



### ADRC Pre-Screening Program begins in Anchorage in January

Starting in January 2017, Anchorage and Matsu ADRC will work in partnership to start up a new ADRC prescreening program. The ADRC Prescreening Project is a process developed to improve access and outcomes for individuals seeking long-term services and supports. The process begins when an individual contacts the Aging and Disabilities Resource Center or another provider with a seeking long term care options. The ADRC provides a short pre-screening that will ensure the individual receives information 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 look at each individual in order to assist them in navigating the service delivery system so they are able to make informed choices about their care. Prescreen ADRC services will be by appointment only, but watch your mailboxes; more information will be available in January 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 **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—December 13 - Teresa Holt, Long Term Care Ombudsman**

**Guest Speaker—January 10 - Michelle Tabler, Better Business Bureau**



### 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, Dec. 13, 2016 from 10:30-Noon at Access Alaska, 1217 E. 10th Ave.

The **Senior Citizens Advisory Commission Meeting** is Wednesday, Dec. 14, 2016 from 10:00am-12:00pm at the Anchorage Senior Activity Center, 1300 E. 19th Ave.



### People Mover Route Restructure

Listed below is information from People Mover regarding proposed changes to bus services in Anchorage. People Mover wants to hear from you! There will be an opportunity next week for the public to weigh in on the proposed changes. The Anchorage Public Transit Advisory Board will be meeting in Anchorage to take public testimony on the proposed changes. They will be meeting in the following locations:

Covenant House	Monday 12/5	5:30-7:30pm
Eagle River Library, Room 170	Tuesday 12/6	5:30-7:30pm
City Hall, Room 155	Thursday, 12/8	5:30-7:30pm
Muldoon Library	Tuesday, 12/13	5:00-7:00pm
Ocean View Elementary	Thursday, 12/15	6:30-8:00pm
Mountain View Library	Saturday, 12/17	2:00-4:00pm

**For more information on the Anchorage Talks Transit proposal, please check out their website at <http://www.muni.org/Departments/transit/PeopleMover/Pages/TransitTalks.aspx> or contact them by email at [transitplanning@muni.org](mailto:transitplanning@muni.org)**

### 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.

### Do you need help making the holidays merry & bright? GIFT

A household can receive food for a festive meal and a toy for your child/ren up to age 14. This event takes place on Tuesday, Dec. 15 and Wednesday, Dec. 16 at the Sullivan Arena from Noon-7 p.m. Please come by designated zip code:

**Tuesday, December 15** - 99502, 99503, 99505, 99506, 99608, 99516, 99517, 99518, 99520, 99523, 99524

**Wednesday, December 16** - 99501, 99504, 99507, 99509, 99510, 99511, 99513, 99514, 99515, 99521, 99522, 99540, 99587

If you are in need of assistance this holiday contact 2-1-1 and ask about **Neighborhood GIFT**. Ask about the documentation required.

**Eagle River/Chugiak residents-Wednesday, December 16, Noon-7pm**, Harvest Christian Fellowship

### New Free Drug Collection Unit Installed at Providence Medical Arts Pharmacy

Click on [this link](#) to read more about how drugs can be disposed of in the Anchorage area.

### DMV offering New Online Services

The DMV is working hard to modernize their processes and adjust so you don't have to wait in line. In the past year, the DMV have cut the wait times to less than 20 minutes, an improvement of over 100% from the previous year.

1. Don't want to wait in line? Go ahead and make a same day appointment by calling 334-0899 or visiting [www.doa.alaska.gov/dmv](http://www.doa.alaska.gov/dmv) and entering your phone number in our on line appointment app. You will be given a time to go to the Benson office and then when you arrive you enter the phone number into the kiosk and you will be given a number for your scheduled time.
2. Get your driving record on line. Just visit our site at [www.doa.alaska.gov/dmv](http://www.doa.alaska.gov/dmv) and follow the online link to "Get My Driving Record". Fill out the information and enter your credit card, your driving record will be emailed to you.
3. Permanent Disability Permit Renewal. Do you have a permit that is about to expire? Just go to our site and fill out the information and the permit will be mailed to you. Don't waste time standing in line!

Other great services to help you plan your trip to the DMV are the wait times and office hours. The DMV offices have the wait times listed on our website to help you plan your visit. There are Web Cams so you can see the lobbies.

Finally, follow us on Facebook. Our new page can be found at State of Alaska DMV. We will keep you informed of good information and hopefully a fun fact or two.

### Senior Study—Recognizing the impact of Anchorage's growing Senior Population.

Attached is a news story from KTUU with explains the challenges and opportunities facing the senior population in Anchorage. <http://www.ktuu.com/content/news/Alaskas-senior-population-projected-to-boom-creating-thousands-of-health-care-jobs-398745671.html>

### Social Security Online—ssa.gov—what you can 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. Create your Social Security account today to control your future.

**Beware of Social Security Disability Benefit Scams**

### Alaska Medicare Information Office

**Part D Open Enrollment for Prescription Drug Plans: Oct 15th-Dec 7th.** With the annual Medicare Open Enrollment Period upon us, now is the time for people with Medicare Part D and their caregivers/providers to compare plans to ensure they have the right health and prescription drug coverage. All changes made during this time will become effective on January 1, 2017. If you have employee or retiree insurance that covers your prescriptions, you may not need Medicare Part D. Be sure to check your plan. Questions? If you need assistance or know of someone who does, there are Certified Medicare Counselors in Alaska. In Anchorage at the Anchorage Senior Activities Center you can speak with Nila or Michelle at 770-2070 or 770-2027. Call to set up an appointment; have your Medicare card, a list of prescriptions and be ready to answer some questions.

**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. To sign up: online at [www.ssa.gov](http://www.ssa.gov) OR by Medicare 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](http://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.

**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