

Alaska

ADRC

Aging & Disability Resource Centers

4th Quarter 2021

October - December



**BONES AND
JOINTS**

**COVID-19
VACCINES**

**HOSPICE OF
ANCHORAGE**

Bone and Joint Health Action Week

OCTOBER 12TH TO 20TH

Bone and Joint Action Week is held annually October 12-20 with activities focused on disorders including arthritis, back pain, trauma, pediatric conditions, and osteoporosis. The themes and their related activities are designed to raise awareness worldwide about prevention, disease management and treatment. You will find activities to do and ways to become better informed below.

- More than half the American population over the age of 18 - 54 percent - are affected by musculoskeletal (bone and joint) conditions, according to The Burden of Musculoskeletal Conditions in the United States.(1)
- One in three (33%) people over the age of 18 required medical care for a musculoskeletal condition in each of the years 2009 to 2011, a 19% increase over the last decade.(2)
- Bone and joint conditions are the most common cause of severe long-term pain and physical disability worldwide affecting hundreds of millions of people.(3)
- Musculoskeletal conditions include back pain, arthritis, traumatic injuries, osteoporosis, spinal deformity, and childhood conditions.
- The global prevalence of musculoskeletal conditions is predicted to increase greatly due to increasing life expectancy and changes in risk factors unless new treatments and preventive measures are found.
- Musculoskeletal conditions can lead to significant disability plus diminished productivity and quality of life. Treatment and lost wage costs associated with musculoskeletal diseases in the U.S. alone was estimated at \$874 billion in 2009 to 2011 - equal to 5.73 percent of gross domestic product (GDP).(2)
- Research funding is currently less than 2 percent of the National Institutes of Health annual budget, and continues to decline each year despite the high costs associated with injuries, arthritis, and back pain.
- Since 2011, when "Baby Boomers" became beneficiaries of Medicare, the economic and societal cost of bone and joint health escalated and is expected to continue for decades.

Now is the time to raise awareness - and the reason for Bone and Joint Action Week.

There are five special days during Action Week.

- October 12 - World Arthritis Day
- October 16 - World Spine Day
- October 17 - World Trauma Day
- October 19 - World Pediatric Bone and Joint (PB&J) Day
- October 20 - World Osteoporosis Day



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
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

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

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.



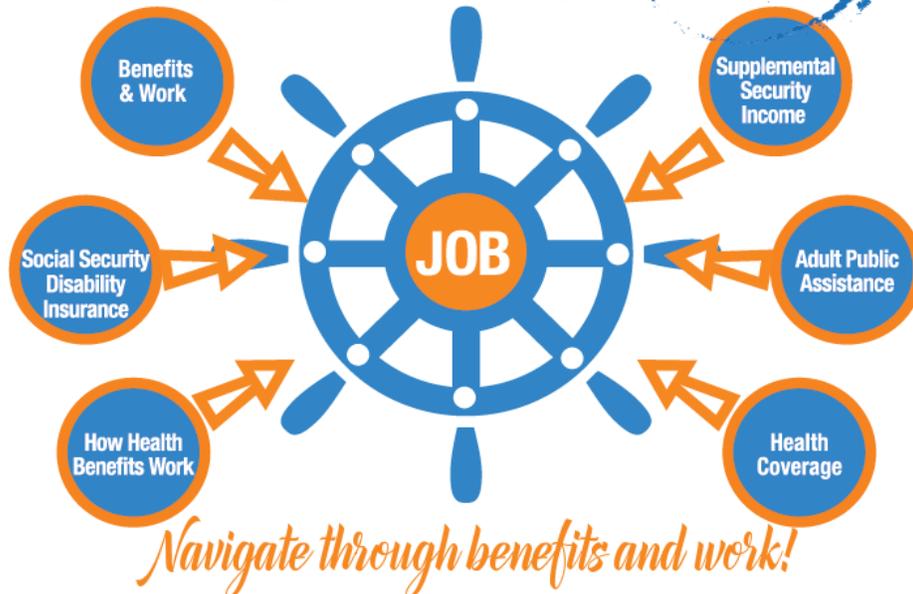
Call AnchorRIDES immediately **AFTER** your
vaccination appointment is confirmed.



<http://dhss.alaska.gov/gcdse/Pages/db101.aspx>

Disability Benefits 101

working with a disability in Alaska



ak.db101.org

[Basic Navigational Video](#)

Alaska Disability Benefits 101 website as well as the resources page assist users in best utilizing this new tool. Presenters: Kristin Vandagriff (GCDSE Planner), and Larrisa Cummings Alaska WIPA Project.

[Roll Out Training Part 1:](#)

Introduction to Navigating Work Incentives and Benefits – PowerPoint Presentation

An introduction to navigating through benefits and work to lay a foundation with which to discuss the DB101 website's many interactive features.

- [Navigating Work Incentives](#)

[Roll Out Training Part 2:](#)

Benefits and Work Calculator – Frank's Story With Case Student Immersion

'Frank' Case study immersion to better understand how to utilize the Alaska Disability Benefits 101 Benefits and Work Calculator Tool.

- [Detailed information for the Frank case student immersion exercise](#)

[Roll Out Training Part 3:](#)

Discussion of Four Articles and Interactive Tools

Presenter: Byron MacDonald, World Institute on Disability (WID) discusses:

- Supplemental Security Income (SSI) and Adult Public Assistance (APA)
- Social Security Disability Insurance (SSDI)
- Finding the right health coverage for you and how health benefits work
- Interactive tools which can be accessed quickly from the Interactive Article Tools Quick Reference Guide
- Expert help menu resources
- How to create benefits and work binder

Resources

- [Binder](#)

ADRC Brown Bag Education Series

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



October 12th - Noon-1 p.m.

Rebecca Guyer, Program & Agency Relations Lead, Food Bank of Alaska

November 9th- Noon-1 p.m.

Emily Bly, Occupational therapist/Owner of Well Haven, LLC

December 14th - Noon-1 p.m.

To be announced

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

BLOOD TESTS

Prices start at \$20

Make an appointment:
www.AlaskaHealthFair.org
 Anchorage (907) 278-0234
 Fairbanks (907) 374-6853

CMP, CBC, Lipids, A1C, Vit B12,
 Vit D2/D3, TSH, PSA, and more.




Alaska Health Fair INC
 nonprofit serving Alaskans since 1980

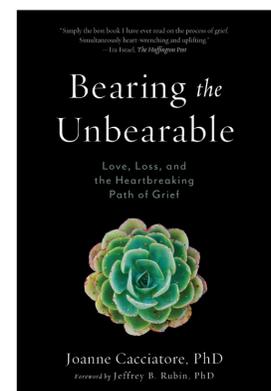
Stay on Top of Your Numbers!
 Affordable blood tests in a safe setting, by appointment only.
 Nonprofit, Serving Alaskans Since 1980.
 Follow the link to make an appointment:
[Health Fairs & Affordable Blood Tests](#)

Grief Group

6 Week Virtual Group
Thursdays from 12-1pm
Starting October 7th

Join with us for support around a death loss. We will be providing *Bearing the Unbearable* by Joanne Cacciatore to all group members.

Call us at 561-5322 to get connected with our facilitators




Hospice of Anchorage
 A caring community of help, hope and comfort.



Hospice of Anchorage is your community resource for navigating a serious illness

Hospice of Anchorage is a Volunteer Hospice comprised of a team of

Volunteers

Nurses

Social Service Coordinators

Bereavement Coordinators

This passionate team helps individuals and their loved ones navigate a serious illness and cope with loss and grief



Our care may be a one-time visit, periodic contact, or may grow into an ongoing relationship lasting weeks or months. We offer people with a serious illness the opportunity to live fully. We help family members and other loved ones cope with the effects and challenges of illness.



For those seeking information about caregiving, dementia, or a serious illness, our Resource Center has hundreds of books, information on advance directives, and a dementia care section. Our Loan Closet is stocked with durable medical equipment such as walkers, shower chairs, incontinence supplies, and more to help Alaskans retain as much of their independence as possible.



All goods and services are provided at no cost.

Founded in 1980, Hospice of Anchorage is a nonprofit, 501(c)(3) organization and a partner agency of the United Way of Anchorage.

We need your involvement

We are able provide services free of charge because of contributions from people like you. We are a 501c3 non-profit dedicated to helping those in our community.

Ready to make a difference in your community? Volunteer with Hospice of Anchorage.

We have resources! Are you in need of items to help make life easier? We have a lending closet full of items to help Alaskans live safely at home. All items are free of charge.

907-561-5322 info@hospiceofanchorage.org
2612 E Northern Lights Blvd Anchorage, AK 99508



A caring community of help, hope and comfort.



Physicians and health care providers keep medical records to better understand a patient's prior care and to help inform their decision for treatment plans. Developing your own system for organizing medical information, or creating a personal health record (PHR), will help you stay on top of doctor's visits, medications, and insurance claims.

How to Organize Your Medical Information in 5 Easy Steps

Step 1: Locate and keep copies of medical records.

Step 2: Organize medical history and current health information categorically and chronologically.

Your current and past health information may include the following categories:

- Doctor office visit information (date, doctor name, and notes)
- Dates and results of tests, procedures or health screenings
- Information about any major illnesses, surgeries, or hospital visits
- A history of any counseling received
- Hearing, vision, and dental records
- History of childbirth
- Immunizations records
- Cancer screenings, including Pap tests, mammograms, colonoscopy, and PSA (prostate-specific antigen) tests
- Information that is needed in an emergency (e.g., a pacemaker, stent or hearing and vision problems)
- A list of long-term (chronic) health problems, such as arthritis, asthma, diabetes, or high blood pressure.
- A list of allergies, including drug or food allergies
- Family history of disease
- Medicines taken in the past and present, including any side effects (see step 3)

Step 3: List all current and past medications and prescriptions.

Step 4: Keep track of billing and insurance documents.

Step 5: Create a list of important contacts.



National Family Caregiver Month Honors Those Who Receive Very Little Recognition

National Caregiver Month aims to raise awareness and ease caregivers’ burdens, and advancing technology is just one way to improve the lives of both caregivers and their loved ones because there is a useful tool for almost every unique caregiving situation. Some tools are [simple apps](#) that can be downloaded onto a smartphone, while other tools transform an entire house into a security network to help protect seniors or others from danger. Easing the burden for caregivers will improve the overall quality of care while allowing them much-needed respite from what normally requires full attention.

Here are some resources to share to help recognize caregivers everywhere for the important work they do:

- [5 Simple Ways to Thank a Caregiver](#)
- A new [online quiz](#) to help identify if you are a caregiver.
- If you or a caregiver you know needs support, a caregiver support group is imperative for the health and wellbeing of the caregiver.



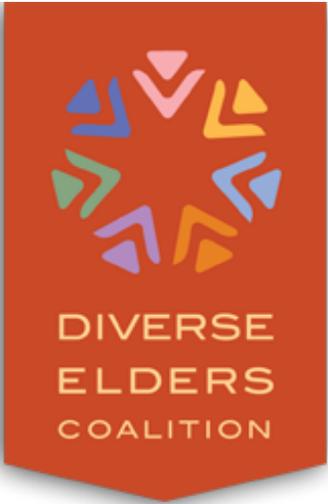
If you are a caregiver, or you know someone who is, please be a part of this important campaign. Visit aarp.org/caregiving for more tools and resources. And hug a caregiver today.



Caring for Those Who Care

Addressing Unmet Family Caregiving Needs in Diverse Communities

This groundbreaking new training curriculum for healthcare and social services providers will identify and address caregiving challenges faced by communities of color, LGBT communities, and American Indian/Alaska Native communities and offer tips and tools for providers looking to better serve diverse family caregivers and older adults.

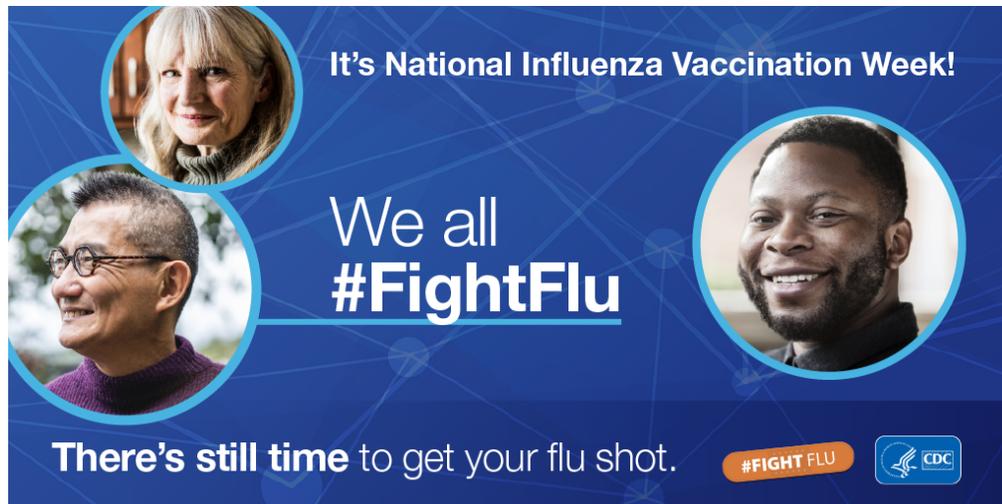


Family Caregiving for Diverse Elders Resource Hub

Free online trainings are available for the following communities:

- African American Caregivers
- American Indian and Alaska Native Caregivers
- Asian American Caregivers
- Hispanic Caregivers
- LGBT Caregivers
- Southeast Asian American Caregivers

<https://www.diverseelders.org/caregiving/>



DECEMBER 5 - 11, 2021

The National Influenza Vaccination Week (NIVW) is a national awareness week focused on highlighting the importance of influenza vaccination.

CDC recommends annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine (IIV, RIV4, or LAIV4) with no preference expressed for any one vaccine over another.

<https://www.cdc.gov/flu/resource-center/nivw/index.htm>

According to the Centers for Disease Control and Prevention (CDC), the flu affects between 3 and 11 percent Trusted Source of the U.S. population each year.

Flu symptoms often include:

- coughing
- fever (not everyone with flu will have a fever)
- headache
- muscle or body aches
- sore throat
- runny or stuffed-up nose
- fatigue
- vomiting and diarrhea (more common in children than adults)

The symptoms that come with the flu can keep you bedridden for a week or more. An annual flu vaccine is the best way to help protect you against flu.

The CDC believes that flu viruses and the virus that causes COVID-19 will both be spreading during fall and winter. The symptoms of flu have major overlap with symptoms of COVID-19, so the flu vaccine will be more important than ever.

<https://www.healthline.com/health/flu/importance-of-flu-shot>

Are you a Care Coordinator in the Municipality of Anchorage?



Email the Anchorage ADRC at 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.



SNAP Benefits for Older Adults Are Increasing

The U.S. Department of Agriculture (USDA) has announced a change to the way food costs are calculated. This change is part of a reevaluation of the Thrifty Food Plan (TFP), which was mandated by Congress in the 2018 Farm Bill. Beginning October 1, 2021, households who get SNAP will see an average 25% increase in their monthly SNAP benefits.

Learn more, click [here](#)

Go to National Council on Aging's [BenefitsCheckUp.org](https://www.benefitscheckup.org) to find out if you qualify and get the resources you need to start your application.



Compassionate Companion Training



Want to become a Compassionate Companion? Hospice of Anchorage's next training is Friday, October 15th from 5:30 to 8:30pm and continues Sunday, October 17th from 1:00 to 4:00pm for a total of six hours, plus self-study and quizzes. This training will take place online via Zoom. Please call (907) 561-5322 or email info@hospiceofanchorage.org with any questions about signing up. This training only happens twice a year.

Come find your best Medicare deal with help from Alaska's Medicare experts



When: October 27, 2021, 5:30 – 7p.m.
Where: Zoom Online Training
Register online by clicking this [LINK](#)

Grief Support Groups in Anchorage

A support group can give you comfort, as you connect with others who have also lost a loved one. When you meet others with a shared experience, you may find relief knowing that you're not alone in your grief.

Providence Hospice

Providence Hospice offers a variety of grief support groups. Facilitated by grief counselors, each group maintains a safe and confidential atmosphere to promote peer support, learning about grief and sharing with others who have experienced a loss. Some groups have specific beginning and end dates. For more information: 907-212-4400.

Hospice of Anchorage

Hospice of Anchorage offers grief groups based on the book *Bearing the Unbearable* by Joan Cacciatore. Groups last eight weeks and are offered several times throughout the year. For more information: 907-561-5322 or Lillian@hospiceofanchorage.org

Pregnancy, Infant and Child Loss Parent Support Group

Pregnancy, Infant and Child Loss Parent Support Group is an open discussion group, sponsored by The TEARS Foundation and the Center for Child Loss. The group meets on the third Wednesday of each month, and any bereaved parent is welcome. For more information: www.thetearsfoundation.org or contact Kim Hatt at 907-529-4289.

Anchored in Hope

Anchored in Hope is a ministry of Anchorage Baptist Temple for women who have suffered the loss of a child during pregnancy or infancy. They meet weekly on Thursdays 7-9 p.m. Quarterly couples meet-ups provide opportunities for dads to connect. For more information: anchoredabt@gmail.com.

Survivors of Suicide

Survivors of Suicide groups, led by Alaska Police and Fire Chaplains' Ministries, are designed to support the family and friends of those who have died by suicide, helping them to find relief and understanding, to integrate this loss into their life, and to move forward. First and third Tuesdays of each month, 7-9 p.m., call before first visit. For more information: www.alaskachaplain.org or 907-272-3100.

Veterans' Journey through Grief and Loss

Veterans' Journey through Grief and Loss is an ongoing open support group that meets on the fourth Tuesday of each month from 3:30-5:00 p.m. at the VA Behavioral Health building. Open to veterans and spouses. No referral is needed. For more information: 907-257-4854.





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 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>



**Alzheimer's
Resource
of Alaska**

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



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 beginning on October 1. You can also contact the Heating Assistance Office at 1-800-470-3058 or 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



WHAT CAN YOU DO ON HIGHWAY61?



Join live chats
(audio, real time)



Participate in our
forum



Meet new friends



Play games



Learn

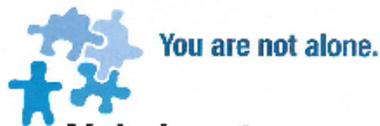
Caregiver Connection Program

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

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
Alzheimer's Resource of Alaska



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, October 27, 2021
Wednesday, November 17, 2021
Wednesday, December 15, 2021
Wednesday, January 26, 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





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

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
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!

Holiday Observed	
Veterans' Day	November 11th
Thanksgiving Day	November 25th
Day after Thanksgiving	November 26th
Christmas Day	December 24th
New Years Eve	December 31st