



ADRC Survey

Thanks to all of the ADRC e-newsletter readers who participated in last month's survey. Based on your feedback, we are making some changes in the e-newsletter.

- The ADRC e-newsletter will be coming out monthly (usually during the first week of the month) rather than bi-monthly.
- We will also be focusing on what is important to you – ADRC programs, services and activities.

Thanks again for your interest and support for the ADRC and we look forward to working with you in the New Year.

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 January speaker is: Michele Taber with the Better Business Bureau.**

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.

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](#).

ADRC 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, January 15 from 11am-1pm. For more information, call 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. 6th 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 **Questions? Call 800-470-3058. Benefit Information Hotline: (907) 269-5777.**

5th Annual Brain Olympics – January 13, 2016

WHERE: To be held at the Anchorage Senior Activity Center, 1300 E. 19th Avenue
CONTACT: Carmen Montano at (907) 770-2025 Cost or (907) 770-2000 to reserve a seat
COST: FREE for ASAC members and \$5 for non-members (includes lunch)

Project Homeless Connect – Wed. January 27, 2016

WHERE: Egan Center, 555 W. 5th Ave. from 10 am-3 pm.
CONTACT: Paula Burgan at (907) 346-1991 or ppb@gci.net
COST: FREE

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

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 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 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

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

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