

Save the Date! May OPAG Interagency Breakfast

Wednesday, May 10, 2017, from 8:00-9:00am. Breakfast is hosted by the Aging and Disability Resource Center located at 825 L Street, 4th Floor Conference Room.

Older Americans Month Kick Off Event A Huge Success!

Presented by the Senior Citizens Advisory Commission at the Anchorage Senior Activity Center, this year's theme was: **AGE OUT LOUD**. The keynote speaker, **Ken Helander, AARP** offered his

views on the subject and the many important trends affecting older Americans. **Thank you to those who made this event possible: AARP, Midnight Sun Home Care, Inc, Marlow Manor Assisted Living Home, The Assisted Living Association of Alaska, Turnagain Social Club, NANA, Anchorage Senior Activity Center** and to all those who donated door prizes. *A big Thank You to the Volunteers too — we couldn't do it without you!*



AGE OUT LOUD: MAY 2017

ADRC Anchorage Pre-Screening Program

We would like to welcome Hazel Lovitt as the newest ADRC prescreener to the Anchorage office. She is working as a contractor for the Matsu LINKS program.

The Anchorage and Matsu ADRC are working together to bring the ADRC pre-screen program to Anchorage. The ADRC prescreening project is to improve access and outcome for individuals seeking long-term services and supports. The process begins when an individual contacts the Aging and Disability Resource Center (ADRC) or another provider when seeking long term care options. The ADRC provides a short pre-screening application that will ensure that the individual receives information and referral services 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 work with clients to assist them in navigating the service delivery system so that they are able to make informed choices about their care. For more information, check out the ADRC prescreen link at <http://>



ADRC Brown Bag Education Series - Second Tuesday of the Month



You are invited to attend the **FREE Brown Bag** monthly educational presentations for **2017, 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.**

No Brown Bag in May.



ADRC's Utility Assistance Program



Thank you **Chugach Electric Association** 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). **ESG Hotline Number is (907) 343-4750.**



Upcoming Municipal Commission Meetings

The **Senior Citizens Advisory Commission Meeting** is Wednesday, May 24, 2017 from 10:00am-1:00pm at the Chugiak Eagle River Senior Center, 22424 N. Birchwood Lp. Rd., Chugiak. This is a joint meeting with the Mat Su Council on Aging.

The **ADA (Americans with Disabilities Act) Advisory Commission Meeting:** date and location to be determined.

Anchorage Health Fairs 2017

May 20 - 8:30am-1pm-University Center Health Fair.

Alaska Medicare Information Office

Qualifying Health Coverage Notice & Internal Revenue Service (IRS) Form 1095-B

What is it? The Affordable Care Act requires people to have health coverage that meets certain standards (called qualifying health coverage or minimal essential coverage). The Qualifying Health Coverage (QHC) notice lets you know that your coverage is considered qualifying health coverage. You're getting IRS Form 1095-B because you had Part A coverage for all or part of this tax year. Form 1095-B provides information that you may need to complete your Federal income tax return.

When should I get it? Annually, mid-December through January

Who sends it? Medicare

What should I do if I get this notice?

- ▶ Keep your 1095-B with your other important tax information, like your W-2 form and other tax records.
 - ▶ If you had Part A coverage for all 12 months of the past tax year, you'll just need to check a box on your Federal income tax return.
 - ▶ If you had other health coverage during the past tax year, check with your coverage provider to see if that plan is also considered qualifying health coverage.
- You may have to pay a fee when you file your taxes if both of these apply:
- ▶ You didn't have Part A coverage or other health coverage for all 12 months of the past tax year.
 - ▶ You don't qualify for an exemption from the requirement to have coverage.
- If you need a replacement IRS Form 1095-B, call 1-800-MEDICARE.

Want to learn more about Form 1095-B and qualifying health coverage? Get official information from the IRS at <https://www.irs.gov/uac/about-form-1095-b>

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

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



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

ARE YOU THE NEXT ADA COMMISSIONER?

Apply today!

The role of the ADA Commission is to review the ADA to maintain a clear and comprehensive understanding of federal legislation and make recommendations to the Mayor and Municipal Assembly in matters pertaining to the adoption, change or repeal of municipal laws, rules, regulations, restrictions affecting individuals with disabilities. The commission meets on the second Tuesday of each month from 10:30am – 12:00pm at DHHS, 825 L Street.

"DISABILITY ONLY BECOMES A TRAGEDY WHEN SOCIETY FAILS TO PROVIDE THE THINGS WE NEED TO LEAD OUR LIVES."

Judy Heumann

STATE DEPARTMENT SPECIAL ADVISOR FOR DISABILITY RIGHTS; CO-FOUNDER OF WORLD INSTITUTE ON DISABILITY

LEADER OF DISABILITY RIGHTS MOVEMENT SINCE 1970, PAVING THE WAY FOR THE ADA.



Contact Ota Brouse 343-7103 or brouse@muni.org for more info