



NEWSLETTER

FREE SHRED DAY

Need Heating

Assistance?

Rental Assistance
Program is Back

*Holiday Meals
Assistance*

IN THIS

ISSUE:

*Getting ready
for flu season*

OPEN

**Enrollment
for Medicare**



ADRC NEWSLETTER

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Alaska's Medicare Information Office



How to enroll

Choosing a Medicare plan can be confusing. The Medicare Information Office is here to assist you with all of your Medicare questions.

If you call us, please have your Medicare card and list of your prescriptions available.

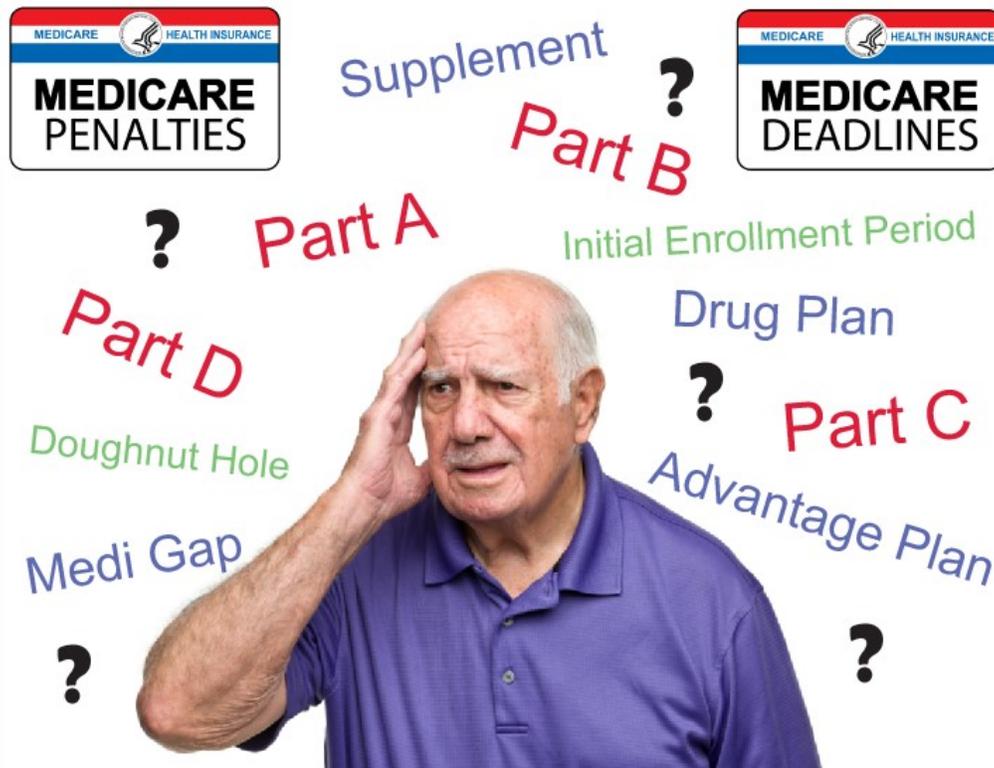
Call (907) 269-3680 in Anchorage or 1-800-478-6065 Alaska Statewide.

Medicare Enrollment is Coming Up

Enrollment Period

Oct 15th through December 7th

October 15th through December 7th is the Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) Open Enrollment Period. This is the time each year for all people on Medicare to consider making changes to their Medicare Advantage or Medicare prescription drug coverage for the following year. Plan designs can change and new plans may be available, so it is important to do an annual review.



Spotlight On...

How to Contact us

If you know of someone who lives in a nursing facility or assisted living home who needs our assistance, has questions or would like us to visit .

Long Term Care Ombudsman

As Long Term Care Ombudsmen for Alaska, our mission is to meet with residents of assisted living homes and nursing facilities to see if they have any issues they need assistance in resolving. Established by the Older Americans Act, the Long Term Care Ombudsman program is in every state.

Alaska has six staff who serve the 692 individuals in 18 nursing facilities and 2,500 residents of Alaska's 270 assisted living homes for seniors. At least once a year, we travel to each of the 29 different communities that have a nursing facility or assisted living home. We also train volunteer Long Term Care Ombudsmen who are able to visit more often, especially in communities that are not on the road system. Last year with the assistance of our volunteers, we were able to make 841 visits to facilities. Our ultimate goal is to have a volunteer visit every facility on a monthly basis. **Can you give three hours a month to volunteer as a Long Term Care Ombudsman to visit with residents in long term care facilities?** Please call Kathryn Curry at 907-334-4480 if you are interested in volunteering.

“Our mission is to meet with residents of assisted living homes and nursing facilities to see if they have any issues they need assistance in resolving.”

Please call our office at
(907) 334-4480 (or toll
free (800) 730-6393

or

Visit us at
3745 Community Park
Loop, Suite 200.

You may also file a
complaint on our web-
site at

<http://www.akolc.org/>

Long Term Care Ombudsmen make unannounced visits so that we can see the usual conditions in the facility. We also accept complaints about facilities and work with residents to resolve their issues, which can range from being able to get a snack in the middle of the night to investigating abuse situations. We educate residents, their families and facility staff on resident rights in a long term care facility. Basically, seniors who live in these facilities have the same rights as when they lived in their own homes. Some examples include the right to be treated with dignity and respect, have privacy, access food when they are hungry, sleep in when they are tired and have visitors. Although anyone can contact our office to ask for assistance, we take our direction from the senior living in the facility. If they are not able to communicate their wishes, then we rely on their representative to assist us in knowing what the resident would like us to do.

Contributor— Teresa Holt

Rental Assistance Program

Rental Deposits and Evictions

The Municipality's Homeless Prevention Program for rental assistance opens on the first day of the month. If the first day of the month happens to fall on a weekend the rental assistance program will open on the following business day. The 2-1-1 phone number is the only access for applying for the rental assistance program. The 2-1-1 line will be open from 8:30AM until 12:00PM on the first of the month. The rental assistance program is closed during the months of June, July and October.

Call 2-1-1 between 8:30am – 12noon

<u>DATES AVAILABLE</u>	<u>MONTHS CLOSED</u>
Tuesday, November 1st	
Monday, December 3rd	October
Tuesday January 2 nd	
Friday, February 1st	June
Friday, March 1st	
Monday, April 1st	July
Wednesday, May 1st	

Heating Assistance

Locations to pick up application

- ADRC Offices
- Public Assistance Offices
- SEA Agents
- Senior Centers
- WIC clinics

Enrollment Period

Elderly or Disability household may submit their application Sept 1 - April 30. All other households application submission begins Oct 1 - April 30.

Applications received after April 30 will not be accepted

Contact information

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

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 PM** at the **BP Energy Center**.

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

Contact Karla at (907) 343-7778 or wrightkj@muni.org for more information.

Alaska Disability & Aging Summit

SEPTEMBER 26—27, 2018

SPECIAL OLYMPICS ALASKA

3200 Mountain View Dr.

ANCHORAGE, ALASKA

Keynote address by Kim
Champney, M.S.W

For more information please
contact: **Cindy Thomas, Center
for Community**

cthomas@cfc.org

(907) 966-4227

or

Register here:

[http://
specialolympicsalaska.org/disability-aging-
population-summit/](http://specialolympicsalaska.org/disability-aging-population-summit/)

October—Breast Cancer Awareness Month



- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
 - Breast cancer is the most commonly diagnosed cancer in women.
 - Breast cancer is the second leading cause of cancer death among women.
 - Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
 - Over 3.3 million breast cancer survivors are alive in the United States today. (<https://www.nationalbreastcancer.org/breast-cancer-facts>)

For additional information for support check out on the Muni ADRC webpage at <https://bit.ly/2O1by7q>

“Awareness is the first step in healing”. Dean Ornish

November—Alzheimer’s Disease



Alaska has the fastest aging population in the country, the demand for Alzheimer's, dementia and general senior care is growing dramatically. There is an estimated 8,000 Alaskans diagnosed with some type of dementia.

To raise awareness, November is Alzheimer’s Disease Awareness Month and we encourage you to learn about the disease. Reach out to those living with the repercussions of the disease, and encourage and support the family members caring for loved ones with the disease.

Alzheimer’s Resource of Alaska is a resource you can reach out to for additional information visit www.alzaska.org or call 907-561– 3313.

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Steps to fend off Alzheimer

In recognition of Alzheimer’s Awareness Month in November consider these Easy Steps You Can Take to Keep Your Brain Healthy and Active:

- *Exercise.* Walk or exercise moderately for 30 minutes each day.
- Maintain a healthy, well-balanced diet. Eat brain-healthy foods and control portion sizes. A low-fat diet including vegetables, fruits, nuts, and fish is recommended for brain health. Some great options: salmon, halibut, walnuts, spinach, broccoli, and blueberries.
- Keep your brain active with stimulating activities like reading, crossword puzzles, and learning new things.
- Socialize. You can even enjoy others’ company as you exercise.
- Reduce stress and anxiety.
- Stop smoking.
- *Talk to your doctor* if you have concerns about your memory, cholesterol, body weight, or blood pressure.

A few, simple changes to your lifestyle today can help to make your life more enjoyable in the future.

Contributor: Lorraine Guyer

December—Influenza Vaccination Week

Flu Shots – Get one each year. Flu shots for each new season are typically available in September. Alaska’s flu season is long and often runs into late May or even into June, so if you missed getting a flu shot in the fall, try to get one as soon as possible. For seniors, especially those with other health conditions and weaker immune system, prevention is best. A higher dose will be available for people 65 years or older.

Contributor: Drew Shannon, BSN,RN, Shannon Davis, DHSS Outreach Specialist

Free Flu Shot Clinics

Chugach Manor—Residents only
Sept 28

East Anchorage United Methodist Church (Sponsored by Charter College) - Open to the Public
Where: 1660 Patterson Street
Date: Oct 13th
Time: 10 am –2 pm

Mountain View Public Library -
Open to the Public
Where: 120 Bragaw Street
Date: Oct 19th
Time: 2 pm—5pm

Other clinic locations are available, for more information about a clinic near you , please call the number provided below.

Municipality of Anchorage
Public Health Clinic
Health & Human Services Building
825 L Street
Anchorage, AK 99501
(907) 343-4799



Senior Citizen Advisory Commission

2018 Schedule of Meetings

When (4th Wednesday of the Month):

Sept 26, 2018

Nov 28, 2018

Oct 24, 2018

Dec 12, 2018

Location:

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

Times:

10:00 am - 12:00 pm,

All meeting dates/times are subject to change. For meeting confirmation contact 907-343-6590 or Email : atkinsjb@muni.org

Free Shred Day

Some items people may want to consider shredding include: credit card statements, old checks, tax returns and anything a thief can use to steal your identity.

When:

Saturday October 6, 2018

Location:

University Center Mall 3801 Old Seward Hwy Anchorage, Alaska 99503

Hours:

10:00am— 2:00 pm

- Limit: 3 bags or boxes per person
- Limit 5 hard drives for destruction (must be removed from tower/computer)

PURPOSE

The purpose of the Senior Citizens Advisory Commission is to:

- Advise the mayor, the Assembly and appropriate department heads with respect to aspects of aging which bear upon the welfare of senior citizens;
- Conduct surveys and compile and disseminate for the benefit of senior citizens information on housing, health, nutrition, transportation, education, recreation, legal services and social/mental health services;
- Carry out educational and public relations programs designed to create public awareness of the needs of senior citizens and the community services which senior citizens can provide; and
- Assist and provide programs that alert elderly persons of the resources and services available to them.



Left to right: Dr. Emily McMahan, Gayle Schuh, Chair, Kevin Turkington, Vice Chair, Jenna Bruner, Jim Bailey



If you would like to donate, volunteer or need additional information:

Catholic Social Services

Volunteers & Donations - Call Clara at 907-222-7335

Food Bank of Alaska

Volunteers – Call Sara at 907-222-3116

Food Donations - Call Mark Redman at 907 222-3115

Lutheran Social Services

Volunteers & Donations - Call Kristine at 907-272-0643 press 0

**Salvation Army
907-276-2515**

Volunteers—Ask for Capt. Jan Pemberton

Toy Donations—Ask for Jaclyn Ellis

Assistance with the Holidays

Below are the locations that will be distributing items to help with meals and/or gifts in the upcoming 2018 holiday season .

Thanksgiving Blessing

Monday, November 19

Please bring proof of address to the site in your zip code. (You may only attend one site. We encourage you to arrive by 7pm if possible.)

3-8pm:

Crosspoint Church
1920 W Dimond Blvd #K
99507, 99511, 99515, 99516,
99518, 99522, 99523, 99540,
99587

St Patrick's Church
2111 Muldoon Rd
99504, 99509, 99521

New Season Christian Center at
Spennard Rec Center
2020 W 28th
99502, 99517, 99519

Joy Lutheran Church
1011 E. Eagle River Loop Rd
99505, 99506, 99567, 99577

Central Lutheran Church
Cordova & 15th
99501, 99503, 99510, 99512,
99513, 99520, 99524

12-8pm:
Mt. View Community Center
99508, 99514

Christmas Gift Program

At this time, Salvation Army, Catholic Social Services, Lutheran Social Services and Food Bank of Alaska are in the planning stages for this huge community event.

If you want to volunteer, donate or have questions about this program, you may contact one of the agencies listed on this page.



ADRC

825 L Street Suite
203
Anchorage, Alaska
99501

(907) 343-7770

[http://www.muni.org/
adrc](http://www.muni.org/adrc)

Office Hours

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

Holidays Observed

- Veteran's Day
November 11th
- Thanksgiving Day
and Day after
November 23 and
24
- Christmas
December 25

STAFF

- Heather Lindquist
- Jasmine Bracey
- Karla Wright
- Kim Stoltz
- Sonya Davis
- Rose Ebue

Utility Assistance Programs

The Utility Assistance Program facilitated by ADRC staff through the Emergency Outreach Program is currently partnering with Chugach Electric and Anchorage Water and Water 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



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

Contact a Resource Specialist at (907) 343-7770