

The ADRC Team in 2015

Our vibrant and changing DHHS Team has been in a state of transformation this past year and is ready for great things as 2015 arrives. This summer, we bid a fond farewell to long time senior advocate and Division Director Ken Takakuwa and DHHS Director Janet Vietmeier, who both moved out of state and are missed. On August 4th we welcomed Sonya Davis as our new ADRC Resource Specialist, who replaced Sheila Baker who left in the Spring to pursue her MSW. Karla Wright continues as our lead Resource Specialist, and our Team is complemented by our Housing Resource Specialist Monique Snipe; Judy Atkins offers administrative support and answers many of your ADRC calls. On Sept. 1st Melinda Freemon was appointed DHHS Director and Steve Ashman was appointed Division Manager of the Public Health Initiatives and Partnerships Division, which oversees the ADRC. Mr. Ashman has extensive experience in senior and disability issues and will oversee the program as we enter a transition period as Marie J. Lavigne is completing her service January 2nd. Colleagues can find her at Katmai Oncology. A new manager will be hired in late January/early February and will be announced soon.

Brown Bag Educational Series to be offered monthly

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 **825 L Street**, Jewel Jones Conference Room, 4th floor. Topics offered:

January 13 / Ready to Rent – presented by Monique Snipe, Municipality Of Anchorage

FREE Legal Help! MLK Day, January 19, 2015 from 12:00-6:00 pm

Over 100 lawyers will be available to answer questions about Medicare/Medicaid, eviction, child custody/support, consumer, divorce, rental properties, social security and foreclosure. Free event to be held at Mountain View Boys & Girls Club, 315 Price St. For more information: www.alaskabar.org/mlk.

Geriatric Education Series presented by Northwest Geriatric Education Center

A series of continuing education lectures for geriatric healthcare professionals and family caregivers. The series is webcast weekly Tuesdays from 3:00-4:30 pm from January 6-March 10, 2015. \$10 per session or \$60 entire series. Register at www.akcache.org. Registration helps support the continuation of these trainings in Alaska. For more information contact Geri Heiner at 907-786-6591 or glheiner@uaa.alaska.edu.

Heating Assistance Program - State of Alaska

Need help with heating bills? The Heating Assistance Program (HAP) strives to ensure that no one's health is jeopardized due to the inability to pay heating bills. HAP helps eligible low-income households pay for winter heating costs. This is a one time benefit to be used for heat and associated electric bills. The payment amount is determined by geographic location, fuel type, income and household size. **It's easy to apply!** Applications are available at heatinghelp.alaska.gov. Complete and send in your application with

supporting documentation postmarked by **April 30th**. You may also take your application to Public Assistance, 400 Gambell St. and they will submit for you. Questions? **Call 800-470-3058**, option #5. Benefit Information Hotline: 1-888-804-6330.

Also available through Cook Inlet Tribal Council is **Tribal Heating Assistance**. Eligibility criteria may be different. To obtain an application or for questions call 907-793-3300.

4th Annual Brain Olympics – January 15, 2015

This annual event brings together educators and physicians to present information and education in a variety of areas related to the brain and how it works. To be held at the Anchorage Senior Activity Center, 1300 E. 19th Avenue, on Thursday, January 15, 2015; registration starts at 10:30 am. Topics include "Timeless Fitness for the Body and Mind", "Concussion" and "PTSD". Cost is \$5.00 for ASAC members and \$10 for non-members (includes lunch). Call 907-770-2000 to reserve a seat or contact Carmen Montano at 907-770-2025; cmontano@anchoragecenter.org.

Medicare Information Office

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 – 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.

Wellness Opportunities For Seniors and Persons with Disabilities

Our Community Partners offer several opportunities to stay active, fit and well this New Year. Here are just a few ongoing possibilities for free or low cost fitness and wellness options to consider:

Life Reimagined - The New Year often brings a desire for resolutions, change and to try "something new" – which is what many Alaskans experience at retirement. **Life Reimagined** is a website for exploring of new possibilities that will interest you, whether you are considering retirement, a change in your life horizons or one of many life improvements toward your health, financial fitness, continued learning and creativity in the New Year to open up possibilities. This engaging process and community is innovative and fun. Try it. Created in partnership with AARP <http://lifereimagined.aarp.org/>

Anchorage Senior Activity Center Fitness Program – Multiple Classes (Membership Required)

<http://www.anchoragecenter.org/fitpage.htm>

Fitness Classes at the Chugiak Eagle River Senior Center include Tai Chi on Tuesdays and Thursdays at 11 AM and Strong Seniors Monday/ Wednesday/ Friday at 11 AM (907-688-2609)

Chugiak Eagle River Senior Center Health Fair – Saturday February 28th 8-Noon (907-688-2609)

Yoga for Cancer Survivors and Caregivers Saturdays 9:30-10:45 AM (277-YOGA) Margi Clifford

<http://yogaformentalhealth.com/yoga-meditation-classes/>

Art & Wellness Workshop for Caregivers at Providence Cancer Center (Monthly) 907-212-6870

Adaptive Yoga – sponsored by MS Center @ Access Alaska Jan 7 @ 12:30 pm – 1:30 pm

Taught by Beverly Churchill. Adaptive yoga class sponsored by the Multiple Sclerosis Center, everyone with physical restrictions is welcome. Please call ahead to confirm that class is being held: (907) 907-248-4777.

“50 and Fit Yoga with Lynn” Thursdays 1-2 PM 630 West 57th Place Open Space 907-243-OPEN

BeFit and Well – Restorative Exercise Programs for Over 50 907-229-7652

/ bonnie@bfitandwell.com

<http://www.bfitandwell.com/#!/about2/c9v4> Classes and Personal Training, Fees Apply

Feldenkreis with Shari Lee Classes Include: “Bones for Life” “Better Balance” and “Change Your Age”

<http://www.feldenkraisjourneys.com/contact.html> 907-602-1948

There are over **100 Zumba classes** offered weekly in Anchorage www.zumba.com/en-US/party

Look for Zumba Gold (Senior) or Zumba Chair classes to meet your needs.

Please research any classes you may be interested in as they may not all be endorsed by the Municipality Of Anchorage, Department of Health and Human Services.

Assistance to enroll in the Affordable Care Act: Open Enrollment ends Feb 15th 2015

DHHS 825 L Street is hosting an Assistor, or call 2-1-1 for your nearest location

Advocates – Lend Your Voice: Senior Citizens Commission and ADA Commission Welcome You

The **Senior Citizens Advisory Commission** meets on the 4th Wednesday of month from 10am-Noon at the Anchorage Senior Activity Center. The January 28th meeting will include Commissioners discussing action priorities for the Senior Needs Assessment and a legislative update from AARP Executive Director Ken Osterkamp. Visit the [Senior Commission webpage](#) for a summary of the Senior-Elder Listening Session held with the Commission on Aging Dec. 11th as well as presentations on Senior Housing and Nutrition at prior forums (See documents on right side of the Senior Commission webpage), The **ADA Commission** meets on the 2nd Wednesday of month 10:30-Noon at DHHS 5th Floor Conference Room 825 L Street. Follow the ADA Commission on Facebook as we celebrate the 25th Anniversary of ADA with an education campaign and resources.

Happy 40th Birthday Chugiak Eagle River Senior Center - Jan. 17

May is Older Americans Month

Mark your Calendars now to celebrate Older Americans for the entire month of May! Luncheon information will be available soon. Contact 343-7770 regarding sponsorship opportunities or to volunteer.

Ron Hammett Award Nominations

Ron Hammett was an extraordinary man who exemplified the spirit of outstanding service to seniors and their families, and who worked tirelessly as an advocate for seniors in Anchorage. At the time of his death on October 24, 2004, Mr. Hammett was a Commissioner for the Senior Commission and served with quiet wisdom, well-chosen words and a clear focus on human needs. Do you know someone who reflects this spirit of service to seniors? The honor recognizes the contributions of those like Ron who work to improve the lives of seniors in our city. The award is presented during **Older Americans Month** in May. Call 343-7770 for application.

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](tel:907-343-7770) ~ We're on the Web:

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

Municipality of Anchorage, Department of Health & Human Services, 825 L Street, Ste 203, Anchorage, AK 99501

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