



907-343-7770

August 2016
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ADRC Brown Bag Educational Series

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 – August 9 – Robin Schmidt, Public Affairs Specialist, Social Security Administration

Guest Speaker – September 13 – Judith Bendersky & Jeanne Larson, Medicare Information Office

Guest Speaker – October 11 – Illona Bessemy, Elder Law Attorney

Check out the ADRC WEBPAGE, including our new radio advertisement:

<http://www.muni.org/Departments/health/DirectServices/Pages/ADRC.aspx>

ESG Assistance Programs

In partnership with the U.S. Department of Housing and Urban Development, 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 the month** and remains open for up to one week (subject to available funding). The ESG Hotline number is (907) 343-4750. **Utility assistance remains open throughout the month-contact (907) 343-4750.**

AWWU – Coins Can Count Program-Emergency



Assistance AWWU Coins Can Count Program - provides the opportunity for AWWU members to help fellow members who may be facing a financial crisis and cannot pay their bill. For more information on the program, including eligibility requirements, please contact a Resource Specialist at (907) 343-7770 or (907) 343-4750.

Chugach Electric Association-Emergency Assistance

Chugach Electric Association provides one-time utility assistance to eligible CEA members who need assistance. For more information on the program, including eligibility requirements, please contact a Resource Specialist at (907) 343-7770 or (907) 343-4750.



ADRC Staff Outreach

ADRC staff will be at the **Anchorage Senior Activity Center**, 1300 E. 19th Ave. **Wednesday, August 10th** from **1:30pm-3pm**. For more information, please contact the ADRC office.

Upcoming Municipal Commission Meetings

The ADA (Americans with Disabilities Act) Advisory Commission Meeting and the Senior Citizens Advisory Commission Meeting **will not meet in the month of August.**

Seniors Can Ride the People Mover Free on Wednesdays

If you're age 60 or over, you can **ride any People Mover bus on Wednesdays at no cost.** Download an [application](#) or you may pick one up from Customer Service, 700 W. 6th Ave. #109. Proof of eligibility required at each boarding. For more information contact (907) 343-4536.

Senior Farmers' Market Nutrition Program

The Alaska Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for fresh Alaska-grown fruits, vegetables, and fresh-cut herbs at farmers' markets, and authorized farms and roadside stands. **Each eligible senior receives five \$5.00 coupons that may be used through the end of the farmers' market season, October 31.** The coupons are available through distribution agencies. Please [click here](#) for a listing of distribution agencies near you. For more facts on the program please [click here](#).

Providence Senior Housing Fair – Aug. 24, 2016 - 11am-4pm

Location: Anchorage Senior Activity Center, 1300 E. 19th Ave. Understand your options in the event your or a loved one can no longer live comfortably and safely at home. The Providence Senior Housing Fair includes seminars and information about housing options available in Anchorage and Mat-Su for seniors. Learn about independent housing, in-home services, assisted living, skilled nursing care and more. For more information about the fair please call 907-212-6285.

Have a great time at the Alaska State Fair - Senior Day is Wednesday, August 31st!

Alaska Training Cooperative Trainings

WHERE: Distance delivered, Web Delivered, Online, various Alaskan locations

WHEN: Various classes offered on an ongoing basis COST: Various

CONTACT: www.ttclms.org

BEWARE – Social Security Disability Benefit Scam

Social Security Inspector General Patrick P. O'Carroll is warning citizens to be aware of phone calls from unknown people who claim to have information about a citizen's application for disability benefits and offer assistance with the citizen's claim. The Office of the Inspector General received a report from a Maryland citizen who recently received several of these phone calls, even though the citizen had not applied for disability benefits.

The callers appear to be "phishing" for personal information—such as Social Security numbers or personal financial information—from unknowing citizens, who possibly have applied for disability benefits and thus might be inclined to provide information to the caller in furtherance of his or her claim.

See the full advisory at the OIG website.

Medicare Information Office

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 OR by national 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

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

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.

https://www.benefitscheckup.org/cf/NCOA_LIS_Application_Worksheet.pdf

Medicaid Expansion continues

Alaskans ages 19 to 64 who are not eligible for another type of Medicaid or Medicare and have met guidelines for income limits can apply online thru Medicaid expansion at www.healthcare.gov or <https://aries.alaska.gov> using your my Alaska account. You can also download the application online or pickup one at the Public Assistance Office and mail it in or drop it off at that office. If you need help applying you can find trained assisters in the community who can help you through the process at <http://getcoveredalaska.org> Here is a link to the [Medicaid Expansion flyer](#).

Medicare ALERT - Don't become a Victim of Medicare Fraud!

Be aware of **FRAUDSTERS** looking for information. Medicare will **NEVER** contact you over the phone and request personal information or banking information. If this happens, try to get their phone number or **HANG UP ON THEM!** You can report this to 1-800-Medicare or 1-800-478-6065.

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/DirectServices/Pages/ADRC.aspx>

Municipality of Anchorage, Department of Health & Human Services, 825 L Street, Ste 203, Anchorage, AK 99501