

Alaska

# ADRC

Aging & Disability Resource Centers

1st Quarter 2022

January - March



BE A DONOR!

COVID-19  
VACCINES

PEDIATRIC  
RESOURCE CENTER  
OF ALASKA



## February 14, 2021

National Donor Day is celebrated every February 14th, on Valentine's Day, a day dedicated to showing your friends, family and neighbors how much they mean to you. We can't think of a better way to share the love than to raise awareness through conversation of the lifesaving benefits of organ, eye and tissue donation.

### Share the Love and Start the Conversation

Sometimes though starting the conversation can be difficult. It is important to discuss your heroic decision with your family as your decision will take priority over your family's preferences. Making the decision for yourself in advance makes it easier for your family during a very difficult time and is a compassionate way to share the love. Discussing donation with loved ones will help them be prepared to support your lifesaving decision to be an organ, eye and tissue donor.

Alaska state law allows you to make an anatomical gift upon your death. Your decision on the donor registry will assist donation programs to honor your gift. It's also important that you make your family aware of your decision.

*"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."  
~ Pericles*

Who has joined so far?

**558,942**

donors are registered in the Alaska Donor Registry and counting!

**79%**

of Alaskans have said "Yes!" to donation.

Life Alaska Donor Services is the sponsoring organization of the donor registry program in the State of Alaska and facilitates the donation process.

To learn more about Life Alaska Donor Services or to register with the Alaska Donor Registry, please visit Life Alaska at [www.lifealaska.org](http://www.lifealaska.org) or [www.alaskadonorregistry.org](http://www.alaskadonorregistry.org).

# COVID-19 VACCINE

## At Home Vaccine

Would you like to be vaccinated  
in the comfort of your home?

Make an appointment for our COVID-19  
vaccine team to come to you.

TO REGISTER VISIT:  
[ANCHORAGECOVIDVACCINE.ORG](https://ANCHORAGECOVIDVACCINE.ORG)  
OR CALL THE HELPLINE  
(907) 646-3322

A second dose will be offered to individuals who receive their first dose.  
Pfizer vaccines available for those 12+



FOR MORE INFORMATION VISIT:  
[muni.org/covid19](https://muni.org/covid19)

### Schedule your appointment

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

COVID helpline at 907-646-3322 for assistance.  
Hours are 9 a.m. - 6:30 p.m. on weekdays, and  
9 a.m. - 4:30 p.m. on weekends.  
Email [covid19vaccine@alaska.gov](mailto:covid19vaccine@alaska.gov)

[covidvax.alaska.gov](https://covidvax.alaska.gov)

## Feature

### Get Your COVID-19 Vaccine At a Pharmacy Near You!



- Carrs
- Costco
- CVS (Target)
- Fred Meyer
- Walgreens
- Walmart

Stop in today! There are Covid-19 vaccines at your  
convenience. Pharmacies across Anchorage offer the  
vaccine so there's sure to be one near you.

Walk-in or register at your local [Carrs](#), [Walgreens](#) or  
[Target](#).

Find an appointment in advance for [Fred Meyer](#), [Costco](#)  
(Dimond & Debarr) or [Walmart](#) on their websites.

You do not need to return to the same location for your  
second dose of a 2-dose series.

### AnchorRIDES Vaccination Appointments



If you're 60 or older and need assistance getting to  
your vaccination appointment, AnchorRIDES can help.



Schedule your vaccination appointment **FIRST**,  
at least 2-7 days in advance.



Call AnchorRIDES immediately **AFTER** your  
vaccination appointment is confirmed.



# Well Haven Occupational Therapy



**Well Haven offers occupational therapy and aging-in-place services for people throughout Alaska with in-home and virtual telehealth visits.**

Our mission is to create safe, long-term solutions for older Alaskans and their caregivers through rehabilitation, education and access to home modification resources.

**OT addresses lifestyle decline due to:**

- Falls
- Injury or surgery
- Chronic diseases such as CHF
- Neurological conditions such as stroke, brain injury, or Parkinson's
- Arthritis
- Low vision
- Chronic pain
- Dementia
- Cancer
- Age-related illness



## Aging in Place

- Home safety assessments and recommendations for an elder-friendly environment
- DME (durable medical equipment) or adaptive equipment recommendations
- Resources for funding of home modifications and/or equipment needs



## Caregiver Support

- Provide dementia education
- Reduce caregiver burnout
- Improve loved one's abilities to complete self care activities
- Tools to address challenging behaviors



## OT at Home

- Evaluate and treat a variety of diagnoses that interfere with daily life and work
- Maximize quality of life and independence with self-care and beloved activities
- Collaboration with your health care team — physicians, nurses, community clinics, etc.

<https://www.well-haven.com/>

Call 907-202-8448

## ADRC Brown Bag Education Series

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



The virtual presentation will be held from 12pm-1pm on the 2nd Tuesday of each month.  
Note: January's Brown Bag has been canceled.

Whether you are working remotely or from the office, grab your lunch and join us! We look forward to seeing you!

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

### Are you a Care Coordinator in the Municipality of Anchorage?



Email the Anchorage ADRC at [ADRC@Muni.org](mailto:ADRC@Muni.org) if you are accepting new clients to be included on a list that is provided to the public who are seeking Care Coordinator services in Anchorage.



#### Free Tax Information

Monday through Friday, from 8 am – 5 pm  
Call: 866-227-7447



The 2022 tax season is fast approaching!

**AARP Alaska and Tax Aide volunteer experts are standing by to help.**

#### Wednesday, Jan 19, 2022 at 5:30 p.m. Alaskan Time

This presentation will focus on: What is a tax household? Who are my dependents?  
When do dependents need to file their own tax return and how?

[Register here](#)

#### Wednesday, Feb 16, 2022 at 5:30 p.m. Alaskan Time

This presentation will focus on: Tax law changes for 2021

[Register here](#)

#### Wednesday, Mar 16, 2022 at 5:30 p.m. Alaskan Time

This presentation will focus on: Your retirement investments and your taxes  
How does withdrawal from retirement savings to help family impact your taxes?

[Register here](#)

SPREADING

# Christmas Cheer

Seniors get nice surprise as they wake up on Christmas Eve thanks to Anchorage meal program  
[Click here for the KTUU story.](#)

First, I'd like to acknowledge [Erickson Unlimited](#) and [Anchorage Rotary South](#) for raising \$4760.00. The money donated was used to purchase \$20.00 gift cards for every Chugach Manor and View household.

[United Way](#) provided a total of 168 meals. Thank you, [Peppercini Deli](#), for preparing the meals. Peppercini Deli provided excellently quality meals. The residents were delighted when they found out Peppercini Deli had prepared their meals.

Many thanks to the Volunteers! The volunteers delivered breakfast and lunch at 8:30 am. Then, another set of volunteers returned to give a hot Christmas dinner in the afternoon.

## Morning Crew

Rich Dyson – [Rotary East](#)  
 Frank Cahill – Rotary East  
 Lauren – Community Member  
 Lynn Glover – Community Member – Interviewee  
 Tina and Scott Stair – [C3 Anchorage Church/Rotary – Gateway](#)  
 Maureen Renzell – C3 Anchorage Church/Rotary – Gateway



## Afternoon Crew

Eda Lee Ahmaogak – Community Member  
 Shayne Wright – Community Member  
 Greg and Ronnie Rochon  
 (Greg volunteers as a community member but is also an AHFC employee!)  
 Tab Key III – Community Member  
 Stan Wright – Community Member  
 Aaliyah Roswell – Community Member  
 Kenyon Ahmaogak – Community Member  
 Sentha Wright – Community Member



*Thank you for  
your service!*



**Rose Ebue**  
 Service Coordinator, Public Housing  
 1281 E. 19th Avenue | Anchorage, Alaska 99501  
 Direct: 907-330-6154 | Fax: 907-274-2836 | [ahfc.us](#)



**Celebrating 50 Years of  
Opening Doors for Alaskans.**



# Pediatric Resource Center of Alaska



## Who Are We?

Pediatric Resource Center of Alaska is a nonprofit 501(c)(3) organization offering statewide **Applied Behavior Analysis** services for children on the Autism Spectrum and their families.

We are now taking applications for our new  
**ABA Clinic Program in Anchorage!**



## Apply Now!

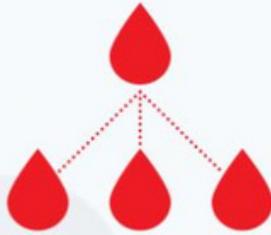
To fill out an intake packet you can visit our website at [PRCAAlaska.org](http://PRCAAlaska.org) and click the Applied Behavior Analysis tab or follow the attached link.

Fax: 907-308-6744  
Email: [Admin@PRCAAlaska.org](mailto:Admin@PRCAAlaska.org)  
Phone: 907-414-9554

## JANUARY IS NATIONAL BLOOD DONOR MONTH



**1 DONATION** CAN SAVE 3 LIVES



**1 IN 3 ALASKANS** WILL NEED BLOOD IN THEIR LIFETIME



**1 IN 7 HOSPITAL PATIENTS** NEED BLOOD PRODUCTS DURING TREATMENT



**2%**

percent of Alaskans donate blood annually

**1 in 7**

hospital patients need blood

**1 HOUR**

is the average time it takes to save a life

### Anchorage Hours & Locations



**1215 Airport Heights**  
Anchorage, AK 99508

**(907) 222-5600**

Main Center: (907) 222-5600 Appointment Line: (907) 222-5630

(Call 222-5630 for Apheresis appointment)

**HOURS:** Monday to Friday 8 a.m. to 6 p.m., Saturday 9 a.m. to 5 p.m. Sunday: Closed.



**8920 Old Seward Hwy,**  
Suite C Anchorage, AK 99515

**(907) 222-5630**

**HOURS:** Tuesday to Friday 9 a.m. to 5 p.m.

Saturday 8 a.m. to 4 p.m. (Closed: Sunday, Monday)



**February is National Senior Independence Month and, therefore, the perfect opportunity to learn more about how you can help your senior loved ones to retain their independence for longer. Here are four tips to remember going forward.**

### **Make Their Home More Mobility-Friendly**

Along with ensuring that the already existing aspects of the home that allow for safer mobility are in good working condition (such as the stair railing), you can also invest in a few new upgrades along the way. These might include stair lifts, grab bars in the bathroom, and perhaps even a shower chair to help prevent slips and falls.

### **Get Rid of Clutter**

Too much clutter in the home can lead to unsafe conditions that could increase the chances of your loved one injuring themselves.

### **Assist Them to Embrace Technology**

If it is not possible for you to check in on your senior loved one every day, technology in the form of a smartphone or a tablet could work wonders in terms of giving you peace of mind that they are still coping just fine. Set a specific time each day that you call or video call and stick to it. That way, if you do not hear from them by the allocated time, you will know that there may be an emergency that needs attending to.

### **Consider a Home Health Aide**

When it comes to successfully ‘aging in place’ nothing beats enlisting the services of a home health aide. This specialist will not only be responsible for caring for your loved one, but also for helping them with everyday tasks such as meal preparation and housekeeping. The great news is that there are numerous agencies out there focused on providing professional home health care for maximum peace of mind.



**Special Olympics**  
Alaska

Special Olympics strives to create a better world by fostering the acceptance and inclusion of all people.

## Athletes are the heart of Special Olympics Alaska

Our athletes are children and adults with intellectual and developmental disabilities from across the Alaska. As part of our community they find success, joy and friendship. As athletes they realize abilities, not disabilities, becoming confident and empowered by their accomplishments.

**Special Olympics Alaska**

**2022 WINTER GAMES**

**CHEER ON THE ATHLETES!**

**March 11-13**

**ANCHORAGE, AK**  
ALPINE SKIING, SNOWBOARDING, XC SKIING,  
SNOWSHOEING, FLOOR HOCKEY

Join us for the 2022 Special Olympics Alaska Winter Games!  
Come cheer on the athletes or sign up to volunteer!  
Volunteer Hotline: 907-222-7625 ext. 608 or  
volunteer@specialolympicsalaska.org

<https://specialolympicsalaska.org/events/winter-games/>



## Improve Memory and Mental Health

Here are a few brain games you can play with your elderly relatives or loved ones to help keep their brains active. Each brain training activity or game is a fun and effective way to improve overall mental health for all ages, particularly older adults.

### Keep the hands and mind busy with arts & crafts

Arts and crafts are one of the best activities for the elderly to participate in as not only does it encourage the use of the mind, but it keeps the hands busy too. Using their hands helps to maintain dexterity, and being able to explore their creative side helps with the use of the imagination. Your elderly loved one might like this activity simply because they enjoy being creative, or perhaps they want to create a gift for family and friends. Consider trying these easy arts and crafts at home:

- Greeting cards
- Drawing
- Beaded bracelets
- Painting
- Knitting
- Scrapbook

### Online games

The internet provides a vast amount of resources for online games for the elderly. Just be sure you read any online reviews or try the games yourself first, as sometimes it can lead to frustration if the game is too challenging. Above all, ensure the games are fun and enjoyable. If the games are too difficult your loved one may become disinterested.

You don't need to be an experienced computer user to enjoy online games; they are easy to access and quick to find. Plenty of online games provide multi-player mode, so if you would like to keep this a sociable activity you can play too! You might like to take a look at the following online games:

- [Sharp Brains](#)
- [Brain Trainer](#)
- [TriviaPlaza](#)
- [Daily Word Search](#)
- [Memozor](#)
- [The Jigsaw Puzzles](#)

### Games for those living with dementia

It has been said that keeping the brain stimulated through games can help slow the progression of dementia. There are certain board games targeted at those living with dementia. Perhaps you might like to try the following games if your loved one receives a dementia diagnosis:

- Aerobics for the Mind: this can be used in both early and middle stage dementia
- Call to Mind: this game is specifically aimed at understanding how your loved one thinks and to understand what they like and don't like
- Marble Mazes: perfect for mental stimulation
- TOOLBOX365: boosts brain power! Just roll the dice, pick a card, and get started.





• *Alaska Mental Health Consumer Web* •

We offer **HOPE** with **No Red Tape** and **No Strings Attached**.

The Web is recovery-based and serves many people, including those with mental health issues and/or drug and alcohol abuse who are often homeless. The Web currently has 2,400 members and is visited over 20,000 times annually for services such as computer access, support for substance abuse recovery, peer mentoring, support groups volunteer opportunities, community involvement, recreation, education and more!

The Web's Peer staff facilitate weekly support groups to offer participants the connection to others in recovery in a safe & supportive environment. Groups offer individuals an opportunity to offer and receive support, feedback, along with connections to others to offer hope, inspiration, encouragement, and sometimes suggestions. Participating in the support group offers individuals the opportunity to find their voice, and the ability to relate to others in healthier ways. Below are the current groups, please click on the [Calendar](#) page to see the group schedules.

**Women's Support Group: Weekly a Peer Mentor facilitates a group focused on women and their specific needs and support to promote personal growth and recovery in a safe and supportive environment.**

**W.R.A.P: WRAP groups are facilitated weekly for participants to learn and hone skills for recovery and illness self-management.**

**Mind Body & Spirit: This group meets weekly to support participants in their life's individual journey.**

**Art Expression Group: Weekly a Peer mentor leads the workshop to help enrich the lives of those who have an artistic gift. Share, learn or practice a variety of art forms, traditional carving, painting, sketching, beading, crochet and more.**

**Monday-Friday 8:30-5:00 • Saturday 10:00-4:00 • Closed Sunday.  
1248 Gambell • Anchorage, Alaska 99501 • (907) 222-2980**



## 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!

<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>



### Mind Aerobics

For Alaskans worried about memory loss.  
12-week session, meeting twice a week for 1 hour.

**Full-brain workout designed to help people who have concerns about their memory and want to keep their mind sharp.**

This full-brain workout is designed to help people strengthen and maintain the best brain function possible, especially targeting Alzheimer's disease and dementia.

This 12-week class focuses on exercising the six major cognitive areas of the brain:

- Memory
- Concentration
- Processing Speed
- Visual-Spatial Acuity
- Language
- Problem Solving

**Screening, Pre-registration & FEE required (Scholarships available)**  
Register with: Ken Helander 907-561-3313 or [khelander@alzalaska.org](mailto:khelander@alzalaska.org)



## 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.

[Application for Heating Assistance](#)

# 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!!!**



## 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](mailto: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](http://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](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

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
- Assist and provide programs that alert elderly persons of the resources and services available to them

Meetings are held monthly on the fourth Wednesday from 10:00 am-Noon unless so indicated. In person meetings may be temporarily suspended due to the pandemic.

Location: In Person – Anchorage Senior Activity Center, 1300 E. 19th Ave.  
Virtual - Zoom or Microsoft Team

Dates: Wednesday, January 26, 2022  
Wednesday, February 23, 2022  
Wednesday, March 23, 2022

Members of the Public are Welcome

If you would like to receive a link to the virtual meeting or have other questions, contact Judy Atkins at 907-343-6590 or email [Judith.atkins@anchorageak.gov](mailto:Judith.atkins@anchorageak.gov)





**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 5:00 PM  
Closed for Lunch 12:00 PM to 1:00 PM

**Staff:**  
Maureen Haggblom  
Jasmine Rattanavong  
Karla Wright  
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**  
Martin Luther King Jr. Day      Monday, January 17th  
Presidents Day                      Monday, February 21st  
Seward's Day                          Monday, March 28th