



907-343-7770

Mar-Apr 2015  
Vol. 4 Issue 2

## **ADRC Brown Bag Educational Series**

**March 10 Topic – Improving Advance Care Planning Utilization: A new statewide project initiative, Presented by Kris Green, Providence Health & Services Alaska**

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 the **BP Energy Center**.

## **Older Americans Month Kickoff Event is Wednesday May 6, 2015**

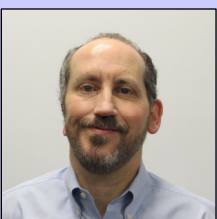
Each May, the nation celebrates **Older Americans Month** to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year's theme is **Get Into The Act**. **Mark your Calendars now to celebrate Older Americans at the Kick Off Event on Wednesday, May 6, 2015 from 10:00-Noon!** This FREE event, presented by the Senior Citizens Advisory Commission, will be held at the Anchorage Senior Activity Center, 1300 E. 19<sup>th</sup> Ave. Contact **David Levy** at 343-4763 or [levydm@muni.org](mailto:levydm@muni.org) regarding sponsorship opportunities or to volunteer.

## **Ron Hammett Award – Deadline for nomination is March 20**

Ron Hammett, a Commissioner serving on the Senior Citizens Advisory Commission in 2004, was an extraordinary man who exemplified the spirit of outstanding service to seniors and their families, working tirelessly as an advocate for seniors in Anchorage. Mr. Hammett served with quiet wisdom, well-chosen words and a clear focus on human needs.

The Ron Hammett Award recognizes individuals whose outstanding service, dedication and leadership has had a significant impact on the quality of life for seniors in the Municipality Of Anchorage. Do you know someone who reflects this spirit of service to seniors? Presented at the Older Americans Month Kickoff Event in May, **submission deadline for this award is March 20, 2015**. Call 343-7770 for more information or [CLICK HERE](#) for a link to the criteria and nomination form.

## **New Senior Services Coordinator Chosen**



David M. Levy has been selected as Senior Services Coordinator for the Aging and Disability Resource Center, Municipality of Anchorage. Mr. Levy is the former Executive Director of the Alaska Mobility Coalition, a non-profit membership organization that represents and advocates for public and community transportation in Alaska. David has over twenty years of senior and disability services management experience in Alaska. He has a Masters degree in Public Administration from the University of Colorado in Denver.

**SAVE THE DATE: May Interagency Breakfast** hosted by Aging and Disability Resource Center, 825 L Street, 4th Floor Conference Room, **May 13, 2015**, 8:00-9:00 a.m.

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## **UPDATE YOUR CALENDAR!**

### **Health Insurance Marketplace**

Did you pay a fine for not having health insurance on your 2014 taxes? **YOU MAY QUALIFY FOR A NEW SPECIAL ENROLLMENT PERIOD: March 15<sup>th</sup>-April 30<sup>th</sup>**. **Call 2-1-1** for local help with Health Insurance.

### **Spring Alaska Autism Institute presents** **Understanding Social Behavior in Autism**

Space is limited for this event featuring Dr. Linda Heitzman-Powell. **Presented on March 23-25** from 8:30am-4:30pm at the BP Energy Center in Anchorage. Register now at <http://bit.ly/akautism2015>. For more information contact Liz Winfree at 264-6239 direct or 800-243-2199 toll free.

### **2015 PFD Application Period ends March 31<sup>st</sup>**

Apply online at <http://www.pfd.state.ak.us>. You may also drop off a printed form at 655 F Street, Anchorage, open 10am-4:30pm, Monday-Friday; 907-269-0370.

### **Municipal Election is April 7<sup>th</sup>**

Anchorage residents must register to vote by **March 8** to vote in the upcoming Regular Municipal Election on April 7, 2015. Early and Absentee voting begins March 23. For more information contact the Municipal Clerk's office at 907-243-VOTE (8683).

### **Fair Housing Accessibility Training Webinar training – April 29<sup>th</sup>**

**Sponsored by the Alaska Housing Finance Corporation**

Co-sponsored by the Governor's Council on Disabilities and Special Education, the Municipality Of Anchorage and the Rural Alaska Community Action Program. Topics are Design & Construction Requirements of the Fair Housing Act, Accessible Routes and Accessible Public & Common-Use areas. The **FREE** training takes place on **April 29, 2015 from 8:00am-4:15pm at 4300 Boniface Parkway, 1<sup>st</sup> floor training room**. For more information contact 907-330-8280. To register: <http://fhafirst.eventbrite.com>.

### **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](http://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](mailto:glheiner@uaa.alaska.edu).

### **April 30 Deadline-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](http://heatinghelp.alaska.gov). Complete and send in your application with supporting documentation postmarked by **April 30<sup>th</sup>**. 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.

## **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](mailto: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](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.

## **5 Medicare Webinars starting in March**

The Alaska Medicare Information Office – SHIP/SMP is offering a series of 5 webinars; Understanding Medicare (A, B, C & D), Medicare Part D, Supplements, Medicare Fraud, and Help with Medicare Costs. To register please click the [registration link here](#) for each of the topics you would like to attend. If you are not able to join us, 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.

## **Free Anchorage Area Tax Preparation Sites**

include Northeast Community Center, First Free Methodist, Anchorage Senior Activity Center, Crosspoint Church, Credit Union One-Mountain View, AARP State Office, Spenard Rec Center, Chugiak-Eagle River Senior Center, University Center and JBER Tax Centers. Dates and hours served vary. For more information on free tax assistance in Anchorage, including what to bring: **Dial 2-1-1** or 1-800-478-2221. Visit [www.FreeTaxPrepANC.com](http://www.FreeTaxPrepANC.com)

## **Alaska Food Coalition – March is National Nutrition Month**

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. It's also a great time to think about people who might not have enough healthy food on a daily basis. Check out their March Newsletter [here](#) for more great information and links to other programs.

## **Advocates – Lend Your Voice to a Commission**

The **Senior Citizens Advisory Commission** meets on the 4<sup>th</sup> Wednesday of month from 10am-Noon at the Anchorage Senior Activity Center, 1300 E. 19<sup>th</sup> Ave. The **ADA (Americans with Disabilities Act) Advisory Commission** meets on the 2<sup>nd</sup> Wednesday of month 10:30-Noon at DHHS, 825 L Street, 4th

Floor Conference Room. Follow the ADA Commission on Facebook as they celebrate the 25<sup>th</sup> Anniversary of ADA with an education campaign and resources.

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## **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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