

Alaska

**ADRC**

**Aging & Disability Resource Centers**

1st Quarter 2021

January - March



**HOW TO  
PROTECT**

**COVID-19  
VACCINES**

**LOW INCOME  
& UNINSURED?**

# How to Protect Yourself & Others from COVID-19

## Know how it spreads

COVID-19 spreads easily from person to person, mainly by the following routes:

- Between people who are in close contact with one another (within 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings or talks.
- Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.
- People who are infected but do not have symptoms can also spread the virus to others.
- Under certain circumstances (for example, when people are in enclosed spaces with poor ventilation), COVID-19 can sometimes be spread by airborne transmission.
- COVID-19 spreads less commonly through contact with contaminated surfaces.

## Everyone Should

- Wash your hands often
- Avoid close contact
- Cover your mouth and nose with a mask when around others
- Cover coughs and sneezes
- Clean and disinfect
- Monitor Your Health Daily

## Protect Your Health This Flu Season

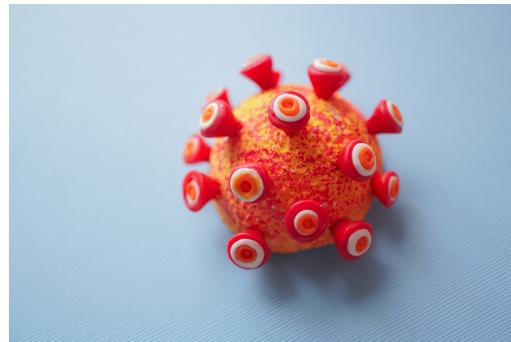
It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19 there are many important benefits, such as:

- Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
- Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

# COVID-19 VACCINE



## Who can get the vaccine now?



At first, vaccine will be available to people in these groups:

- Hospital-based front-line healthcare workers at highest risk for COVID-19 infection;
- Long-term care facility residents and staff (also includes Skilled Nursing Facilities, Assisted Living Homes, and Department of Corrections infirmaries providing care that is similar to assisted living);
- EMS/fire personnel providing emergency medical services;
- Community Health Aide/Practitioners (CHA/Ps); and
- Individuals who are required to perform vaccinations

### Total vaccine doses administered and reported to Alaska's VacTrAK immunization information system as of 12/28:

**12,478**

*COVID-19 Pfizer  
vaccinations given*

**793**

*COVID-19 Moderna  
vaccinations given*

**13,271**

*Total COVID-19  
vaccinations given*

General public questions may be directed to [covid19vaccine@alaska.gov](mailto:covid19vaccine@alaska.gov) or 1-907-646-3322

## ADRC Brown Bag Education Series

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



January 21st - Noon-12:40 p.m  
Liam Salter, South Central Foundation

February 9th- Noon-12:40 p.m  
Presenter and online link TBD

March 9th - Noon-12:40 p.m  
Presenter and online link TBD

Contact Karla Wright at (907) 343-7778 or email her at [karla.wright@anchorageak.gov](mailto:karla.wright@anchorageak.gov) to be placed on the Evite list

## Anchorage Senior Activity Center Presents Tech Hour with West High Key Club

1st & 3rd Wednesdays Monthly 4 PM to 5 PM

Your chance to ask questions about the internet, your smartphone, tablet and more.

- 1.Go to [www.highway61.co](http://www.highway61.co) at 4 PM on the day of the program
- 2.Enter your name, email & the code: 125645
- 3.Click Join
- 4.Allow mic access
- 5.Enter the room "ASAC Tech Hour"

If you have any questions or have trouble joining, please email [info@highway61.co](mailto:info@highway61.co)



**Virtual Event**

## Brain Olympics

Join host Patrick Curtis, ASAC Wellness & Programs Director, for games, puzzles and informative information about brain health and how to keep our brains active and exercising as we age!

**Wednesday, January 20, 2021 at 11 AM**

**OPEN TO EVERYONE**

Join us at [www.zoom.us/join](https://www.zoom.us/join) with Meeting ID 817-9858-6754  
Passcode is 846331

Or by calling long distance to (346) 248 7799 US (Houston) or (253) 215 8782 US (Tacoma)

Sponsored By:



ConocoPhillips



Alzheimer's  
Resource  
of Alaska  
Alaskans serving Alaskans since 1984.



Anchorage Senior Activity Center  
1300 E 19th Ave  
Anchorage AK 99501  
(907) 770-2000

<https://www.anchorgeseniorcenter.org/>

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# Low Income & Uninsured?



WE ARE HERE TO HELP!

APA is fully functioning to assist you during the COVID-19 health crisis. We can help you access donated medical and dental care and apply for health insurance.

BE SAFE | STAY HOME

If you're low-income and uninsured you've come to the right place. Over 115,000 Alaskans – nearly one in five of us – do not have health insurance. There's another reason not to feel alone: ANCHORAGE PROJECT ACCESS.

We do our best to help you with your medical and dental needs, we can also assist you with Medicaid and ACA insurance enrollment as well as other resources you may qualify for. When you or your family need help our door is always open.

Eligibility requirements are simple and straightforward. High-quality health care is provided by over 623 caring volunteer physicians and providers including hospitals, imaging centers, therapists, ancillary and other support services. This website is designed to provide the information – and the help – you need to find quality health care you or a loved one need but cannot afford.

At Anchorage Project Access we are here for one simple reason:  
**Connecting people to care.**

## Anchorage Project Access

2401 East 42nd Ave Ste 104  
Anchorage, Alaska 99508

Phone: 907-743-6600 Fax: 907-646-0542  
Email: [info@anchorageprojectaccess.org](mailto:info@anchorageprojectaccess.org)

<https://anchorageprojectaccess.org/>



## JANUARY IS NATIONAL EYE CARE MONTH

BE SURE TO GET YOUR EYE EXAM ONCE A YEAR.

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O N C E  
A Y E A R

SET UP AN APPOINTMENT WITH YOUR PROVIDER TODAY!

### WHY ARE EYE EXAMS ESSENTIAL FOR ELDERS?

As we age, eye exams become even more important. Vision problems may develop with no physical symptoms until they're quite advanced.

See your provider to screen for early stages in:

- Age-related macular degeneration (AMD)
- Glaucoma
- Cataracts
- Diabetic retinopathy
- Refractive errors

Scheduling an annual eye exam is a way to prevent injury and improve overall health in our Elders! Protect our Elders against potentially debilitating vision loss.



Everyone should remember to get eye exams regularly, but they are especially important for Elders. January is National Eye Care Month and a good time to recognize the importance of eye health.

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See your provider to screen for early stages in:  
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 Glaucoma  
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Protect our Elders against potentially debilitating vision loss.

<https://anthc.org/news/january-is-national-eye-care-month/>

# National Senior Independence Month

## 5 Technologies to Help Seniors Live Independently

Every person has a certain, innate desire to live autonomously and independently, and that desire does not lessen with age. Sometimes though, it takes a helping hand to make sure seniors can enjoy an active and independent lifestyle. Technology can be that helping hand.

Below are five must-have technologies for the elder in your life who deserves to enjoy a long and active life.

- **Tablet computers.**

Apple's iPad and Microsoft's Surface are both great tablets, designed for a variety of users with different levels of technological proficiency.

- **Home security systems.**

Motion detectors serve as an important part of a comprehensive home security solution, alerting residents if there's movement on the property after dark.

- **Health tracking gadgets.**

Many of these gadgets are wearable, such as the Fitbit series or the Nike+ devices. They allow the wearer to not only monitor their movement and physical activity throughout the day, but also to set goals for themselves.

- **Monitoring services.**

They provide a wealth of information for a long-distance caregiver, including data about movement patterns, medication usage and more.

- **Medication dispensing systems.**

Medication dispensing systems are automated assistants that have been stocked by caregivers or loved ones with several days' worth of medication at a time. The system can provide reminders when it's time to take a medication, and even notify caregivers if they're not being taken.



IT'S Red CROSS Month!

Every eight minutes, the American Red Cross brings help and hope to people in need, thanks to heroes like you. Whether you donate funds, donate blood or volunteer, we depend on your support to make a difference in communities across the country.

*"I request that during that month (March) our people rededicate themselves to the splendid aims and activities of the Red Cross."*

-President Franklin D. Roosevelt - first Presidential Proclamation of March as Red Cross Month, 1943

## Did You Know?

The American Red Cross is a charitable organization, not a government agency. It depends on volunteers and the generosity of people like you to perform our mission.

### More About Our Mission

An average of 90 cents of every dollar the American Red Cross spends is invested in delivering care and comfort to those in need.

### Where Your Money Goes

The American Red Cross of Alaska prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors throughout the state of Alaska.

### Learn more about Red Cross of Alaska

Anchorage Office 235 E. 8th Ave, Suite 200 Anchorage, AK 99501 (907) 646-5401

<https://www.redcross.org>



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 Service

Beginning 9/9/20 AnchorRIDES will provide grocery delivery to eligible customers.

**Click here for more!**



Starting Wednesday, September 9, 2020 people will be able to arrange 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.

[http://www.muni.org/Departments/transit/AnchorRides  
/Pages/GroceryDeliveryProgram.aspx](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)

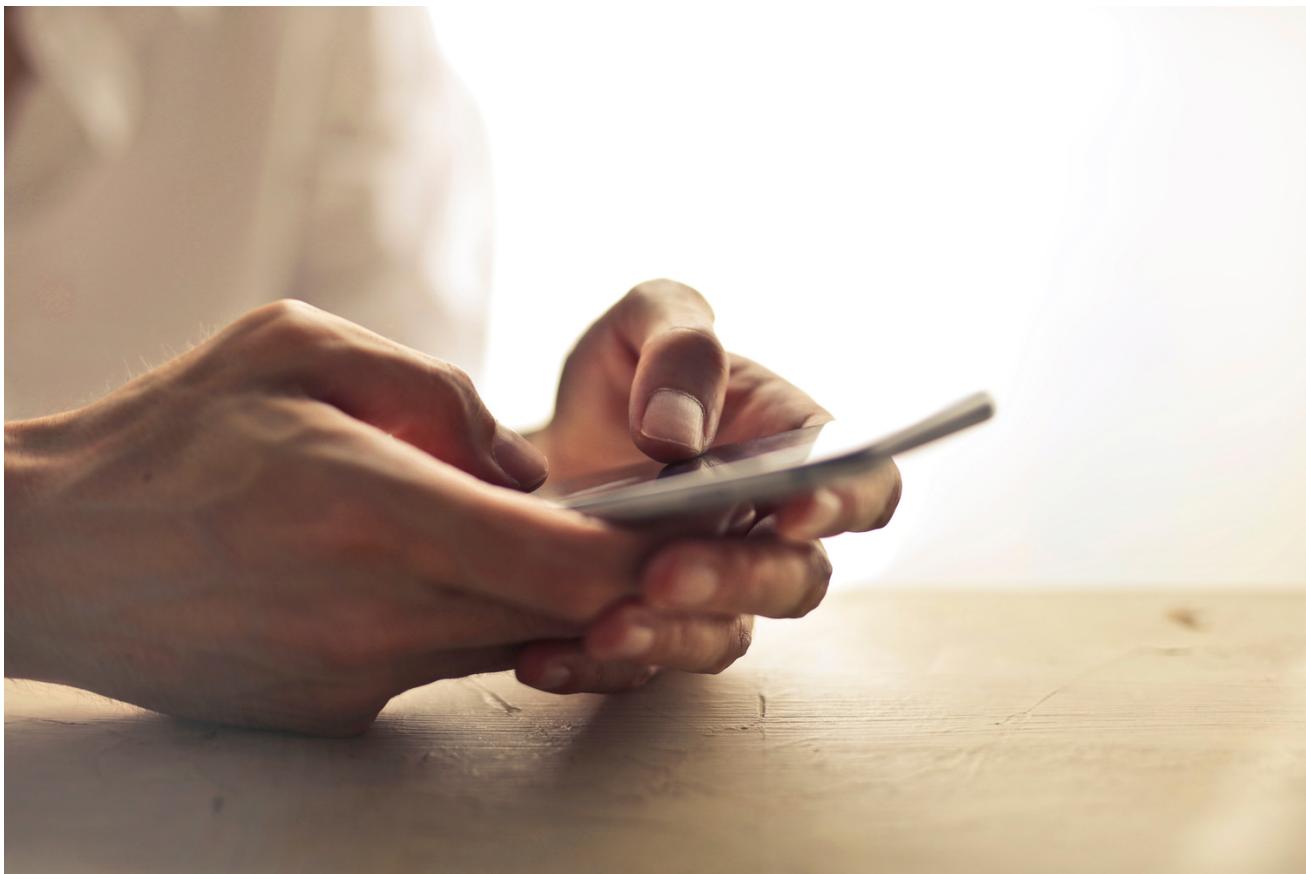
The Heating Assistance Program assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household's vendor, sent to the 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](http://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](mailto: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\*\*](#)

# AARP Friendly Voice Connecting People to People



**We may be isolated, but we don't have to be alone.**

Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times.

Trained AARP Friendly Voice volunteers will provide a call to say hello.

Request a call: Call us directly at 1-888-281-0145 and leave us your information and we will call you back

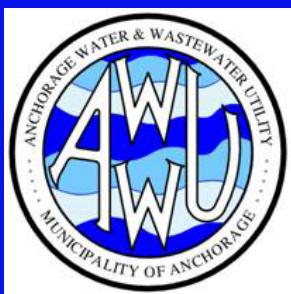
Llámanos directamente al 1-888-497-4108

If you are in crisis, please see our Helpline page for resources.

<https://aarpcommunityconnections.org/friendly-voices/>

# 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 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 for your help and  
contribution!!!**



Health Fairs & Affordable Blood Tests

Serving Alaskans since 1980

## Blood Draws Available by Appointment - [Please click here for Schedule](#)

AHF is considered an essential service by the State of Alaska and has a state-approved COVID-19 Mitigation Plan to ensure safety of clients, volunteers, and staff. The blood draws are offered by appointment to facilitate social distancing and other safety protocols. Same tests, same prices as at the health fairs. Per visit fee of \$10 applies to office draws only

Please call with any questions; (907) 278-0234 in South Central

<https://alaskahealthfair.org/>

# Caregiver Connection Program

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



**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**  
[www.alzalaska.org](http://www.alzalaska.org)

Alaskans serving Alaskans

**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
- Verbal and/or physical aggression
- Sleep issues
- Social isolation
- Resistance to care
- Sadness
- Repeated questions
- 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](http://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:** January 27, 2021 ~ February 24, 2021 ~ March 24, 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](mailto: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](http://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:

Maureen Haggblom  
Jasmine Rattanavong  
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!**

### Holidays Observed

New Years Day	January 1st
Martin Luther King Jr. Day	January 18th
President's Day	February 15th
Seward's Day	March 29th