

Home Modifications & Accessibilities

The Home Modification & Accessibility (HMA) Grant Program is now open for application!

The purpose of the HMA is to provide housing accessibility modifications for eligible applicants who are Alaska Mental Health Trust beneficiaries and individuals with disabilities or special needs that will extend their ability to live independently in the community. Home modification will allow eligible individuals to overcome roadblocks in realizing an enhanced quality of life while attaining the highest level of self-sufficiency possible.

Up to \$15,000 is available to qualified beneficiaries or individuals with a single-family, owner-occupied home, or up to \$12,000 for applicants who live in rental housing. There are no income limits or age limit.

For More Information: Call NeighborWorks Alaska at 677-8490 and ask to speak with their Grant Coordinator.

Still Need Help With Taxes? Free Tax Preparation

AARP will provide assistance for anyone needing tax preparation assistance at Anchorage Senior Activity Center. It's first come, first serve, No appointments, age or income restrictions.

Mondays and Thursdays from 9:00 am - 3:00 pm. February 1 until April 16 except for holidays

Anchorage Senior Activity Center
1300 E .19th Ave
Anchorage, AK 99501



In This Issue

- Home Modification Grants
- Awareness Events
- Medicaid Enrollment
- Health Fair
- Interagency Breakfast
- Service Coordinator BBQ
- Rental Assistance

Awareness Events in Anchorage

April - Alcohol Awareness

According to Mothers Against Drunk Driving (MADD), drunk driving is still the #1 cause of death on our roadways. In Alaska alone, there have been the following alcohol-related incidents this past year.

Here is the 2017 Impaired Driving Quick Stats:

- 17 Alcohol Impaired (BAC .080<) Driving Crashes about 23% of all crashes (17/74) resulting in 18 fatalities about 23% of all deaths (18/78)
- 18 Alcohol Impaired Drivers involved in these 17 crashes (1 crash had 2 vehicles involved in which both drivers were impaired)
- 18% (18 out of 101) of all drivers involved in fatal crashes were confirmed through testing to be above the per se limit of .080.

To spread the word and prevent alcohol abuse, DHSS & the ADRC is joining other organizations across the country to honor Alcohol Awareness Month.



May - Older Americans Month

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older Americans Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Join the Senior Citizens Advisory Commission:

Where: Anchorage Senior Activity Center
1300 E. 19th Ave, Anchorage, AK 99501

Date: May 2, 2018

Time: 10:30 am—12:30 pm

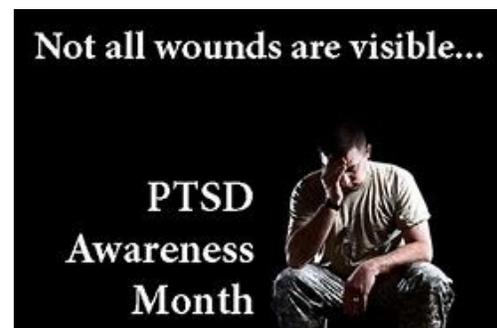
June - Post-Traumatic Stress Disorder (PTSD) Awareness Month

5 Facts you may not know

1. You can get PTSD from a non-life threatening event or from smaller traumas that add up over time.
2. Two people can go through the same trauma and one can develop PTSD and the other might not.
3. Women are 2x more likely to develop PTSD than men.
4. Medications aren't typically recommended to treat PTSD.
5. When someone has PTSD, everyone around them can be negatively affected.

Learn more about PTSD at

<https://thetouchpointsolution.com/blogs/touchpoints-blog/5-facts-about-ptsd-we-bet-you-didn-t-know>



Health Fair Events

Alaska Fair Inc. will be conducting health fairs in the Anchorage and Wasilla area. Participating exhibitors will provide information and other related items that could help move you towards health. Available at these events will be screenings and affordable blood test.

For more information please go to their website at

<https://alaskahealthfair.org/>



Health Fair Locations

Anchorage - April 18- 8am-12pm Anchorage Senior Center 19th & Karluk 1300 E. 19th Ave

Wasilla - April 28 - 9am-1pm Meadow Lakes Senior Center 1210 N. Kim Dr.

Anchorage - April 28- 8am-12pm Willow Crest Elementary 1004 W. Tudor

Annual Summer Fling Chugach Manor & Chugach View

Chugach Manor & Chugach View are having their annual Summer Fling, June 22, 2018 from 12noon to 2:00pm in the court yard! The fun includes a BBQ, entertainment and games. Last year, we had the famous Walk and Roll Cake Walk. There will also be Door Prizes.

We are looking for agencies who would like to set up a table and provide information to over 200 residents attending. The goal of the Summer Fling is to provide outreach Community Information to the residents AND to have a lot of fun.

If you would like set up a table or even donate a cake, please contact Kim Stoltz, 330-6154.

Interagency Breakfast at DHSS

The Aging and Disability Resource Center will host the Interagency Breakfast at the Department of Health & Human Services located at 825 L Street Fourth Floor Conference Room on May 9, 2018 from 8:00 am to 9:00 am .

For more information give ADRC a call at 907-343-7770.

ADRC Brown Bag Education Series

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.

Due to the variety of presenters, contact Karla to be placed on the evite list to find out the monthly presenter.

Contact Karla at (907) 343-7778 or

Location unavailable

Look for upcoming
Brown Bag in June.



Medicaid Benefit Enrollment

Anchorage Senior Activity Center is now part of the National Council on Aging's (NCOA) network dedicated to helping people with Medicare improve their financial outlook by enrolling in programs to help them afford health care, prescriptions, food, and more.

Nationally, half of all people with Medicare live on incomes less than \$26,200 per year, and they often lack the resources needed to meet basic living expenses. Federal, state, and local programs exist to help these individuals, but many people do not know how to apply for assistance.

The Anchorage Senior Activity Center has a strong history of helping vulnerable residents in Anchorage and other Alaskan communities, said Malorie Spreen, Program/Operations Director. "We're proud to be part of this national network of organizations that, since 2009, has helped more than 850,000 low-income older adults and younger adults with disabilities achieve economic stability."

The Anchorage Senior Activity Center is one of 69 Benefits Enrollment Centers (BECs) funded by NCOA to serve low-income Medicare beneficiaries in 36 states. BECs are supported by funding from the Medicare Improvements for Patients and Providers Act (MIPPA), administered through the U.S. Administration for Community Living.

BECs use NCOA's free online BenefitsCheckUp® tool (www.BenefitsCheckUp.org) to screen lower income older adults, and younger adults with disabilities, for more than 2,500 benefits—including Medicare Savings Programs, Part D Extra Help, and the Supplemental Nutrition Assistance Program (SNAP)—and to help them apply for and use those benefits.

To see if someone you know qualifies for assistance visit <http://anchorageSeniorcenter.org/> or call (907) 770-2015. Anchor-Age Center is a non-profit 501(c)(3) corporation. Anchor-Age Center was incorporated effective August 31, 1981 with the State of Alaska. The corporation's Alaska entity number is: 24902D and our SIC is 8640.

The mission of the Anchorage Senior Center Activity Center is to enhance the quality of life of Alaskans by promoting fitness, health and wellness, and social interaction.



Recruiting Medicaid Minute Presenter

Volunteer Opportunity!

Are you looking for a great volunteer opportunity? Do you enjoy educating others about important issues?

The Medicare Information Office is looking for volunteers who would like to be trained in the Medicare Minute Program. The Medicare Minute Program is a great opportunity to help educate Medicare beneficiaries about their benefits. Trained volunteers receive a script, teaching materials, and handouts. They work with a designated group of beneficiaries, presenting once a month for about 10-15 minutes about a designated Medicare topic. This allows beneficiaries to have up to date, accurate information about their Medicare Benefits. We offer lots of training and support!

A volunteer interest meeting will be held on Wednesday, June 27th at 11:30 a.m. at the Anchorage Senior Activity Center in the classroom. If you would like more information about this volunteer opportunity, please call Nila Morgan at the Medicare Information Office at ASAC (907) 770-2070.

Contact Us

Give us a call for more information about our services and resources

ADRC

825 L Street Suite 203
Anchorage, Alaska 99501

(907) 343-7770

Visit us on the web at <http://www.muni.org/adrc>

Office Hours

Monday through Friday

8:00 am - 4:30 pm

Closed for Lunch 12:00
pm - 1:00 pm

Holidays Observed

Memorial Day
- May 28

Aging and Disability Resource 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

Services are confidential and free of charge

Call a Resource Specialist today with questions – [907-343-7770](tel:907-343-7770)

Utilities Assistance Programs

The Utility Assistance Program administered by ADRC staff assists members with Chugach Electric and Alaska Water and Water Utilities (AWWU). The 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!

Chugach Electric & AWWU

