



907-343-7770

April 2016  
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## **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.**

**April 12<sup>th</sup> speaker: Rick Thomas, Money Management International, Certified Credit Counselor**

## **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.



## **May is Older Americans Month**

Mark your Calendars now to celebrate Older Americans Month in May! The **FREE Kick Off Event**, sponsored by the Senior Citizens Advisory Commission, is **Wednesday, May 4, 2016** at the Anchorage Senior Activity Center from **10:30am-12:30pm**. Contact David Levy at (907) 343-4763 regarding sponsorship opportunities, door prize donations or to volunteer. This year's theme is:



## **Award Nomination Deadline extended to April 15**

As a part of the Kick Off Event for Older Americans Month, the Ron Hammett Award for **outstanding service to seniors and their families** in the Anchorage area is presented. This award honors former commission member Ron Hammett and is sponsored by the Senior Citizens Advisory Commission. **Deadline for submission has been extended to April 15, 2016** For more information on the Ron Hammett Award with criteria and entry form, click [here](#).

## **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, April 12, 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, April 20, 2016 from 10:00-Noon at the Anchorage Senior Activity Center, 1300 E. 19<sup>th</sup> Ave.

## **Senior Center Outreach**

In April the ADRC will be hosting a monthly get-together at the Anchorage Senior Activity Center, 1300 E. 19<sup>th</sup> Ave. The first monthly meeting will be on **April 13** from **1:30pm–3pm**. For more information, please contact the ADRC office.

Additional Outreach: On April 28, 2016, the ADRC will be meet with residents from 2:00-3:00 pm at **Chugach Manor** and on April 29, 2016, they will meet with residents from at **Chugach View** from 2:00-3:00 pm. **SUPER NEWS!** *Starting in the Spring, the ADRC will be working at both the View and Manor as the new service coordinator. More information will be available in next month's newsletter.*

## **Upcoming Events – Dental Health**

**Alaska Mission of Mercy at Dena'ina Center on April 29 & 30, 2016.** First come, first service free dental clinic; open to the public for adults and children; children must be accompanied by legal guardian. For more information go to <http://akmom.org> or email [info@akmom.org](mailto:info@akmom.org). Alaska Mission of Mercy 907-563-3003

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

## **U.S. Dept. of Justice/DEA-National Prescription Drug Take-Back Initiative**

**April 30, 2016 / 10:00 am-2:00 pm** The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Please check back on April 1, 2016 to locate a collection site near you or for more information.

[http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

## **The Heating Assistance Program brought to you by the State of Alaska**

Need help with heating bills? Heating Assistance helps households pay a portion of home heating expenses. The program runs from October 1, 2015 through April 30, 2016. Applications are available at [www.heatinghelp.alaska.gov](http://www.heatinghelp.alaska.gov) **Questions? Call 800-470-3058. Benefit Information Hotline: (907) 269-5777.**

### **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)

### **Pathway to Medicare Counselor Certification**

There are six sessions left in our 2016 series of webinars so that volunteers, counselors and grantees can continue to learn about Medicare. The list of all the webinars is below. It is best to REGISTER for any and all topics you are interested in so that you can then watch the archived recording if you miss it.

<http://dhss.alaska.gov/dsds/Pages/medicare/webinars.aspx>

We had some audio issues with some of them. If you cannot make out the audio you can still review the complete workbook/module on each topic by going here and selecting the topic you want to study up on. Here's a link to the modules <http://dhss.alaska.gov/dsds/Pages/medicare/trainingcertification.aspx>

In order to become Certified as a Medicare Counselor we have a new "Pathway to Certification" which includes taking and passes quizzes on the core Medicare topics you'll be assisting people with. An idea of how that will look is attached, but it is not 100% finalized and beautiful!

To access the quizzes you have to log into <http://www.shiptacenter.org>

You can register or call us for help and we'll add you as a participant and send you information to help you log in.

### **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 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>

## **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.

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## **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

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