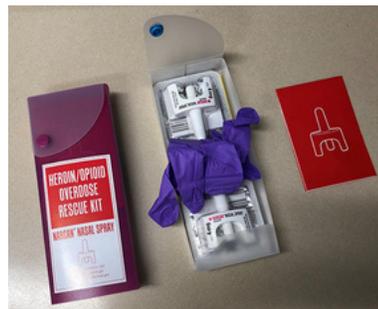
[Click here to locate a Collection Site near you](#)



**Anchorage
Health
Department**

Pick up a [Deterra](#) Drug Disposal Pouch or a [Project HOPE](#) Overdose Response Kit

Deterra Drug Disposal Pouches provide a proven method of action against drug tamper and diversion. Activated carbon formula quickly and safely renders prescription drugs inert when mixed with water.



Each overdose response kit includes two Narcan nasal administration devices, gloves, a CPR shield and instructions.

825 L St, Anchorage, AK 99501
Call the ADRC at 907-343-7770

UTILITY ASSISTANCE PROGRAM

The Utility Assistance Program facilitated by ADRC staff through the Emergency Outreach Program is currently partnering with Chugach Electric and Anchorage Water and Wastewater Utilities (AWWU). This program provides utility payment assistance to members who need help paying their utility bills. If you have questions or need information on eligibility requirements please contact an ADRC Resource Specialist at **(907) 343-7770**.



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



HIGHWAY61

JOIN FOR FREE

Welcome to **your** community
Chat rooms for those over 50
Come on in and join 1,000+ members
Need help? Call **323-487-1857** Email info@highway61.co



WHAT CAN YOU DO ON HIGHWAY61?

Join live chats
(audio, real time)

Participate in our
forum

Meet new friends

Play games

Learn

Caregiver Connection Program

The Caregiver Connection Program provides people helping someone with dementia in managing their stress and burden.

**Are you caring
for someone with
dementia?**



Trained specialists conduct assessments of your caregiving situation and work with you to tailor a plan of care unique to you and your loved one.



You are not alone.

**Alzheimer's
Resource
of Alaska**
*Alaskans
serving
Alaskans*
www.alzalaska.org

Caregiver Connection services are ideal for caregivers who want to keep their loved ones at home for as long and safely as possible.

**There is help available.
Don't try to go it alone.**

Support services can help you as you deal with your loved one's problem behaviors such as:

- Anxiety/worry
- Sleep issues
- Resistance to care
- Repeated questions
- Verbal and/or physical aggression
- Social isolation
- Sadness
- Wandering

For more information on scheduling an assessment and other family caregiver support programs, call ARA.

907-561-3313

Monday-Friday 8:30 a.m.– 5 p.m.



www.alzalaska.org
Alzheimer's Resource of Alaska

Alaska Department of
Health and Social Services



The program includes two parts, a proven caregiver stress reduction process called TCARE® and funds to pay for services such as respite or adult day services. TCARE® includes a short questionnaire that identifies whether and how caregiving is impacting your stress. The results of that questionnaire determine if you are eligible for the program. If you are eligible, a trained specialist will work with you to develop a plan for reducing your stress.

You can call an ADRC Resource Specialist at **907-343-7770** to find out more.

Senior Citizens Advisory Commission

2021 Schedule of Meetings Center



Dates: April 28, 2021 ~ May 26, 2021 ~ June 30, 2021
10:00 am - Noon

Location: Due to COVID-19 response the Commission will be meeting via Microsoft Teams until further notice.

All meeting dates/times are subject to change.

For an invitation or for more information about the [Senior Citizens Advisory Commission](#), contact Judy Atkins at 907-343-6590 or Judith.atkins@anchorageak.gov

JUDY ATKINS
Contributor



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

***DUE TO COVID-19 RESPONSE
OUR LOBBY IS CLOSED FOR WALK INS***

PLEASE CALL



ADRC Office:

825 L Street Suite 200
Anchorage, Alaska 99501
(907) 343-7770

www.muni.org/adrc

Office Hours:

Monday - Friday 8:00 AM to 5 PM
Closed for Lunch 12:00 PM to 1:00 PM

Staff:

Maureen Haggblom
Jasmine Rattavong
Karla Wright
Anne Rouleau
Toni Porter
Rose Ebue
Trish Main
Lindsey Schnell

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

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

Holiday Observed
Memorial Day

May 31, 2021