



907-343-7770

March 2016
Vol. 5 Issue 3

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 Sonya at (907) 343-4778 for more info.**

March 8th speaker: Linda Cooper, Aging-Well-In-Place Network: Is this an Unmet Need in Anchorage?

April 12th 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 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 free **Kick Off Event**, sponsored by the Senior Citizens Advisory Commission, is **Wednesday, May 4, 2016** at the Anchorage Senior Activity Center from 10am-Noon. Contact David Levy at (907) 343-4763 regarding sponsorship opportunities, door prize donations or to volunteer. This year's theme is:



Ron Hammett Award Nomination Deadline is March 31, 2016

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 is March 31, 2016 For more information on the Ron Hammett Award with criteria and entry form, click [here](#).

Senior Center Outreach

In March, the ADRC will be hosting a monthly get-together at the Anchorage Senior Activity Center, 1300 E. 19th Ave. The first monthly meeting will be on **March 9** from **1:30pm–3pm**. For more information, please contact the ADRC office.

Upcoming Events – Dental Health

Alaska Cares: Dental Days at UAA on March 24 & 25, 2016 at UAA Dental Clinic, 3500 Seawolf Drive. Services offered are exams, cleanings, x-rays, fillings, sealants and more. Services are for individuals with NO dental insurance and limited income. Registration required at <http://dentaldays.doattend.com> – opens February 15, 2016. For more information email: dentaldays@uaa.alaska.edu

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

PUBLIC NOTICE Municipality of Anchorage

2015 Consolidated Annual Performance and Evaluation Report (CAPER)

Notice of Public Hearing and the 15 Day Public Comment Period

The Municipality of Anchorage (MOA) announces that the Housing and Community Development CAPER is available for review and public comment starting today, **February 29, 2016**. Call 343-4822 to request a copy of the CAPER from the Department of Health and Human Services (DHHS), 825 L Street, Room 506. The CAPER is posted on the DHHS web page at: <http://www.muni.org/Departments/health/PHIP/CSD/Pages/Default.aspx>

The CAPER is about housing and community development activities and accomplishments from January 1, 2015 through December 31, 2015 with a focus on activities funded by the U.S. Department of Housing and Urban Development (HUD) through the Community Development Block Grant (CDBG), HOME Investment Partnerships Program (HOME), and Emergency Solutions Grant (ESG) programs.

A presentation on the contents of the report and the public hearing will be held on **March 4, 2016** at DHHS, 825 L Street, Room 423, beginning at 4:00 PM. The public is invited to attend and provide comments in person during the meeting.

Public comments received no later than 10:00 AM, **March 16, 2016** will be accepted by fax, email, mail or hand delivered to the following location:

Mail: Municipality of Anchorage, Department of Health and Human Services, Public Health Initiatives and Partnerships Division, Community Safety and Development, James H. Boehm, Senior Neighborhood Planner, PO Box 196650, Anchorage, AK 99519-6650

Fax: 249-7858; Email: BoehmJH@muni.org; Hand Delivery: 825 L Street, Room 506

Individuals with disabilities who need auxiliary aids, services, or reasonable accommodations or modifications to participate should contact Pat Monday by telephone at 343-4822, fax at 249-7715 or e-mail MondayPC@muni.org at least two days before the meeting.

Got Drugs? U.S. Dept. of Justice/DEA – National 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

Participate in the SILC Survey

The **Statewide Independent Living Council of Alaska (SILC)** is required to create a new state plan for independent living every three years. To create a new plan, we need to know what YOU think is important. What do YOU think is the biggest barrier/issue for Alaskans with disabilities? What is another barrier that you think of when asked? We will take all of the information gathered (from surveys, community forums, and written responses), determine which issues are the biggest obstacles and then create a plan to decrease or eliminate the problem for our community members. But, it all starts with YOU. We need you to fill out the survey. As an incentive, an Amazon Gift Card will be awarded to one lucky survey taker.

Here is the link to the survey: [Click here to go to survey](#) Please share this survey with others too!

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.

Public Testimony supporting Vulnerable Alaskans

Citizens are urged to call in for public testimony this week to support community-based services for vulnerable Alaskans. Juneau advocates are being rallied to go to the Capitol in person to deliver letters, and/or send emails to House Finance members. Personal phone calls directly to advocates asking them to respond is a good way to motivate and get people to show up... Thank you for your part in making this work!

Senior Grants, Senior Community Based Grants, Division of Senior and Disabilities Services: Reduction of **\$450,000** Senior Community Based Grants which include Nutrition Transportation Support Services (home-delivered meals, congregate meals, transportation, homemaker services); Adult Day; Family Caregiver Supports (training and respite); Senior In-Home Services; Aging and Resource Disabilities Centers; and Programs that serve people with brain injury. The senior population is growing at an annual rate of 4 to 6%. Even with no reductions, the amount of funding available per senior for services is less. Seniors who receive these services are often food insecure, low-income, homebound, and they need assistance with 2 or more activities of daily living. Their caregivers depend on these grant-funded services for respite and supports. Many seniors with dementia do not qualify for the waiver program. Senior grants are the lowest cost service that enable seniors to stay in their homes and saves the State money from higher cost health and institutional care. (\$600 average per senior grant compared to \$20,100 for Personal Care Assistance compared to \$31,300 for the waiver and \$270,845 for nursing home care)

There are a few things people can do that would make a HUGE difference for the overall effort. Remember EVERY VOICE COUNTS!!

1. Read the attached list of talking points and choose one or two items you care about. Familiarize yourself with a couple bullet points and be ready to speak on them.
2. Look at the PUBLIC TESTIMONY SCHEDULE below for the times to call in for your community. VERY IMPORTANT that they hear from people during this public opportunity. They listen and count the voices speaking on each topic.

3. Send an email to each member of the House Finance Committee, cut and paste the following into your "TO" line: lhscfin@akleg.gov

Or individually:

Rep.mark.neuman@akleg.gov, Rep.steve.thompson@akleg.gov, Rep.bryce.edgmon@akleg.gov,
Rep.les.gara@akleg.gov, Rep.lynn.gattis@akleg.gov, Rep.david.guttenberg@akleg.gov,
Rep.scott.kawasaki@akleg.gov, Rep.cathy.munoz@akleg.gov, Rep.lance.pruitt@akleg.gov,
Rep.dan.saddler@akleg.gov, Rep.tammie.wilson@akleg.gov

Thank you in advance for your support and advocacy. Legislators need to know their constituents care about services for vulnerable Alaskans!

PUBLIC TESTIMONY SCHEDULE Monday (2/29) Juneau, 4-6pm. **Tuesday (3/1)** Homer, Kenai, Kodiak, Ketchikan, Mat-Su, Seward, 1-3:30pm; Barrow, Dillingham, Fairbanks, 3:45-6pm; Off Net sites, 6:15-7:30pm **Wednesday (3/2)** Anchorage, 1-4:30pm; Sitka, Petersburg, Delta Junction, Unalaska, Glennallen, Tok, 4:45-6:45pm; Off Net sites, 7-8pm. **Thursday (3/3)** Bethel, Cordova, Kotzebue, Nome, Valdez, Wrangell 1-4pm; Off Net sites 4:15-6pm. **NOTE:** Be sure to keep your testimony under 2 minutes and be prepared to wait until they call your name. Sign up early. If it is a hardship to attend in person (at the Capitol or Legislative Information Office (LIO)), then a call-in number is available at 1-844-586-9085 (call in at your community's time). Off Net sites are for people who do not live near and LIO).

Document link: [Budget Cuts for Vulnerable Alaskans](#)

Alaska Training Cooperative Trainings

WHERE: Distance delivered, Web Delivered, Online, various Alaskan locations

WHEN: Various classes offered on an ongoing basis

CONTACT: www.ttcims.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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