



907-343-7770

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SEPTEMBER 2016

ADRC Brown Bag Education Series - Second Tuesday of the Month



You are invited to attend the **FREE Brown Bag** monthly educational presentations for **2016, hosted by the ADRC**. It is our hope as residents of the Anchorage area you will join us. Take this time to learn information that may be helpful to you, your friends, loved ones and clients in an engaging format. Break away from your daily routine, bring your lunch if you want to, and join us for an opportunity to learn something new! The monthly **Brown Bag** presentation is on the **second Tuesday of each month** from **Noon-1:00 p.m.** at the **BP Energy Center**. Contact Karla at (907) 343-7778 for more info.

Guest Speaker – September 13 – Judith Bendersky & Jeanne Larson, Medicare Information Office

Guest Speaker – October 11 – Illona Bessemy, Elder Law Attorney

ML&P joins Emergency Outreach Program offering Utility Assistance



We are pleased to welcome **Municipal Light and Power (ML&P)** as a partner in our utility assistance program. The program provides utility assistance to members who need assistance paying their utility Bills. Over 160 Anchorage residents have received help from the program in the last twelve months.

Thanks to **Chugach Electric Association** and the **AWWU Coins Can Count** Program for their continued support. For more information on the Emergency Outreach program, including eligibility requirements, please contact a Resource Specialist at (907) 343-7770 or the Hotline at (907) 343-4750.

Emergency Solutions Grant Program



In partnership with the U.S. Department of Housing and Urban Development (HUD) the Emergency Solutions Grant Program provides **rental and utility assistance** funding to Anchorage individuals and families looking for assistance to prevent homelessness. The ESG Hotline is open around the 7th of each month and remains open for up to one week (subject to funding). Utility assistance remains open through the month. ESG Hotline Number is (907) 343-4750.

Upcoming Municipal Commission Meetings



The **ADA (Americans with Disabilities Act) Advisory Commission** Meeting will be held on Tuesday, Sept. 13, 2016 from 10:30-Noon at Access Alaska, 1217 E. 10th Ave.

The **Senior Citizens Advisory Commission Meeting** is Wednesday, Sept. 28, 2016 from 10:00am-Noon at the Anchorage Senior Activity Center, 1300 E. 19th Ave.

ADRC Staff Outreach

ADRC Staff, Karla Wright, Sonya Davis and Monique Snipe will be conducting outreach activities throughout the month of September including: Loussac Library on Thursday afternoons from 1:00-5:00pm and Anchorage Senior Activity Center on Wed., Sept. 14 from 1:30-3:00pm. For more information please contact the ADRC office.

New Services Coordinator hired to assist residents of Chugach View & Chugach Manor



We are pleased to announce that the ADRC in partnership with the Alaska Housing Finance Corporation was awarded a contract to provide **case management services** for seniors and people with disabilities living at Chugach view and Chugach Manor. The program starts in September so watch your mailbox for an Open House coming up in the Fall.

September is Falls Prevention Month

Did you know that 1 in 3 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially. The [National Council on Aging \(NCOA\)](http://www.ncoa.org) website (www.ncoa.org) offers information and resources related to falls prevention. Additionally, www.minnesotasafetycouncil.org has the [Fall Prevention Home Safety Checklist](#) in the tips/resources tab available for download.

Wednesday, September 21st is Falls Prevention Day at the Anchorage Senior Activity Center

From 11 am-2:30 pm listen to featured speakers on related topics. RSVP to 770-2000 or 770-2002 or with the reception desk at the center.

Seniors Ride People Mover Bus FREE on Wednesdays

If you are age 60 or over, you can ride any People Mover Bus on **Wednesdays** at **NO COST**. Download an application online or you may pick up one from Customer Service, 700 W. 6th Ave. #109. Proof of eligibility required at each boarding. For more information contact 907-343-6543.

Senior Farmers' Market Nutrition Program

The Alaska Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for fresh Alaska-grown fruits, vegetables, and fresh-cut herbs at farmers' markets, and authorized farms and roadside stands. Each eligible senior receives five \$5.00 coupons that **may be used through the end of the farmers' market season, October 31**. The coupons are available through distribution agencies.

2nd Annual Disability & Aging Summit-October 13 & 14, 2016

The Alaska Disability and Aging Coalition invite you to attend the 2nd Annual Disability & Aging Summit to be held at the Special Olympics Alaska Sports, Health and Wellness Center, 3200 Mountain View Drive. Please submit registration by October 3rd. For questions contact: nicolle@specialolympicalaska.org or call 907-222-7625.

Salvation Army—Coats for Kids Drive to rely on individual donors

The Salvation Army's annual Coats for Kids drive has begun and will run through Sept. 24, with coats being accepted at several locations in the Anchorage area. The group hopes to collect 3,000 new and "clean and gently used" coats to be given to local school students. Larger sizes are especially needed. In previous years, corporations have underwritten a significant portion of the cost but due to staff changes this year, deadlines to apply for corporate donations passed and their participation will be notably reduced this year. Checkout the website salvationarmyalaska.org to make a donation or for drop off locations.

Social Security Online—ssa.gov—what can you do online

Type in ssa.gov and you will end up on the Social Security webpage, chock full of information about the program, how to apply and how it can work for you. Some of the issues you can handle are: requesting a replacement Social Security card, finding out if you qualify and applying for benefits, getting your Social Security Statement, appeal a decision, and estimating future

benefits, getting your Social Security Statement, appeal a decision, and estimating future benefits. Create your Social Security account today to control your future.

Beware of Social Security Disability Benefit Scams

Alaska Medicare Information Office

Are you age 63? 64? 65? Get ready for Medicare. Medicare is health insurance for people who are age 65 and older, under age 65 with disabilities, or any age with end-stage renal disease or Lou Gehrig's disease. When you turn 65 you have a seven-month initial enrollment period: the three months before your birthday month, your birthday month, and the three months after. Most retiree medical plans require Medicare A & B enrollment at 65 because Medicare becomes the primary payer. Three ways to sign up: online at www.ssa.gov OR by national phone line 800-772-1213 (7am-7pm M-F) OR at your local office: Social Security Anchorage 222 W. 8th Ave. We can help you find the most cost effective Part D (prescription) coverage. Call (907) 269-3680 or 800-478-6065. For more information go to www.medicare.gov

Alaskans helping Alaskans get more out of their Medicare. MIO provides one-on-one counseling, education and outreach to Medicare beneficiaries and their families. This allows people to better understand and utilize their Medicare benefits. Additionally they teach how to spot and report Medicare errors, waste, fraud and abuse.

Enrolling for Medicare: Extra Help – A Year Round Opportunity: Here is a great worksheet to help you get the resources together for persons on Social Security Disability who are Medicare eligible, or Seniors on Medicare.

The Alaska Medicare Information Office—SHIP/SMP is offering a series of **7 webinars, August 31-October 12**. To register please click register for each of the topics you would like to attend. If you are not able to join, please still register as you will receive a follow-up email which provides a link to the encore recording you may listen to at any time.

<http://dhss.alaska.gov/dsds/Pages/medicare/webinars.aspx>

Questions? Contact (in Anchorage) (907) 269-3680, toll free in Alaska 1-800-478-6065, or hss.medicare@alaska.gov

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:9073437770) ~ We're on the Web:

<http://www.muni.org/Departments/health/DirectServices/Pages/ADRC.aspx>

Municipality of Anchorage, Department of Health & Human Services, 825 L Street, Ste 203,
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