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907-343-7770

ADRC Newsletter

1st Quarter 2018

ADRC Person Centered Intake Program

The Municipality of Anchorage’s Aging & Disabilities Resource Center in conjunction with the STAR (Short-Term Assistant & Referral) Program at Stone Soup Group will complete the Person-Centered Intake (PCI) formerly known as Prescreening for Medicaid Waiver beginning March 1, 2018 for all waivers.

The method for scheduling an appointment has not changed. Interested persons can initiate setting up the appointment through the PCI scheduler as well as participate in the interview. Interested persons can be the individual themselves or other concerned representatives.

If you have questions, or want to schedule a PCI appointment, please call 907-343-4731 or 855-565-2017 then press 1 for Anchorage only.

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Individual Support Waiver

What is the ISW?

The **Individual Support Waiver (ISW)** will be released in the spring 2018 and is designed to replace the Community Developmental Disability Grant (CDDG) program. According to the Senior and Disabilities Service website, the ISW will also extend supports to individuals who had not been covered by the CDDG program.

The Intellectual & Developmental Disabilities waiver (IDD waiver) still exists however, the purpose of both IDD and ISW waivers are to offer qualified parents a choice between home and community-based services or supports in an institutional setting.

For more information about the ISW please refer to the State of Alaska’s Senior and Disabilities Services website at <http://dhss.alaska.gov/dsds/Pages/dd/default.aspx> or call 907-269-3666.



Alaska Department of Health and Social Services
Senior and Disabilities Services

ADRC Mission

It is our goal to be trusted resources through which people of all incomes and ages can access information on and assistance with the full range of long-term options in our community.

2018 Alaska's Permanent Fund Dividend Application

PFD filing dates: January 1st until March 31, 2018.

You can pick up an application at your nearest library, or Permanent Dividend Fund (PFD) office or you can file on-line at <https://myinfo.pfd.dor.alaska.gov/>

If you need assistance with filing your PFD application, Resource Specialists at ADRC are available to assist seniors and individuals with disabilities with submitting applications on-line.

You must know your account information.

When you apply for your PFD you will automatically register to vote unless you opt-out.

For application assistance, please schedule an appointment by calling ADRC's main line at 907-343-7770.

Awareness Events in Anchorage

January—Glaucoma Awareness Month

Did you know that Glaucoma can steal your vision by at least 40% without you knowing it? Your vision is not something you can get back once its lost. (Glaucoma Research Foundation, 2018). For low income individuals/family seeking assistance and information on eligibility and process for eye exams/ glasses see information below.

- AK District 49 A Lions - 907-566-1597
- Vision USA - 907-279-2021

February—American Heart Month

February 2nd is National Wear Red Day. Wear red and share with others your support by recognizing the American Heart Association and American Stroke Association in wearing red utilizing hashtags #WearRedandGive and #AKGoRed!

February 28, 08:30 am, Anchorage Go Red For Women Conference and Luncheon in Anchorage at the Dena'ina Civic and Center. For more information contact the Anchorage American Heart Association at 907-865-5300.

March - American Red Cross

The American **Red** Cross of Alaska recognizes our everyday heroes during Red Cross Month . March has been recognized as Red Cross Month for more than 70 years. All of our presidents have designated March as Red Cross Month to recognize how the American Red Cross helps people across the country and around the world. (Lisa Miller, Red Cross AK region)

It's easy to become a Red Cross community hero:

- Test your smoke detectors monthly
- Practice fire prevention at home
- Sign up to be a Red Cross volunteer
- Make a financial donation

Anchorage Senior Commission is Seeking Nominations for the 14th Annual Ron Hammett Award

Do you know an outstanding individual whose service, dedication and leadership have had a significant impact on the quality of life for seniors in Anchorage?

The Anchorage **Senior Citizens Advisory Commission** is looking for someone just like that! The commission is actively seeking nominations for the **Ron Hammett Award**, to be presented at the Older Americans Month Kick Off Event in May.

The criteria for entry and the entry form, which you can fill out on your computer, are available at:

<http://muni.org/Departments/health/PHIP/Pages/SeniorCitizensAdvisoryCommission.aspx>

Fraud, Scams and Alerts

Did you know there were 166 cases of scams found in Alaska in 2017? ([BBB Scam Tracker](#)) Alaska may not hit the top10 states list regarding cases of fraud, however, it does not mean you should let your guard down. The Better Business Bureau provided an immediate press release on January 9, 2018 reporting that in 2017 nearly \$50,000 worth of scams were committed.

Here's what you can do to protect yourself.

Below are steps to protect yourself courtesy of the Better Business Bureau's Scam Tracker website. You can get more information from www.bbb.org/scamtracker/us.

Never send money to someone you have never met face-to-face. Seriously, just don't ever do it. And really, really don't do it if they ask you to use wire transfer, a prepaid debit card, or a gift card (those cannot be traced and are as good as cash).

Don't click on links or open attachments in unsolicited email. Links can download malware onto your computer and/or steal your identity. Be cautious even with email that looks familiar; it could be fake.



Don't believe everything you see. Scammers are great at mimicking official seals, fonts, and other details. Just because a website or email looks official does not mean that it is. Even Caller ID can be faked.

Don't buy online unless the transaction is secure. Make sure the website has "https" in the URL (the extra s is for "secure") and a small lock icon on the address bar. Even then, the site could be shady. Check out the company first at bbb.org. Read reviews about the quality of the merchandise, and make sure you are not buying cheap and/or counterfeit goods.

Be extremely cautious when dealing with anyone you've met online. Scammers use dating websites, Craigslist, social media, and many other sites to reach potential targets. They can quickly feel like a friend or even a romantic partner, but that is part of the con to get you to trust them.

Never share personally identifiable information with someone who has contacted you unsolicited, whether it's over the phone, by email, on social media, even at your front door. This includes banking and credit card information, your birthdate, and Social Security/Social Insurance numbers.

Don't be pressured to act immediately. Scammers typically try to make you think something is scarce or a limited time offer. They want to push you into action before you have time to think or to discuss it with a family member, friend, or financial advisor. High-pressure sales tactics are also used by some legitimate businesses, but it's never a good idea to make an important decision quickly.

Use secure, traceable transactions when making payments for goods, services, taxes, and debts. Do not pay by wire transfer, prepaid money card, gift card, or other non-traditional payment method. Say no to cash-only deals, high pressure sales tactics, high upfront payments, overpayments, and handshake.

ADRC Brown Bag Education Series

You are invited to attend the **FREE Brown Bag** monthly educational presentations, **hosted by the ADRC**.

The monthly **Brown Bag** presentation is on the **second Tuesday of each month from Noon-1:00 p.m.** at the **BP Energy Center**.

Due to the variety of presenters, contact Karla to be placed on the invite list to find out the monthly presenter.

Contact Karla at (907) 343-7778 or wrightkj@muni.org for more information.

NEXT BROWN BAG

February 13

Speakers:

ADRC and Stone Soup Group

Discussion:

Updates & Changes to PCI formerly Prescreening for Medicaid Waiver



Fraud, Scams and Alerts (continued)

Whenever possible, work with local businesses that have proper identification, licensing, and insurance, especially contractors who will be coming into your home or anyone dealing with your money or sensitive information. Check them out at bbb.org to see what other consumers have experienced.

Be cautious about what you share on social media and consider only connecting with people you already know. Be sure to use privacy settings on all social media and online accounts. Imposters often get information about their targets from their online interactions, and can make themselves sound like a friend or family member because they know so much about you.

Sign up for free scam alerts from the FTC at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

I am victim, who do I report fraud/scams?

If you find a loved one or even yourself as a victim or just not sure You may contact one or more of the following agencies for assistance.

Alaska Better Business Bureau (BBB)	907-562-0704
Alaska Fraud Control	907-269-1060
Adult Protective Services	907-269-1060
Office of the Attorney General	907-465-2133

Free Tax Preparation

AARP will provide assistance for anyone needing tax preparation assistance at Anchorage Senior Activity Center. It's first come, first serve, No appointments, age or income restrictions. Mondays and Thursdays from 9:00 am—3:00 pm. February 1 until April 16 except for holidays

Anchorage Senior Activity Center
1300 E 19th Ave
Anchorage, AK 99501

Please bring the following items with you;

1. Social Security cards or current record of SSN's for you, spouse and all dependents.
2. All income information (such as Forms W-2, 1099-Misc, 1099-INT, 1099-DIV, SSA-1099 or RRB-1099 and 1099R).
3. Form 1099-G or record of unemployment received and any federal tax withheld from unemployment.
4. Property tax and mortgage interest statements.
5. List of your medical, interest, contributions, and miscellaneous expenses (to itemize your deductions).
6. Copies of last year's tax return (helps volunteer prepare this year's return).
7. Child care payment information and name, address and SSN/EIN of your child care provider.
8. Bank routing and account number for direct deposit.

Contact Us

Give us a call for more information about our services and resources

ADRC

825 L Street Suite 203
Anchorage, Alaska 99501

(907) 343-7770

Visit us on the web at
<http://www.muni.org/adrc>

Office Hours

Monday through Friday

8:00 am - 4:30 pm

12:00 pm - 1:00 pm

Closed for Lunch

Holidays Observed

President's Day
- February 19

Seward's Day
- March 26

Utility Assistance

Utility Assistance is administered by ADRC staff through the Emergency Outreach Program. This program provides utility payment assistance to members who need help paying their utility bills.

If you have questions or need information on eligibility requirements please contact an ADRC Resource Specialist at (907) 343-7770.

