

### ADRC Pre-Screening Program begins in Anchorage in January

We are pleased to announce that the Anchorage and Matsu ADRCs are partnering to start up the new ADRC prescreening program in Anchorage. The ADRC Prescreening Project is a process developed to improve access and outcomes for individuals seeking long-term services and supports. The process begins when an individual contacts the Aging and Disability Resource Center or another provider with a seeking long term care options. The ADRC provides a short pre-screening that will ensure the individual receives information and options counseling, provides short-term crisis support to prevent institutionalization, and assists in planning for future needs. The ADRC prescreening project is specifically designed to look at each individual in order to assist them in navigating the service delivery system so they are able to make informed choices about their care. For more information, check out the ADRC prescreen link at <http://dhss.alaska.gov/dsds/Pages/adrc/ADRCfirst.aspx> or call 1-855-565-2017.

*This project is sponsored by the Alaska Department of Health and Social Services and the Municipality of Anchorage Department of Health and Human Services.*

### ADRC Brown Bag Education Series - Second Tuesday of the Month



You are invited to attend the **FREE Brown Bag** monthly educational presentations for 201, **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.

**Guest Speaker—January 10 - Michelle Tabler, Better Business Bureau**

#### Welcome Jasmine Bracey New ESG Resource Specialist

My name is Jasmine Bracey and a few fun facts about me – I was born and raised in Anchorage and I have a three year old son who is a blessing in my life. I have worked in the healthcare field for the last ten years. My previous position was working for DHHS Reproductive Health and Disease Prevention Clinics. I am very excited about my new job and I look forward to working for the ADRC. To find out more about the Emergency Solutions Grant program, please email me at [BraceyJS@ci.anchorage.ak.us](mailto:BraceyJS@ci.anchorage.ak.us)



#### ADRC's Utility Assistance Program

Thank you **Chugach Electric Association, Municipal Light and Power (ML&P)** and **AWWU Coins Can Count** for your support of the ADRC's utility assistance program.

The program provides utility assistance to members who need help paying their utility bills. For more information on the Emergency Outreach Program, including eligibility requirements, please contact the **ESG Utility Hotline at (907) 343-4750** or a Resource Specialist at (907) 343-7770.

#### Emergency Solutions Grant Program

In partnership with the U.S. Department of Housing and Urban Development (HUD) 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 each month** and remains open for up to one week (subject to funding). Utility assistance remains open through the month. **ESG Hotline Number is (907) 343-4750.**



#### Upcoming Municipal Commission Meetings

The **ADA (Americans with Disabilities Act) Advisory Commission** Meeting will be held Tuesday, January 10, 2017 from 10:30-Noon at Access Alaska, 1217 E. 10th Ave.

The **Senior Citizens Advisory Commission Meeting** is Wednesday, January 25, 2017 f 10:00am-12:00pm at the Anchorage Senior Activity Center, 1300 E. 19th Ave.



#### Seniors Ride People Mover Bus FREE on Wednesdays

If you are age 60 or over, you can ride any People Mover Bus on **Wednesdays** at **NO COST**. Download an application online or you may pick up one from Customer Service, 700 W. 6th Ave. #109. Proof of eligibility required at each boarding. For more information contact 907-343-6543.

#### New Free Drug Collection Unit Installed at Providence Medical Arts Pharmacy

Click on [this link](#) to read more about how drugs can be disposed of in the Anchorage area.

#### Alaska 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. 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](http://www.medicare.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.

**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)**

#### 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/SeniorServices.aspx>

Municipality of Anchorage, Department of Health and Human Services, 825 L Street, Suite 203, Anchorage, AK 99501