

Alaska **ADRC** Aging & Disability Resource Center

July-August-September 2024



Summer Fun with **AARP** Alaska

Hit the links at the Anchorage Golf Course with the **AARP Alaska Anchorage Golf League**, from May 21 to August 6.

AARP members and a guest are invited to join AARP Alaska State President Madeline Holdorf on Tuesday mornings at a discounted price for nine holes and golf cart rentals. The course is at 3651 O'Malley Road.

Golfers can chat with Holdorf about upcoming AARP Alaska events and advocacy issues. Participants are encouraged to bring donations for a local food bank.

To register, call the golf course at 907-522-3363 or sign up at aarp.org/AKgolf2024.

Volunteer Opportunity in your Community



RurAL CAP
Rural Alaska Community Action Program, Inc.



AmeriCorps
Seniors

The **Rural Alaska Community Action Program (RurAL CAP)**, founded in 1965, is a private, statewide, nonprofit organization working to improve the quality of life for low-income Alaskans. RurAL CAP's mission is to empower low-income Alaskans through advocacy, education, affordable housing, and direct services that respect our unique values and cultures.

RurAL CAP is recruiting volunteers 55 years of age and older for their **Senior Companions** and **Elder Mentors** programs.

Who are Senior Companions? Senior Companions are volunteers who provide supportive individualized services to help others maintain independence and increase their quality of life. Volunteers are individuals at least 55 years of age with an interest to serve as a friend and companion to other older adults. Examples of services that volunteers can provide include transportation, light housekeeping, running errands, and lending a listening ear.

Who are Elder Mentors? Elder Mentors are volunteers aged 55 or older who are interested in giving back to their community by providing one-on-one help with schoolwork, modeling social and cultural values, and offering emotional support to youth in their community. RurAL CAP partners with Head Starts, schools, and youth-serving programs in communities across Alaska to place Elder Mentors to support classrooms or afterschool activities. Elder Mentors serve in their community. The goals

of the program include increasing school readiness for preschool children, increasing school success for K-12 students, and reinforcing social skills, cultural values, and resilience for all children.

Volunteers who serve a minimum of five hours/week receive a \$4/hour tax-free stipend with paid time off and holidays; mileage and meal reimbursement; additional auto and liability insurance; and ongoing training including the annual spring conference in Anchorage.

Funding for the programs comes from **AmeriCorps Seniors**, a federal agency, that brings people together to tackle the country's most pressing challenges through national service and volunteering. AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. AmeriCorps helps make service to others a cornerstone of our national culture. Learn more at [AmeriCorps.gov](https://www.AmeriCorps.gov)

For more information or to apply please visit www.eldermentor.org or contact Ella Juszczak at ejuszczak@ruralcap.org or 907-865-7276.

ADRC Brown Bag Education Series

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 907-343-7778 to receive an invite.

July 9 summer break no program

August 13 12:00pm-1:00pm to be announced

September 9 12:00pm-1:00pm to be announced



July

July is Disability Pride Month

The **American with Disabilities Act (ADA)** was signed into law on July 26, 1990. Every July we celebrate Diversity Pride Month to commemorate the passage of this landmark civil rights law.

The Public Broadcasting Service (PBS) offers a selection of free-to-view documentaries looking at the history of the disability rights movement as well as the activists within the movement. You'll also learn about artists and storytellers whose works explore the diversity of disability experiences.

Visit <https://www.pbs.org/articles/disability-pride-month-and-the-disability-rights-movement> to access the films. Selections include The Gang of 19—History of the ADA Movement; All Riders; The Beautiful Colors of Jeremy Sicile-Kira and more.



Save the Date!

Anchorage's Disability Pride celebration will be held Saturday July 27, 12pm-4pm
Delaney Park Strip

Join the celebration!

July programs with Alaska

Saturday July 6 12:00pm-1:00pm AKDT

Understanding Social Security Retiree and Family Benefits

Social Security is the only guaranteed source of retirement income for most Americans. But it was never designed to be a person's only income. Learn how to maximize your Social Security benefits and what factors to consider as you decide when to claim them. This session is part of a series of Saturday webinars featuring Social Security, Medicare and retirement planning. It is intended for educational purposes only; no personal advice or product sales will be included.

AARP membership is not required but you must be signed into your [AARP.org](https://www.aarp.org) account or create an account to register. Please do not opt out of event-related email as you will be emailed a link to join the presentation via Zoom prior to the event. If you are accessing via a smartphone or tablet, please download the free Zoom meeting app ahead of time.

Contact AARP Hawaii at hiaarp@aarp.org for more information or for assistance with closed captioning or other accommodations.

Saturday July 13 12:00pm-1:00pm AKDT

Medicare Basics

You have paid into Medicare your entire working life, but do you understand how this retiree health insurance works? Learn the basics of Medicare and when to enroll. Presented by Ed Hickey, AARP volunteer speaker. This presentation is intended to provide education for people not yet on Medicare and is part of a series of Saturday webinars featuring Social Security, Medicare. No personal financial advice will be given and no financial products will be promoted.

AARP membership is not required but you must be signed into your [AARP.org](https://www.aarp.org) account or create an account to register. Please do not opt out of event-related email as you will be emailed a link to join the presentation via Zoom prior to the event. If you are accessing via a smartphone or tablet, please download the free Zoom meeting app ahead of time.

Contact AARP Hawaii at hiaarp@aarp.org for more information or for assistance with closed captioning or other accommodations.



August

August is National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

The Centers for Disease Control and Prevention (CDC) identified a concerning drop in routine vaccine coverage across the United States during the COVID-19 pandemic. It is critical to ensure that routine vaccination is maintained throughout an individual's lifespan in order to protect themselves and their communities from vaccine-preventable diseases and outbreaks. Routine vaccination prevents illnesses that lead to additional medical visits, hospitalizations, and further strain on the healthcare system.

You can access the Adult Immunization Schedule by Age page here: <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

The Anchorage Health Department's **Public Health Clinic** offers vaccines for children and adults.



Call 907-343-4799 (option 2) Monday-Friday, 8:00am-5:00pm to make an appointment, or stop in at the clinic at 825 L St, 1st Floor to schedule an appointment in person.

August programs with Alaska

Thursday August 15 6:00pm-7:00pm AKDT

AARP Live Embracing Retirement: A New Beginning

For many, retirement means having more time on your hands, but how do you make the most out of your new stage of life? On AARP Live Embracing Retirement: A New Beginning, we'll explore ways to find meaning and purpose in your "what's next." Join the conversation and get your questions answered!

The program Rural America Live with AARP focuses on issues that matter most to the 50+ and their families. This live one-hour call-in show airs on the third Thursday of each month on the RFD-TV cable network.

AARP membership is not required but you must be signed into your [AARP.org](https://www.aarp.org) account or create an account to register. You will receive an email with instructions on how to join the live show before the event.

Contact AARP Vermont at vtaarp@aarp.org for more information about this event.

Monday August 26 3:00pm-4:30pm AKDT

A Girlfriend-to-Girlfriend Workshop: Safety Benefits of New Car Tech

This 90-minute virtual interactive workshop will cover the latest technologies to look for when shopping for a new car and how to make the most of these high-tech safety features when driving. Learn about the safety benefits of:

- Blind spot warning systems
- Forward collision warnings
- Lane departure warnings
- Smart headlights
- and more!

AARP membership is not required but you must be signed into your [AARP.org](https://www.aarp.org) account or create an account to register. You will receive an email with the Zoom link class.

Contact AARP Driver Safety at sdtek@aarp.org for more information about this event.

CarFit program offered by the **Center for Safe Alaskans**

ADULT DRIVER SAFETY

DOES YOUR VEHICLE FIT YOU?



The best position for the seatbelt is across the shoulder and chest.



Ten inches is a safe distance between the driver and the steering wheel.



The driver's ears are centered in the middle of the head rest.



Safe drivers are able to easily push the vehicle's pedals without stretching.



The best spot for a driver's eyes is three inches over the steering wheel.



Learning to use the vehicle's safety features may improve the driver's comfort and safety.



The CarFit program is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. It also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Thanks to funding from the Alaska Highway Safety Office, Safe Alaskans staff coordinates CarFit events in the Anchorage bowl.

For more information or to schedule a CarFit appointment, please call 907-929-3939 or fill out the form found here:

<https://safealaskans.org/services/carfit/>

CarFit is sponsored by the American Automobile Association (AAA), the American Association of Retired Persons (AARP), and the American Occupational Therapy Association (AOTA).



Providing Accessibility Solutions for Older Adults

Are you or your loved one facing difficulties at home as a result of mobility limitations? There is no need to continue to struggle. **101 Mobility of Anchorage** offers a variety of solutions that will allow you to live comfortably right where you belong. They sell, rent, and install a variety of accessibility products and can make your property more comfortable and easier to navigate.

101 Mobility of Anchorage is a locally owned company backed by a nationally respected brand. This means that they have access to unrivaled training, support, and resources while providing the attentive care of a local business.

Products offered are:

- Stairlifts
- Platform Lifts
- Patient Lifts
- Wheelchair Ramps
- Bath Safety
- Automatic Door Openers
- Lift Chairs
- Power Chairs & Scooters
- Wheelchair Carriers

If you're interested in taking advantage of what **101 Mobility of Anchorage** has on offer, contact them today at **907-312-2388**.

What you'll receive in return:

- A phone call and/or email from one of their local mobility experts to answer your questions.
- Knowledge about product options that are available for your specific mobility needs.
- An opportunity to schedule a free virtual or in-home consultation.

Hours are Monday-Friday 9:00am-5:00pm
Closed Saturday, Sunday, and Holidays



September

September is National Senior Center Month

The 2024 theme is *Powering Connections*

Celebrated every year in September, **National Senior Center Month** is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults and have become integral to health care delivery in our communities. They offer a place for older adults to discover their unique interests, talents, and aspirations.

Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act of 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

National Senior Center Month is hosted by the National Council on Aging ([NCOA](#)) and the National Institute of Senior Centers ([NISC](#)). The NCOA's goal is to impact the health and economic security of 40 million older adults by 2030, especially women, people of color, LGBTQ+, low-income and rural individuals. The NISC is the largest national membership organization dedicated to serving senior center professionals and is committed to supporting and strengthening the nation's 11,000 senior centers through best practices, professional development, advocacy, research, and national standards for senior centers. Membership is free.

Municipality of Anchorage residents are fortunate to have two senior centers for their use, one in Anchorage and one in Chugiak. There are a variety of programs offered at each location.



Anchorage Senior Activity Center

The mission of the ASAC is to enhance the quality of life of Alaskans by promoting fitness, health and wellness, and social interaction. Membership benefits include acting classes, art groups, Chorus, crafts & quilt room, library access, social hour, tech hour and more.

Find out more at www.anchorageseniorcenter.org

email: info@anchorageseniorcenter.org phone: 907-770-2000



Chugiak-Eagle River Senior Center

The mission of the CERSC is to exist to provide quality services and facilities to meet the needs of seniors in our community through effective stewardship and program development. Membership benefits include Adult Day Services, Meals-on-Wheels, transportation assistance, a wellness and exercise department, an activities department and more.

Find out more at www.chugiak.org

email: chugiakseniorcenter@mtaonline.net phone: 907-688-2677



September is Healthy Aging Month

Healthy Aging Month is an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, the month-long celebration provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

Tips for healthy aging

- Exercise: move more, sit less; use free websites and apps for inspiration
- Diet: try to cut back on salt
- Social: volunteer, rekindle or follow a new passion, get a dog
- Mental: be realistic and plan for your next chapter



Source: <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/>

September program with **AARP** Alaska

Thursday September 19 6:00pm-7:00pm AKDT AARP Live Brain Health and Aging Well

We're living longer, but how do we add more life to our years and age well? Explore how to engage the brain and stay sharp as we age. Additionally, the early signs of dementia and Alzheimer's will be discussed. Join the conversation and get your questions answered!

The program Rural America Live with AARP focuses on issues that matter most to the 50+ and their families. This live one-hour call-in show airs on the third Thursday of each month on the RFD-TV cable network.

AARP membership is not required but you must be signed into your [AARP.org](https://www.aarp.org) account or create an account to register. You will receive an email with instructions on how to join the live show before the event.

Contact AARP Vermont at vtaarp@aarp.org for more information about this event.



Save the Date! Stand Down 2024



**Friday September 20, 2024
10:00am-2:00pm**

**Ted Stevens International Airport
North Terminal 4600 Postmark Dr**

Stand Downs are typically one- to three-day events during which Veterans Affairs staff and volunteers provide food, clothing and health screenings to homeless and at-risk Veterans. In addition, Veterans also receive referrals for health care, housing solutions, employment, substance use treatment, mental health counseling and other essential services.

Reminder!

Commodities Supplemental Food Program (CSFP) Recertification is coming in October

- October is the month to recertify eligibility for food boxes.
- All active CSFP clients need to complete a preprinted form to verify and/or correct their information.
- Recertification forms need to be filled out, signed, and dated on site.
- Recertification forms need to be submitted to Food Bank of Alaska within 10 business days of when they are signed, and no later than 5pm on November 30th.
- No transfers can be done during the recertification period.



Important CSFP Dates for Recertification

- | | |
|--------------------|--|
| October 1 | Recertification begins. All active seniors need to complete the pre-printed Recertification form. |
| November 30 | Recertification forms are due to FBA by 5:00pm. |
| December 1 | All clients without a current recertification form on file will be inactivated from the program and must fill out a new application to receive benefits again. |

Alaska

ADRC

Aging & Disability Resource Center

The Aging and Disability Resource Center (ADRC) is THE one stop resource center, where our trained and certified Resource Specialists are available to answer your questions and help you understand and navigate a wide variety of resources.

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)

**Independence Day
Thursday July 4**

**Labor Day
Monday September 3**