

ADRC Brown Bag Education Series - Second Tuesday of the Month



You are invited to attend the **FREE Brown Bag** monthly educational presentations for **2016, 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 – October 11 – Illona Bessemy, Elder Law Attorney

Guest Speaker—December 13 - Teresa Holt, Long Term Care Ombudsman

ML&P joins Emergency Outreach Program offering Utility Assistance



We are pleased to welcome **Municipal Light and Power (ML&P)** as a partner in our utility assistance program. The program provides utility assistance to members who need assistance paying their utility Bills. Over 160 Anchorage residents have received help from the program in the last twelve months.

Thanks to **Chugach Electric Association** and the **AWWU Coins Can Count** Program for their continued support. For more information on the Emergency Outreach program, including eligibility requirements, please contact a Resource Specialist at (907) 343-7770 or the Hotline at (907) 343-4750.

Emergency Solutions Grant Program

In partnership with the U.S. Department of Housing and Urban Development (HUD) the Emergency Solutions Grant Program provides assistance funding to Anchorage individuals and families to prevent homelessness. The ESG Hotline is open around the clock 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.



PROGRAM CLOSED IN OCTOBER

Upcoming Municipal Commission Meetings

The **ADA (Americans with Disabilities Act) Advisory Commission** Meeting will be held on Tuesday, Oct. 11, 2016 from 10:30-Noon at Access Alaska, 1217 E. 10th Ave.

The **Senior Citizens Advisory Commission Meeting/Retreat** is Thursday, Oct. 20, 2016 from 10:00am-2:00pm at 825 L Street, 4th flr conference room. The focus will be reviewing its programs and activities in 2015/2016 and its plans for the upcoming year. The commission retreat will be facilitated by Steve Ashman, Division Manager for the Department of Health and Human Services. **The regularly scheduled commission scheduled for October 26th has been cancelled.** For more information on the Senior Commission, please check out their website at

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

ADRC Staff Outreach

ADRC Staff, Karla Wright, Sonya Davis and Monique Snipe will be conducting outreach activities throughout the month of October including at Loussac Library (times to be determined) and Anchorage Senior Activity Center on Wed., Oct. 12 from 1:30-3:00pm. For more information please contact the ADRC office.

Welcome Kim Stoltz—Services Coordinator for Chugach View & Chugach Manor

We are pleased to announce that Kim Stoltz is the new Service Coordinator for Chugach View and Manor. Ms. Stoltz comes to the MOA with years of experience working with seniors and people with disabilities in the Anchorage community. She recently worked for the Alaska Division of Senior and Disability Services. In her new position, she will providing case management and information and referral services to the residents living at Chugach View and Chugach Manor public housing. For more information, please contact Kim at 330-6154 or StoltzKJ@muni.org



WELCOME ABOARD KIM!



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.

Senior Farmers' Market Nutrition Program

The Alaska Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for fresh Alaska-grown fruits, vegetables, and fresh-cut herbs at farmers' markets, and authorized farms and roadside stands. Each eligible senior receives five \$5.00 coupons that **may be used through the end of the farmers' market season, October 31**. The coupons are available through distribution agencies.

2nd Annual Disability & Aging Summit-October 13 & 14, 2016

The Alaska Disability and Aging Coalition invite you to attend the 2nd Annual Disability & Aging Summit to be held at the Special Olympics Alaska Sports, Health and Wellness Center, 3200 Mountain View Drive. Please submit registration by October 3rd. For questions contact: nicolle@specialolympicsalaska.org or call 907-222-7625.

Social Security Online—ssa.gov—what can you do online

Type in ssa.gov and you will end up on the Social Security webpage, chock full of information about the program, how to apply and how it can work for you. Some of the issues you can handle are: requesting a replacement Social Security card, finding out if you qualify and applying for benefits, getting your Social Security Statement; appeal a decision, and estimating future benefits. Create your Social Security account today to control your future.

Beware of Social Security Disability Benefit Scams

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 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.

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.

The Alaska Medicare Information Office—SHIP/SMP is offering a series of **7 webinars, August 31-October 12**. To register please click register for each of the topics you would like to attend. If you are not able to join, please still register as you will receive a follow-up email which provides a link to the encore recording you may listen to at any time.

<http://dhss.alaska.gov/dsds/Pages/medicare/webinars.aspx>

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/DirectServices/Pages/ADRC.aspx>

Municipality of Anchorage, Department of Health & Human Services, 825 L Street, Ste 203,

Anchorage, AK 99501