



907-343-7770

February 2016  
Vol. 5 Issue 2

### **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. The February 9th speaker is: Ann WingQuest Subject: The Essence of Self**

### **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.

### **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.

### **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.



### **May is Older Americans Month**

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



## **Ron Hammett Award Nominations**

As a part of the Kick Off Event, the Ron Hammett Award for outstanding service to seniors and their families in the Anchorage area. This awards honors former commission member Ron Hammett and is sponsored by the Senior Citizens Advisory Commission. Deadline for submissions is March 31, 2016. For more information on the Ron Hammett Award with criteria and entry form, click [here](#).

## **SENIOR CENTER Outreach**

The ADRC, in partnership with the Mat-Su ADRC, will be hosting a bi-monthly get-together at the Chugiak Eagle River Senior Center. This will provide an opportunity for CERSC members and residents to find out more about ADRC programs and services. The next opportunity to meet will be **Friday, February 19th** from **11am-1pm**. For more information, call the ADRC office.

Also, starting in March, the ADRC will be hosting a monthly get-together at the Anchorage Senior Center. The first monthly meeting will be on **March 9** from **1:30pm-3pm**. For more information, please contact the ADRC office.

## **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.

## **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

CONTACT: [www.ttclms.org](http://www.ttclms.org)

COST: Various

## **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 NEWS....**

### **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.

---

## **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

Funded by a Grant from the State of Alaska, Department of Health and Social Services

