



### **Congratulations Pete Weimer – winner of the Ron Hammett Award**

U.S. Senator Lisa Murkowski presented Pete Weimer with the Ron Hammett Award at the Annual Older Americans Month Kick Off Event held on May 4, 2016. Pete's commitment to Anchorage, to the families and seniors has consistently been exhibited through his huge heart for those who live, work and play in Anchorage. For over 25 years Pete has spent giving of his time, his talents and his financial support to the Anchorage Senior & Activity Center and its members. Pete truly embodies

everything Ron Hammett believed in and stood for. Thank you, Pete, for all you do!

### **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 – June 14 - Nelly Ayala, former Diabetes Prevention & Control Program Manager for the State of Alaska**

**Guest Speaker – July 12 – Leah Boltz, Inclusive Play in Alaska**

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

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

### **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 7<sup>th</sup> 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**

**Anchorage Senior Activity Center**, 1300 E. 19<sup>th</sup> Ave. **Wednesday, June 8<sup>th</sup>** from **1:30pm–3pm**. For more information, please contact the ADRC office.

**Chugach View and Chugach Manor Outreach**: The ADRC, in partnership with the Alaska Housing Finance Corporation will be providing senior and disability information and referral services to residents. The staff will be there once a month. **Chugach Manor**: Last Thursday of the Month from 2:00-3:00pm / **Chugach View**: Last Friday of the Month from 2:00-3:00pm. For more information call 343-7770.

### **Upcoming Municipal Commission Meetings**

The ADA (Americans with Disabilities Act) Advisory Commission Meeting will be held on Tuesday, June 21, 2016 from 10:30am-Noon at the DHHS (825 L Street) 4<sup>th</sup> floor Conference Room.

The Senior Citizens Advisory Commission Meeting will be held on Wednesday, June 22, 2016 from 10:00-Noon at the Anchorage Senior Activity Center, 1300 E. 19<sup>th</sup> Ave.

### **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.

### **Draft Governor's Council on Disabilities and Special Education 2017-2021 State Plan available for Public Comment**

Every five years, the Alaska Governor's Council on Disabilities and Special Education is required by the United States Administration on Developmental Disabilities to create a five-year state plan. Planning helps the Council decide what it would like to get done during the next five years. Based on the work of the Governor's Council members, the draft Governor's Council on Disabilities and Special Education 2017-2021 State Plan has been developed and is now available for public comment. The plan describes the goals, activities, and priorities that the Council will work on during the years 2017-2021 and may be viewed at <http://dhss.alaska.gov/gcdse/Documents/news/StatePlan2017.pdf> (and attached) or you may request a copy by calling (907) 269-8990 or toll-free in Alaska at (888) 269-8990.

**The draft State Plan will be available for public comment until July 5<sup>th</sup>, 2016 at 5:00pm.** You may provide public comment using any of the options below. You may participate in an online survey at <https://www.surveymonkey.com/r/2017StatePlan> (preferred method); by emailing comments to [Kristin.Vandagriff@alaska.gov](mailto:Kristin.Vandagriff@alaska.gov); by mailing your comments to: Governor's Council on Disabilities and Special Education, ATTN: 5-Year State Plan, 3601 C Street, Suite 740, Anchorage, AK 99503

## **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 will be available by June 1, 2016 through distribution agencies. Please [click here](#) for a listing of distribution agencies near you. For more facts on the program please [click here](#).

## **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. 6<sup>th</sup> Ave. #109. Proof of eligibility required at each boarding. For more information contact (907) 343-4536.

## **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](http://www.ttclms.org)

## **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](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)

**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)**

**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](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](http://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/PHIP/Pages/SeniorCitizensAdvisoryCommission.aspx>

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