



907-343-7770

May 2016
Vol. 5 Issue 5

Older Americans Month Kick Off Event – Wed., May 4th

The **FREE Kick Off Event**, sponsored by the Senior Citizens Advisory Commission, is **Wednesday, May 4, 2016** at the Anchorage Senior Activity Center, 1300 E. 19th Ave., from **10:30am-12:30pm**. First come, first serve. Mayor Ethan Berkowitz and U.S. Senator Lisa Murkowski will be in attendance. Contact David Levy at (907) 343-4763 regarding sponsorship opportunities, door prize donations or to volunteer. This year's theme is:



ADRC Brown Bag Educational Series

We would like to extend a warm invitation to the **FREE Brown Bag** monthly educational presentations for **2015 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.**

NO SPEAKER IN MAY.

Guest Speaker on June 14th – Nelly Ayala, Nurse Consultant with the Diabetes Prevention and Control Program

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

Anchorage Senior Activity Center, 1300 E. 19th Ave. **Wednesday, May 11th** from **1:30pm–3pm**. For more information, please contact the ADRC office.

Chugiak Eagle River Senior Center, **Friday, May 20th** from **11:00am-1:00pm**. 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.

Library Outreach: The ADRC, in partnership with the Department of Health and Human Services and Anchorage Public Libraries, will be participating in a pilot project to provide senior and disability information for library patrons. The ADRC will be there twice a week (Monday and Thursday) from 1:00-5:00pm. For more information call Monique at 343-4694.

Save the Date ! May OPAG Interagency Breakfast

Wednesday, May 11, 2016, from 8:00-9:00am. Breakfast is hosted by the Aging and Disability Resource Center located at 825 L Street, 4th Floor Conference Room.

CONGRATULATIONS! Anchorage Senior Activity Center

Congratulations to the Anchorage Senior Activity Center for achieving National Senior Center Accreditation on March 31, 2016, as reported by the National Council on Aging. This is the Senior Centers' second accreditation. They were found to have the following strengths: excellent program array; robust continuum of fitness options; well qualified and committed Board; Well supported and valued by the Municipality of Anchorage; Good strategic and marketing plans; strong volunteer base as well as other

strengths. For thirty-five years the Anchorage Senior Activity Center has sought excellence in providing opportunities for older adults.

ALASKA-Speak up on Disability Issues-COMMUNITY FORUM

Join the Governor's Council on Disabilities and Special Education and community members to discuss any disability-related issues. This forum will primarily focus on the 5 Year State Plan. To participate from around the state by phone, call 1-866-356-1755 and enter code 3258482953#. For more information call (907) 269-8990 or toll free in Alaska 1-888-269-8990. Live captioning of the forum available at: www.streamtext.net/player?event=May5GCDSE

President signs Older Americans Act

President Obama signed the Older Americans Act Reauthorization Act of 2016 into law today, reaffirming our nation's commitment to the health and well-being of older adults. Last July, the President called on Congress to reauthorize this important legislation as part of his remarks at the White House Conference on Aging. For more than 50 years, the Older Americans Act has helped people live the lives they want, with the people they choose, throughout their lives. Through the aging services network, it has helped older adults continue to work, play and volunteer in their communities, to the great benefit of all. Because of the Older Americans Act, neighborhoods and organizations across the country are able to continue to draw upon the wealth of knowledge that comes only with life experience.

The OAA affects everyone – older adults, people who help support them, and all of us who hope to one day grow old. I am delighted to see its reauthorization, and I am deeply grateful for the renewed commitment to preserving the rights of all people, for the full course of our lives.

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.](#)

Upcoming Municipal Commission Meetings

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

The Senior Citizens Advisory Commission Meeting will be held on Wednesday, May 25, 2016 from 10:00-Noon at the Anchorage Senior Activity Center, 1300 E. 19th Ave.

Seniors 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.

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

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 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](https://www.benefitscheckup.org/cf/NCOA_LIS_Application_Worksheet.pdf)

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