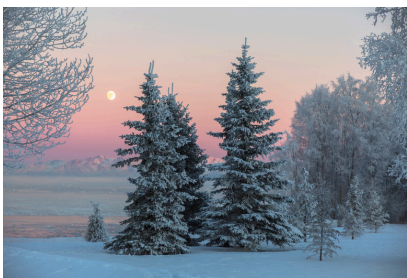


Alaska **ADRC** Aging & Disability Resource Center

January-February-March 2025



Indoor Options for Winter Walking

Colder temperatures and icy conditions make walking outside sometimes difficult during the long winter months. You can walk indoors at the following locations at no cost.

Dimond Center Mall - first and second levels

Monday through Saturday , 7:00am-7:00pm

Sunday, 11:00am-6:00pm

The easiest access is the south and southeast entrances by the ice rink.

5th Avenue Mall - during regular mall hours

Monday through Saturday , 10:00am-7:00pm

Sunday, 11:00am-6:00pm

Midtown Mall - during regular mall hours

Monday through Saturday , 10:00am-7:00pm

Sunday, 12:00pm-6:00pm

Grant Opportunities

The State of Alaska's Traumatic and Acquired Brain Injury (TABI) Program supports Alaskans who have experienced a traumatic or acquired brain injury. Supports for Alaskans in the Anchorage area with TABI are provided by Access Alaska and Daybreak, Inc. Support services may include assistance in getting a TABI diagnosis, care plan development, modeling and teaching of independent living skills, resource referral and coordination, and peer support connections.

The program also provides mini-grants for financial assistance for unmet qualifying needs of individuals with TABI. The maximum benefit per individual is \$2,500 annually and \$5,000 within a five-year period. Needs covered include medical, dental, behavioral health, housing, transportation, adaptive equipment, and more. The mini-grants provide funding to assist the individual with improving quality of life and maintaining independence.

To learn more and to apply for a mini-grant, contact one of the following agencies:



Access Alaska

1217 E. 10th Ave., 99501

907-248-4777

info@accessalaska.org



Daybreak, Inc.

130 W. International Airport Rd.

Suite C, 99518

907-390-0981

contact@daybreakmhsc.com

The Microenterprise Grant (MEGRANT) increases access to microenterprise and self-employment opportunities for persons with disabilities who are Alaska Mental Health Trust Authority beneficiaries. Grant funds may be used for costs associated with starting a new business, expanding a current business or acquiring an existing business. The business must meet the definition of a microenterprise, which is a business with total capital needs of not more than \$35,000 and fewer than five employees.

Allowable uses of a grant award include business licenses, insurance, permits, inventory, raw materials to make a product, equipment, supplies, rent or lease for space to offer a service or product, utilities, furnishings, marketing activities, transportation costs not related to vehicle purchases, accounting services, and training/support services.

Grant applications are due by 12:00pm on March 5, 2025. If you have questions about your application, please contact Amy Parker at amy@avosparker.com or call 907-347-5808.



For 30 years, the Alaska Mental Health Trust Authority has administered the trust and served Alaskans who experience mental illness, intellectual and developmental disabilities, substance use disorders, Alzheimer's disease and related dementia, and traumatic brain injuries. The Trust is the only organization of its kind in the United States. It works similarly to a private foundation, funding programs and projects that promote long-term systemic change and improve the lives and circumstances of beneficiaries.

The Alaska Work Incentive Planning & Assistance (WIPA) Project provides assistance to Social Security beneficiaries who are working at wage employment, self-employment, or who have a job offer pending. Assistance is offered to help understand the various work incentive programs that might be available, and provide essential advice about how to manage one's benefits during the transition to paid employment. Both initial and follow along assistance to beneficiaries is provided; benefits counseling and a written Benefits Summary Analysis (BSA) is provided free of charge.

If you are currently working, about to begin work, or are self-employed, and are interested in learning more, please contact the Alaska WIPA Project.



The mission of the UAA Center for Human Development (CHD) is to improve the quality of lives for people who experience disabilities and their families, across the life span, through interdisciplinary training, technical assistance, exemplary service development, applied research and dissemination of information. The goals and activities of CHD are guided by the values of integration and inclusion, self-determination, individual and family empowerment, cultural sensitivity, diversity, community referencing, independence, and productivity. CHD carries out their mission through four core functions: Interdisciplinary Education, Community Training and Technical Assistance, Research, and Information Dissemination.

The Governor's Council on Disabilities & Special Education (GCDSE) provides a management system structured to connect the public with policymakers, ensuring the development of a seamless service delivery system that will meet the needs of individuals with disabilities throughout their lives. Their mission is: Creating change that improves the lives of Alaskans with disabilities. The Council uses Planning, Capacity Building, Systems Change, and Advocacy to carry out their mission.

Alzheimer's Resource of Alaska awards mini-grants funded by the Alaska Mental Health Trust Authority. The grants provide money for services and items for Trust beneficiaries with Alzheimer's disease or related dementia (ADRD) that will directly improve their quality of life and increase their independent functioning. Allowable uses include medical, dental, vision, hearing services, supplies, therapeutic devices, adaptive equipment, caregiver respite, accessibility improvements, and services not available from any other funding source. The limit is \$2,500 annually per person, depending upon need. The full [mini-grant guidelines](#) offer more information.

Mini-grants are awarded monthly and applications must be received by the close of business on the first Tuesday of each month. Applications for the current month are due by 5:00pm, January 7, 2025. You can learn more [here](#) or by contacting Kevin Silver at ksilver@alzalaska.org or 907-561-3313.



Alzheimer's Resource of Alaska



Alzheimer's Resource of Alaska (ARA) is the only Alaska-based nonprofit that focuses solely on Alzheimer's Disease and related dementia. It was started in 1980 by two sisters who learned, while caring for their mother with dementia, there weren't many resources for family caregivers. The organization has grown into a statewide organization that provides individual consultations, free memory screenings, information, training, support groups and care coordination. ARA also maintains Community Resource Guides for different regions of Alaska that list organizations and individuals that provide a wide range of services for people living with Alzheimer's Disease and Dementia.

Learning Opportunities

The State of Alaska's [Senior and Disabilities Services \(SDS\)](#) offers free Q&A sessions for families and individuals on the 1st and 3rd Monday of the month, 12:00pm-1:00pm on Zoom. Join the SDS training team and care coordinator liaison to ask your questions and discuss your concerns about Medicaid waivers, benefits eligibility, care coordination and other SDS services. For more information and to obtain the Zoom meeting link, contact sdstraining@alaska.gov or call 907-269-3666.

[Hospice of Anchorage](#) is offering a 10-week grief and bereavement support group. A safe space is offered while you explore healing through Dr. Alan Wolfelt's Ten Essential Touchstones of Grief. **Understanding your Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart** will be held on Wednesdays, January 27-April 7, 2025 from 11:00am-12:00pm at 2612 E. Northern Lights Blvd. To RSVP or learn more, please email Stephanie@hospiceofanchorage.org or call 907-561-5322.



Grief is a personal journey that requires time, space, and support.

-Hospice of Anchorage

You are invited to attend the FREE monthly **Brown Bag Education Series** presentations, hosted by the ADRC. The series is held once a month, on Tuesdays from 12:00pm-1:00pm on Teams. Contact Karla Wright at karla.wright@anchorageak.gov or call 907-343-7778 to receive an invite.

January 14 Presenter to be announced

February 11 Presenter to be announced

March 11 Donna Koecher, R.N.CNOR, Joint and Spine Navigator
Alaska Regional Hospital



January

January is Financial Wellness Month

Financial Wellness Month is a yearly reminder to pay attention to your finances and financial health. What is ‘financial wellness’? Financial wellness is the ability to meet basic needs and to manage money for the short- and long-term. Financial wellness is important because it reduces anxiety, helps you to budget better, and encourages financial stability. Select a couple tasks from the list below and complete them.

Prepare for Social Security. Log in to your account and check your earnings statement for accuracy. If you do not have an account, create one. The Social Security Administration offers a variety of benefits calculators to assist you in deciding when to apply for Social Security.

Get ready for tax season. AARP Foundation Tax-Aide, in partnership with United Way of Anchorage, will be offering tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 years of age and have low to moderate income. You don’t need to be an AARP member to use the service. The 2025 schedule is being confirmed now and assistance is usually provided from early February through mid-April. To find a Tax-Aide location (when listing is released sometime in January) and to see a listing of required documents, go here.

Educate yourself about fraud. Fraudsters and scammers never quit and their methods are becoming more sophisticated. What is the difference between frauds and scams? Fraud involves stolen information, such as credit card or bank account numbers, while scams trick victims into providing personal information through tactics such as phishing emails, fake social media accounts, and too-good-to-be-true offers. AARP Fraud Watch NetworkTM is a free resource to help you stay informed, find

support, and have a voice. The Perfect Scam is AARP's weekly podcast profiling America's biggest scams. Listen to fraud victims and their families tell their stories and the leading experts who expose the fraudsters.

Make an appointment at the Benefits Enrollment Center (BEC). If you fall within the low-income bracket or are a person with disabilities and your monthly income falls below \$2,731 for an individual or \$3,212 for a married couple, you may be eligible for additional assistance for food, utilities, medical, and prescription drug costs. The BEC is a free public service offered by the Anchorage Senior Activity Center (ASAC). Membership is not required to use the service. Knowledgeable counselors are available to answer your questions about benefits and the enrollment process. Call 907-770-2025 to schedule an appointment.

Get help with civil legal matters. Alaska Legal Services Corporation (ALSC) assists low income and disadvantaged clients who are facing issues involving consumer law, family law, housing problems, public benefits, healthcare complications, Alaska Native law and other areas specific to veterans or the elderly. There are eligibility requirements and ALSC does not have the resources to assist everyone. You can apply for legal assistance online or by calling 1-888-478-2572. It is recommended you review the information found on their Apply for Help page before you begin.

Check your credit report. A credit report is a summary of your personal credit history. It includes identifying information about you and information about your credit history. Your credit report can affect your buying power, getting a job, or being able to rent or buy a place to live. Getting a copy of your credit report can help identify signs of identity theft and protect you from errors. There are three credit bureaus and all of them are required to provide you with a free report once a year. The Federal Trade Commission's (FTC) Consumer Advice page has a lot of good information about how to get a credit report, what to expect, and how to monitor your credit report.



Maximize your Social Security: Expert Tips

Monday January 20, 2025 | 4:00pm-5:00pm

Ask your questions about Social Security and gain insight on maximizing your benefits.

Making sure your money lasts as long as you do means knowing what your Social Security benefits will be and when to claim. This January on **AARP Live** an authority on Social Security will answer your questions.

Sign in to your [AARP.org](https://www.aarp.org) account or create an account to register for events. AARP membership is not required. You will receive an email with instructions on how to join the live show before the event.

Please contact AARP Vermont at vtaarp@aarp.org for more information about the event.

Anchorage Senior Activity Center January Health Fair



Wednesday January 22, 2025 | 10:00am-4:00pm
1300 E. 19th Avenue | 907-770-2000

The Anchorage Senior Activity Center (ASAC) invites you to their January Health Fair. This is a free community event, open to all. COVID-19, RSV (respiratory syncytial virus), and TDAP (this is a combination vaccine that protects against tetanus, diphtheria, and pertussis) immunizations will be available along with blood pressure and hearing screenings and testing for A1C & Hemoglobin and STI/HIV. Community agencies will be present, including the ADRC. The fair is hosted by the ASAC and the Anchorage Health Department. Attending the health fair is also a perfect opportunity to have lunch at the Arctic Rose Café or visit the Gift Gallery.



February

February is National Senior Independence Month

Living an independent lifestyle as we age is important to many of us. February is the month seniors celebrate the independence they enjoy and plan ahead to maintain that independence. Here are a few tips to help.

Focus on safety around the home. Prepare to age in place by upgrading safety features at home. Schedule repairs for unsafe conditions like a loose floor board or railing. Once repairs are complete, add some new features that prioritize your safety. Adding shower grab bars, upgrading outdoor lighting, or having some type of seating by the door to use when putting on and removing shoes are all simple ideas that can make a difference. AARP offers a comprehensive [HomeFit Guide](#) to assist you with turning your home into a comfortable and safe fit for you as you age.

Check your vehicle's (and the grandchild's car seat) safe fit. The [Center for Safe Alaskans](#) offers the CarFit program, an educational program for older adults that offers them the opportunity to check the safety fit of their vehicle and to gather information about community resources to help increase driver safety. For grandparents, the Center is offering a new service called Drive Fit and Safe. The service checks your grandchild's car seat fit and the vehicle safety fit for you as the driver. The grandchild does not need to be present to participate in the service. Please visit the Center's [CarFit](#) page to learn more or call 907-929-3939 to schedule an appointment.

Prepare an emergency supply kit. After an emergency, you may need to survive on your own for several days. In Alaska, being prepared is crucial and experts recommend having enough emergency supplies to last for two weeks. The Municipality of Anchorage has a basic disaster supplies kit [list](#) as does the federal [Build a Kit](#) page. Consider adding several items a week throughout the month and ongoing until you feel you are prepared. For people with disabilities emergency preparedness is more complicated and requires additional planning. [Ready.gov](#) provides a comprehensive and detailed [page](#) to help you prepare.

Support your local senior center. According to the [National Council on Aging \(NCOA\)](#), older adults who participate in senior center programs show a higher level of health, increased social interaction, and greater life satisfaction. While most senior centers are membership based, they also offer some free amenities and programs for everyone. We are fortunate to have two senior centers in Anchorage, the [Anchorage Senior Activity Center](#) and the [Chugiak-Eagle River Senior Center](#). Take a look at their websites, visit the facilities and take a tour or have lunch in the restaurant.

Keep moving. The [U.S. Centers for Disease Control and Prevention \(CDC\)](#) recommends adults 65 years of age and older engage in aerobic physical activity and activities that strengthen muscles and improve balance weekly. Physical activity can prevent or delay many of the health issues that seem to come with aging. For exercise recommendations, sample schedules, and further information, please visit their [Older Adult Activity page](#).

Improve your tech skills. The [Anchorage Public Library](#) has partnered with Northstar Digital Literacy to provide a self-directed testing and learning tool for anyone looking to improve their technology skills. Courses include internet basics, using email, Microsoft applications, and more. Click [here](#) to learn more and get started.

If you are a caregiver, find support. Caregivers play a vital role in supporting the health and well-being of older adults and providing quality care. It's important they are supported in maintaining their own physical and mental health, which leads to improved patient outcomes and reduced caregiver stress and burnout. Alzheimer's Resource of Alaska hosts a statewide Caregiver Support Group three times a month by both a phone connection and Zoom. Groups meet every 2nd and 4th Thursday of the month from 5:30pm-7:00pm. There is also a Friday morning group meeting every 1st Friday from 10:00am-11:30am. Please contact Debbie Chulick or call 907-561-3313 to learn more.

The Alaska Veterans Affairs Health Care System offers a number of services to support Caregivers of veterans including a Caregiver Support Team (CST). The support team is available to help caregivers find the necessary support needed and to help with enrollment in caregiver programs and services.

The CST can help with getting caregiver assistance through the VA, matching you with services and benefits, and connecting you with local resources and programs.

Mission statement: To promote the health and well-being of family Caregivers who care for our nation's Veterans through education, resources, support, and services.



Caregiver Support Team
907-375-2606



March

March is National Brain Injury Awareness Month

The observance of **Brain Injury Awareness Month** began in the United States when efforts of advocacy organizations and individuals resulted in the 1989 designation by the Brain Injury Association of America (BIAA). According to The Center for People with Disabilities (CPWD), every nine seconds someone in the U.S. sustains a brain injury. Injuries can occur in various ways including sports injuries, accidents, violence, or medical conditions. Mild Traumatic and Acquired Brain Injuries (TABIs) might result in temporary symptoms such as headache, confusion, dizziness, and memory problems. Severe TABIs can lead to long-term physical, cognitive, emotional, and behavior impairments and have lasting impacts on an individual's ability to function in daily life.

You can take steps to prevent traumatic brain injuries.

- Install safety features at home, like grab bars and non-slip mats.
- Wear ice cleats when needed.
- Keep walkways clear of ice and snow.
- Test eyesight and hearing annually.
- Get regular physical activity, including exercises to improve your balance.
- Wear proper fitting sport-specific helmets.
- Maintain your vehicle and always wear a seatbelt.

The National Council on Aging (NCOA) has an excellent website dedicated to Falls Prevention. Get the facts, debunk the myths, check your risk, and review the home safety checklist.

In Alaska, over 30% of injury-related deaths are TABI related and falls are the leading cause. For ages 19 and older, the top three causes of fatal and non-fatal TABI are falls, motor vehicle crash, and being struck by a moving or stationary object. Additional data, trainings, a concussion guidebook and more can be found on UAA's Center for Human Development's Brain Injury State Partnership Program [website](#).

In Anchorage, individuals with a traumatic brain injury and their families and caregivers have two resource agencies to work with, Access Alaska and Daybreak, Inc.

[Access Alaska](#) is a non-profit agency that provides resource facilitation, peer support, and supplemental services for individuals with TABI to improve quality of life and maintain independence. Resource facilitation includes providing navigational help to individuals accessing housing, employment, benefits, legal rights, and transportation. Peer support groups are offered and are also open to parents, families, and caregivers. Individuals may also apply for mini-grants that cover services and items not funded by other sources.

1217 E. 10th Ave | 907-248-4777 | info@accessalaska.org

[Daybreak, Inc.](#) believes their consumers be given the opportunity to guide their own recovery and be able to live independently. Resource Facilitators have received training in TABI and how it can impact the recovery process. They work with individuals to locate the providers and services needed for recovery and then help with arranging the services, providing transportation, and running errands. Peer support groups are also available, as well as mini-grants. The focus is always on individuals experiencing TABI regaining as much independence as possible.

130 W. International Airport Rd Ste C | 907-390-0981 | contact@daybreakmhsc.com

Alaska

ADRC

Aging & Disability Resource Center

The Aging and Disability Resource Center (ADRC) is a one-stop resource center. Our trained and certified Resource Specialists are available to answer your questions about services within the community. We advocate for seniors and individuals experiencing disabilities.

The ADRC 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

Call today to get started! 907-343-7770

ADRC Office:

825 L St Ste 200
Anchorage, AK 99501
www.muni.org/adrc

Office Hours:

Monday-Friday 8:00am-5:00pm
Closed for lunch 12:00pm-1:00pm

Holidays Observed (we are closed)

New Year's Day
Wednesday January 1

Martin Luther King Jr. Day
Monday January 20

Presidents' Day
Monday February 17

Seward's Day
Monday March 31