

### May is Older Americans Month

Mark your calendars NOW to celebrate Older Americans Month in May! The Kick Off Event, sponsored by the Senior Citizens Advisory Commission, is Wednesday, May 3, 2017 from 10:30AM-12:30PM at the Anchorage Senior Activity Center. **Contact David Levy at (907) 343-4763** regarding sponsorship opportunities, door prize donations or to volunteer. This year's theme is: **AGE OUT LOUD**, which shines a light on the many important trends affecting older Americans-working longer, trying new things, engaging in their communities.



### DEADLINE EXTENDED for the Ron Hammett Award nominees

Outstanding service to seniors and their families in the Anchorage area will be recognized with the nominations for the Ron Hammett Award, honoring former commission member Ron Hammett. **Deadline for submissions is April 10, 2017.** For more information on the Ron Hammett Award with criteria and entry form contact David at (907) 343-4763 or **check out the website at <https://www.muni.org/Departments/health/PHIP/pages/seniorcitizensadvisorycommission.aspx>**

### Senior Citizens Advisory Commission (SCAC) Survey



The SCAC is asking for your help to measure the issues and concerns of Anchorage seniors. In understanding the needs of seniors it will help the Commission focus its policy concerns for the future. This survey should take only five minutes and you can fill it out online - <https://www.surveymonkey.com/r/anchorageSeniorsurvey> or as a hard copy is available on the SCAC webpage below.

Deadline for completing the senior survey is April 21 at noon. Survey results will be released at the 2017 Older American Month Kick Off Event at the Anchorage Senior Activity Center on May 3<sup>rd</sup>.

For more information on the SCAC, please check out the website at <https://www.muni.org/Departments/health/PHIP/pages/seniorcitizensadvisorycommission.aspx>

### ADRC Anchorage Pre-Screening Program

**We would like to welcome Hazel Lovitt as the newest ADRC prescreener to the Anchorage office. She is working as a contractor for the Matsu LINKS program.**

The Anchorage and Matsu ADRC are working together to bring the ADRC pre-screen program to Anchorage. The ADRC prescreening project is to improve access and outcome for individuals seeking long-term services and supports. The process begins when an individual contacts the Aging and Disability Resource Center (ADRC) or another provider when seeking long term care options. The ADRC provides a short pre-screening application that will ensure that the individual receives information and referral services and options counseling; provides short term crisis support to prevent institutionalization, and assists in planning for future needs. The ADRC prescreening project is specifically designed to work with clients to assist them in navigating the service delivery system so that they are able to make informed choices about their care. For more information, check out the ADRC prescreen link at <http://dhss.alaska.gov/dsds/Pages/adrc/ADRCfirst.aspx> Or 1-855-565-2017



*This project is sponsored by the Alaska Department of Health and Social Services and the Municipality of Anchorage Department of Health and Human Services.*

### ADRC Brown Bag Education Series - Second Tuesday of the Month



You are invited to attend the **FREE Brown Bag** monthly educational presentations for 2017, **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.

**April 11: Guest Speaker— Bonnie Lucas**

**Alaska Center for Blind Adults**



### ADRC's Utility Assistance Program



Thank you **Chugach Electric Association** and **AWWU Coins Can Count** for your support of the ADRC's utility assistance program. The program provides utility assistance to members who need help paying their utility bills. For more information on the Emergency Outreach Program, including eligibility requirements, please contact the **ESG Utility Hotline at (907) 343-4750** or a Resource Specialist at (907) 343-7770.

### 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). **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, April 18, 2017 from 10:30-Noon at 825 L St., 4th floor conference room.

The **Senior Citizens Advisory Commission Meeting** is Wednesday, April 26, 2017 from 10:00am-12:00pm at the Anchorage Senior Activity Center, 1300 E. 19th Ave.

### Alaska VA Women Veterans Spring Event—April 29, 2017

10:00am-3:00pm at 1201 N. Muldoon Road. Enjoy seminars, classes and demonstrations regarding mental and physical health, recreation, life skills and more. Registration is encouraged but not required; no entry charge, lunch will be provided. For Registration contact 907-257-4737 or [laura.mckenzie@va.gov](mailto:laura.mckenzie@va.gov).

### Anchorage Health Fairs 2017

**April 1** - 8am-Noon-Spenard Community Health Fair at Willow Crest Elementary School; **April 8** - 10am-5pm-Health Fair at Women's Expo, Egan Center; **April 9** - 11am-5pm-Health Fair at Women's Expo, Egan Center; **April 12** - 8am-Noon-Anchorage Senior Activity Center; **May 20** - 8:30am-1pm-University Center Health Fair.—See flyer at the end of this newsletter\*.

### National Prescription Drug Take Back Day—April 29, 2017—10am-2pm

Safely Dispose of your unused or expired medications. Visit disposal sites at:

- Fred Meyer—South Anchorage, 2300 Abbott Road
- Fred Meyer—Muldoon, 7701 Debarr Road
- Fred Meyer—Eagle River, 13401 Old Glenn Hwy



For additional disposal site locations go to [www.DEA.gov](http://www.DEA.gov)

Collection Bin Available at Providence Alaska Medical Arts Pharmacy Monday-Saturday

### FREE Tax Prep in Anchorage—Two Special Events left

Free tax prep sites are open throughout tax season. If you made less than \$64,000 in 2016, you can do your own taxes online at MyFreeTaxes.com. No computer, no problem. Anchorage has several self-assisted computer sites available. All tax prep sites disability accessible. For site information including what to bring, **call 2-1-1 or 1-800-478-2221**, or visit [FreeTaxPrepANC.com](http://FreeTaxPrepANC.com).

Tax Prep Saturday—**April 8**—Crosspoint Community Church—10am-2pm

Procrastinator's Day—**April 18**—UAA at University Center Mall—Noon-9pm

### Alaska Medicare Information Office



#### Qualifying Health Coverage Notice & Internal Revenue Service (IRS) Form 1095-B

**What is it?** The Affordable Care Act requires people to have health coverage that meets certain standards (called qualifying health coverage or minimal essential coverage). The Qualifying Health Coverage (QHC) notice lets you know that your coverage is considered qualifying health coverage. You're getting IRS Form 1095-B because you had Part A coverage for all or part of this tax year. Form 1095-B provides information that you may need to complete your Federal income tax return.

**When should I get it?** Annually, mid-December through January

**Who sends it?** Medicare

**What should I do if I get this notice?**

- ▶ Keep your 1095-B with your other important tax information, like your W-2 form and other tax records.
- ▶ If you had Part A coverage for 12 months of the past tax year, you'll just need to check a box on your Federal income tax return.
- ▶ If you had other health coverage during the past tax year, check with your coverage provider to see if that plan is also considered qualifying health coverage.

You may have to pay a fee when you file your taxes if both of these apply:

- ▶ You didn't have Part A coverage or other health coverage for all 12 months of the past tax year.
- ▶ You don't qualify for an exemption from the requirement to have coverage.

If you need a replacement IRS Form 1095-B, call 1-800-MEDICARE.

Want to learn more about Form 1095-B and qualifying health coverage? Get official information from the IRS at <https://www.irs.gov/uac/about-form-1095-b>

**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](http://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. 8<sup>th</sup> 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](http://www.medicare.gov)

**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.

**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.

**Questions? Contact (in Anchorage) (907) 269-3680, toll free in Alaska 1-800-478-6065, or [hss.medicare@alaska.gov](mailto: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 ~ We're on the Web:**

<http://www.muni.org/Departments/health/PHIP/Pages/SeniorServices.aspx>

Municipality of Anchorage, Department of Health and Human Services, 825 L Street, Suite 203, Anchorage, AK 99501

LEARNING GROWING TOGETHER

ALASKA VA

## WOMEN VETERANS

### Spring Event

APRIL 29, 2017  
10:00AM - 3:00PM

1201 N. MULDOON ROAD, ANCHORAGE, AK

PLEASE COME AND ENJOY SEMINARS, CLASSES, AND DEMONSTRATIONS REGARDING MENTAL & PHYSICAL HEALTH, RECREATION, LIFE SKILLS, AND MORE!

Prize(s) to be raffled for early registration, and throughout the day.  
Registration is encouraged, but not required.  
There is no entry charge for this event & lunch will be provided.

REGISTRATION:  
[laura.mckenzie@va.gov](mailto:laura.mckenzie@va.gov) or 907.257.4737  
ALTERNATE REGISTRATION: [samantha.odams-lahti@va.gov](mailto:samantha.odams-lahti@va.gov) 907-257-5477