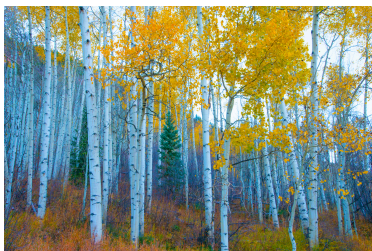




October-November-December 2024



Legislative Candidate Community Forum 2024
Wednesday October 2 5:30pm-7:30pm AKDT

Join AARP and other 50+ Alaska voters for a community forum to hear where Anchorage area legislative candidates stand on the issues most important to older Alaskans. Meet the candidates and ask them your own questions. Free pizza and drink tickets provided.

Registration recommended. 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. For questions, contact AARP Alaska at akaarp@aarp.org.

49th State Brewing Heritage Theater 717 W 3rd Ave



Prepare to Vote this November!



Alaska is a No Excuse voting state. Anyone can apply to vote absentee by mail, fax, or online delivery. Applications open January 1st of each year. Anyone may vote using the early and in person voting options.

Absentee In-Person and Early Voting locations are open for voting starting 15 days prior and through Election Day. Each location has different hours and district ballots available.

Absentee In-Person voting is like voting early at your polling place. The difference is that absentee locations do not have a secure connection with the voter registration database system, which means the poll worker cannot look you up to verify your information.

Absentee In-Person voting requires you to complete an envelope with your voted ballot and drop the envelope in a ballot box. These ballots are not scanned at the voting location and are instead reviewed by the Absentee Review Board to make sure you are eligible and that you have not already voted.

At locations that are marked as Early Voting location, your eligibility is determined at the time you vote by verifying that the information on your voter registration record is current. If everything is correct, you will vote your ballot and insert it into the scanner. If your information is not current, you will have to vote using the Absentee In-Person method.

You may apply for an Absentee Ballot online or by filling out a paper application. Online applications require a valid Alaska driver's license or state ID. A paper application will require a handwritten signature.

Unless you are registering to vote for the first time or updating your information, you have until **October 26, 2024** to apply for an Absentee By-Mail ballot.

Find out more here: [Absentee and Early Voting in Alaska](#)

The Person-Centered Intake (PCI)

The Person-Centered Intake (PCI) is one of the Anchorage ADRC's most requested services. What is the Person-Centered Intake and how does it help you? The PCI is a tool used to identify the full range of services and support options available through Alaska's Medicaid-funded Long Term Services and Supports (LTSS). A PCI collects sufficient information to determine potential eligibility for Home and Community Based (HCBS) waivers, Community First Choice (CFC), Personal Care Services (PCS), community funded supports, private pay services and other options. The PCI includes options counseling to ensure the participant understands all of the LTSS options and is able to make an informed choice when choosing which option to pursue.

The heart of a PCI is the concept of person-centered thinking. Person centeredness is an approach in which the participant defines what is important. It requires a conscious commitment to listening to the participant, rather than focusing solely on service systems. A person-centered system should empower participants to work towards goals that may not be met solely by services and provide real choices for daily life and life direction, rather than being limited by choosing just from the menu of waiver services. Services should support the opportunity to make choices, share ordinary places, have relationships and grow them, know people, experience respect, have a valued social role, and share one's gifts. A person-centered approach uses partnerships and collaborative relationships with the community as a source of enduring supports. It assumes that the participants and those who know them well are the primary authorities in the planning process.

It's important to know the PCI indicates whether the participant is potentially eligible for LTSS. It indicates only that the participant has met the targeting criteria that were designed to be more liberal than

the actual assessment to make sure all potentially eligible participants are offered a full assessment. The assessment, which is conducted by the State of Alaska Department of Health’s Senior and Disabilities Services (SDS), establishes functional eligibility. The participant will also have to meet the financial eligibility criteria for Medicaid.

Source: [Alaska ADRC PCI Handbook](#)

The majority of the PCIs the Anchorage ADRC completes lead to participants applying for HCBS waivers. Below is a table showing which services are approved for Alaska’s five Medicaid waivers.

ALI = Alaskans Living Independently; APDD = Adults with Physical and Developmental Disabilities; IDD = Intellectual and Developmental Disabilities; CCMC = Children with Complex Medical Conditions; ISW = Individualized Supports Waiver

WAIVER SERVICES	ALI	APDD	IDD	CCMC	ISW
Alaska’s five Medicaid waivers support the independence of Alaskans who experience physical or developmental disabilities by providing services in their homes and in the community rather than in an institution such as a nursing home. Each waiver offers a different set of services. Services are determined depending on a person’s age and needs.					
Services approved for each waiver are marked with a ✓					
Care coordination: All waivers require clients to work with a care coordinator. Your care coordinator will work with you to identify which services you need and make sure that you get them.	✓	✓	✓	✓	✓
In-home supports: Help to get, keep, or improve self-help, and social skills; live full-time with unpaid caregiver, for ages <18.			✓	✓	✓
Family home habilitation: Help to get, keep, or improve self-help, and social skills; live full-time in licensed home of a paid caregiver.		✓	✓	✓	
Group home: Help for ages 18+ to get, keep or improve self-help, and social skills; live full-time in a licensed assisted living home (ALH).		✓	✓	✓	
Supported living: Help for ages 18+ to get, keep or improve self-help and social skills; live full-time in your own.		✓	✓	✓	✓
Residential supported living: Help with activities of daily living for adults who can’t live alone and live full-time in a licensed assisted living home.	✓	✓			
Day habilitation: Recreational, other activities outside the home to develop self-help and social skills for community life.		✓	✓	✓	✓
Adult day services: Group adult day care provided by an organization.	✓	✓			
Respite: Occasional breaks for unpaid caregivers.	✓	✓	✓	✓	✓
Employment Services: Training, support, and supervision to help keep a job.		✓	✓	✓	✓
Transportation: To access community resources and activities.	✓	✓	✓	✓	✓
Environmental modifications: Health and safety-related home modifications.	✓	✓	✓	✓	
Meals: Food for 18+ at home or in a group setting other than an assisted living home.	✓	✓	✓	✓	
Specialized medical equipment and supplies: Help to communicate, perform daily activities, and access the community.	✓	✓	✓	✓	
Nursing oversight: A registered nurse ensures that care of a medical nature is delivered safely.			✓	✓	
Intensive active treatment: Professional treatment/therapy for ages 21+ to prevent behavior regression or to address a family, personal, social, mental, behavioral, or substance abuse problem.		✓	✓		✓
Specialized private duty nursing services: Continuous services for ages 21+ by a licensed nurse, specific to your needs.	✓	✓	✓		

If the table above is too small, please click here for the full brochure: [Medicaid Waiver Brochure](#)

If you or a loved one is ready to complete a PCI, please contact your local ADRC. Regional office locations and contact information can be found here: [Alaska’s Aging and Disability Resource Centers](#)



October

October is Cybersecurity Awareness Month

Cybersecurity Awareness Month is an international initiative that educates everyone about online safety and empowers individuals and businesses to protect their data from cybercrime. The 2024 theme is **Secure Our World** and reminds us that there are simple ways to protect yourself, your family and your business from online threats.

Cybersecurity Awareness Month was launched by the National Cybersecurity Alliance and the U.S. Department of Homeland Security (DHS) in October 2004 as a broad effort to help all Americans stay safer and more secure online.

Even amidst large-scale data breaches and cyberattacks, Cybersecurity Awareness Month reminds everyone that there are simple, effective ways to keep yourself safe online, protect your personal data, and ultimately help secure our world.



Four ways to stay safe online:

- Use strong passwords and a password manager
- Turn on multifactor authentication
- Recognize and report phishing
- Update software

For more information about Cybersecurity and how to protect yourself visit the online resource library at staysafeonline.org/resources

October programs with Alaska

Wednesday October 2 8:00am-9:00am AKDT

How to Create a 'HomeFit' Home

Discover changes you can make now to be sure your home is safe for aging in place.

What if a home could be more suitable for any resident, or any age or physical ability? What if an older adult wants to live independently despite changing abilities or evolving needs?

Join us for a webinar based on the complimentary [AARP HomeFit Guide](#) to learn how you can adapt your current or future home, or that of a loved one, to make it a "lifelong home", suitable for a person no matter their age or life stage.

Sign in to your [AARP.org](#) account or create an account to register for events. AARP membership is not required. You will receive an email with a Zoom link before class. For questions, contact AARP MT at mtaarp@aarp.org

Monday October 7 5:30pm-6:30pm AKDT

Our Voices Decide: Protect Social Security and Support Family Caregivers

Find out how voters age 50 and older can make themselves heard on key issues.

In this election year, AARP is fighting to get candidates, regardless of party, to offer solutions for protecting our hard-earned Social Security benefits and supporting family caregivers. Join us to learn more about how voters age 50+, the country's strongest voting bloc, can ensure that our concerns are addressed in this critical election year.

We must raise our voices and tell candidates to offer solutions to the issues that matter to us and our families. And we need to elect candidates who will listen to our struggles and pass helpful, common-sense solutions.

This one hour virtual presentation will be provided by the AARP Oregon Speakers Bureau.

Sign in to your [AARP.org](#) account or create an account to register for events. AARP membership is not required. You will receive an email with the Zoom link before class. For questions, contact AARP OR at oraarp@aarp.org

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 call 907-343-7778 to receive an invite.

- October 8** no program
10th Annual Alaska Disability & Aging Summit
- November 12** Debbie Chulick, Education Specialist
Alzheimer's Resource of Alaska
- December 9** no program, holiday break

10th Annual Alaska Disability & Aging Summit!



October 8 & 9, 2024

Presented by:
The Alaska Disability & Aging Coalition

Save the Date!

You're invited to join the 10th Annual Alaska Disability & Aging Summit

October 8th & 9th from 8:00am-3:00pm

**Jim Balamaci Training Center
3200 Mountain View Dr**

Free and open to the Public

The Alaska Disability & Aging Summit is a two-day event hosted by the Alaska Disability & Aging Coalition, a taskforce of interested stakeholders including self-advocates, provider agencies, advocacy organizations, universities, Special Olympics Alaska, and the Alaska Governor's Council on Disabilities and Special Education.

The event connects leaders in the field of intellectual and developmental disabilities with care providers, agencies, families and individuals with disabilities to have powerful discussions about issues people with disabilities in Alaska are facing as they age, while raising awareness and working on solutions to knit the aging and disability service systems together.

This year the summit will have information about innovation with senior housing, disabilities and relationships, selfcare for families and providers, an advocacy panel, elder panel, action panel and more.



FEDERATION OF
COMMUNITY COUNCILS
ANCHORAGE | EAGLE RIVER | GIRDWOOD

Townhall Series

Sept 23 ● Oct 21 ● Nov 18

In collaboration with a grant from the Anchorage Ombudsman's Office, the Federation of Community Councils (FCC) is hosting a townhall series this Fall. All the events are free to attend. **In person at the Wilda Marston Theater at Loussac Library and via Zoom.**

Demystifying Community Councils

Understanding their Role in Fostering Civic Engagement

Monday, September 23, 2024

7:00pm-8:00pm

Navigating Community Council Meetings: Mastering Meeting Format, Robert's Rules and Articulating your Opinions

Monday, October 21, 2024

7:00pm-8:00pm

Guiding Community Council Meetings

Leading Diverse Stakeholders with Vision

Monday, November 18, 2024

7:00pm-8:00pm

Register for tickets on EventBrite: [Click Here](#)

Questions? Email info@communitycouncils.org



Sensory-Friendly and Access Mornings at the *Anchorage Museum*

Self-directed, drop-in sessions are offered October through April and are opportunities for families and adults who experience a range of developmental and physical disabilities and those on the autism spectrum to visit the museum when it is closed to the general public. A safe space is available at the museum. Please know an adult must accompany visitors under age 18.

Sensory-Friendly and Access Mornings are \$5 per family or group; museum members receive a 10% discount. Advance registration is strongly recommended. Walk-in registration is available only if capacity allows and if paying by credit card.

Though these opportunities are created by museum staff for certain times, visitors experiencing sensory sensitivities and disabilities may visit the museum anytime during open hours for independent exploration.

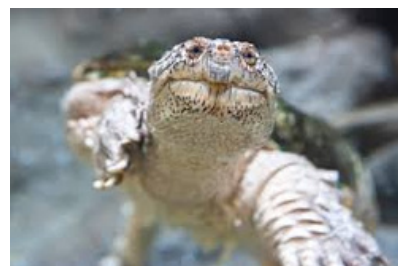
The next sensory-friendly & access morning is:

Sunday October 13, 11:00am-12:00pm
Atrium, Discovery Center, First Floor Galleries

Use the museum's 7th Avenue entrance. Parking is available in the museum garage. For more information or to request accommodations, please call 907-929-9280 or email access@anchagemuseum.org

Chomper ♥

photo from Anchorage Museum's [Image Gallery](#)





November

November is Alzheimer's Awareness Month

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage. The damage begins a decade or more before symptoms start to show. It's important to monitor yourself and your loved ones for any signs of mild cognitive impairment (MCI), which can proceed to Alzheimer's and other forms of dementia.

The statistics are sobering. There are over 6 million Americans living with Alzheimer's Disease with 3 million new cases diagnosed each year. Alzheimer's is deadlier than breast cancer and prostate cancer combined. The disease is most prevalent in women and Black Americans. Eleven million Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's. Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's. *Source: Alzheimer's Association*

What is mild cognitive impairment? Some older adults have more memory or thinking problems than other adults their age. The symptoms of MCI are not as severe as the symptoms of Alzheimer's disease or dementia. People with MCI are still able to take care of themselves and do their normal daily activities. Signs of MCI may include losing things often, forgetting to go to events or appointments, and having more trouble coming up with words than other people the same age.

Family and friends may notice memory lapses and the person with MCI may worry about memory loss. In some cases, memory and thinking problems may be caused by conditions that are treatable. A doctor can perform tests and assessments to help understand whether the source of memory problems is something treatable or may be MCI. Not everyone with MCI will develop Alzheimer's.

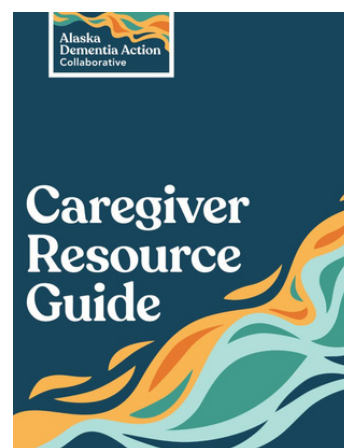


Alzheimer's Resource of Alaska

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.

www.alzaska.org 907-561-3313 or 1-800-478-1080

The Alaska Dementia Action Collaborative, with funding from AARP Alaska and the Alaska Mental Health Trust, have published a **Caregiver Resource Guide** (June 2024). You may pick one up at the Anchorage ADRC office or give us a call and we'll be happy to mail one to you. **907-343-7770**



November programs with Alaska

Friday November 8 10:00am-11:00am AKDT

Online Rx Drug Resources with Senior Planet from AARP

This lecture offers an overview of useful online drug resources. You'll learn about MedlinePlus, a reputable website that provides information about the uses and side effects of prescription medications, as well as other health topics. You'll also learn about GoodRx, FamilyWize, and SingleCare, helpful tools for understanding drug costs, comparing pharmacy prices, and finding discounts and coupons.

Sign in to your AARP.org account or create an account to register for events. AARP membership is not required. You will receive an email with a Zoom link before the lecture. For questions, contact AARP Alaska at akaarp@aarp.org

In Person Event

Tuesday November 19 6:00pm-7:30pm AKST

[Anchorage Senior Activity Center](#) 1300 East 19th Ave



Spotting Scams & Staying Safe

Join AARP Alaska for a talk on the Top 5 ways fraudsters are targeting Alaskan residents from national and local experts. Learn ways to protect yourself and spot red flags of scams frequently seen in Alaska or beyond. Register by logging in to your [AARP.org](https://www.aarp.org) account. You do not need to be a member to have an account.

Anchorage Senior Activity Center

Enhancing the quality of life of older adults by promoting fitness, health and wellness, nutrition, social interaction and cultural enrichment.

The ASAC welcomes visitors! Feel free to drop by during their regular hours and take a stroll around the facility. Visit the Gift Gallery and grab a bite to eat at the Arctic Rose Cafe. If you prefer a more personalized experience, they can arrange a special tour just for you. On People Mover Route 11.

Monday-Friday | 9:00am-5:00pm | 907-770-2000

For those on a limited budget, the ASAC offers discounted membership.





Hunger & Homelessness Awareness Week November 17-23

Hunger and Homelessness Awareness Week is sponsored by the National Coalition for the Homeless and the National Student Campaign Against Hunger and Homelessness.

No one should have to worry about whether they will have food on their plate or a roof over their head. But the reality is that hunger and homelessness are widespread problems that affect far too many people.

In the United States alone, many Americans are living on the edge, forced to choose between basic necessities like purchasing food, paying rent, or going to the doctor. The statistics are sobering.

- 37.2 million Americans live below the poverty level
- 580,000 Americans are homeless on a typical night
- 44 million Americans are at risk of suffering from hunger
- 1 in 6 children in the USA live in poverty

Source: hhweek.org/hunger-and-homelessness/

According to Food Bank of Alaska (FBA), right now 94,000 (or 1 out of every 8) Alaskans are worrying about where their next meal will come from. Food Bank of Alaska is dedicated to eliminating hunger in Alaska by obtaining and providing food to partner agencies feeding hungry people and through anti-hunger leadership.

FBA's mission is based on the beliefs that no Alaskan should go hungry, we need to recover food that would be wasted otherwise, and we share what we have. FBA is not a food pantry; they are a warehouse, distribution center, and office space where donated food is inventoried and distributed to local pantries and soup kitchens. FBA serves over 150 community partners as well as three affiliate food banks.

Learn more about their [food programs](#).

[Food and Grocery donations](#) accepted 8:00am-4:00pm.
2192 Viking Drive | 907-222-3122





December

December 3rd is International Day of Persons with Disabilities

The theme for 2024 is: *Transformative Solutions for Inclusive Development: the Role of Innovation in Fueling an Accessible and Equitable World*

Since its inception in 1945, the United Nations (UN) has outlined and reiterated its commitment to calling for the creation of inclusive, accessible and sustainable societies and communities, most notably with adoption of the Universal Declaration of Human Rights in 1948. Over time, the UN has honed its focus on promoting the well-being and welfare of people living with disabilities and in 1992 called for an international day of celebration for people living with disabilities.



International
Day of
Persons with
Disabilities
3 DECEMBER

- Over 1 billion people in the world have some form of disability
- 50% of people with disabilities cannot afford health care
- Not all disabilities are visible
- An estimated 46% of older people aged 60+ are people with disabilities

Evidence and experience shows that when barriers to their inclusion are removed and persons with disabilities are empowered to participate fully in societal life, their entire community benefits. The Convention on the Rights of Persons with Disabilities (CRPD) recognizes that the existence of barriers is a central component of disability. Accessibility and inclusion of persons with disabilities are not only objectives but also pre-requisites for the enjoyment of other rights.

For people with disabilities, barriers can be more frequent and have greater impact. The World Health Organization (WHO) describes barriers as being more than just physical obstacles. Barriers are factors in a person's environment that, through their absence or presence, limit functioning and create disability. Often there are multiple barriers that can make it extremely difficult or even impossible for people with disabilities to function. The U.S. Centers for Disease Control and Prevention (CDC) does a good job of defining the seven most common barriers: attitudinal, communication, physical, policy, programmatic, social, and transportation.



Assistive Technology of Alaska

*To enhance the quality of life for Alaskans
through assistive technology.*

Assistive Technology of Alaska (ATLA) helps individuals overcome some of the barriers to access. ATLA is the only private non-profit, statewide, comprehensive resource center serving Alaskans of any age to make informed decisions about Assistive Technology (AT) that best meets their needs at work, school, home, and life.

AT solutions are used to increase, maintain or improve the functional capabilities of individuals with disabilities in all aspects of life. AT solutions range from low tech to high tech.

ATLA's Services assist Alaskans understanding, determining, accessing, and training with AT. ATLA's Programs, whether in-house or a partnership, are in place to assist Alaskans in finding solutions and services to increase their quality of life. Learn more about the different tools available for all types of barriers here: AT Solutions.

atlaak.org 907-563-2599 or 1-800-723-2852



Library in a Box **@ your public library**

Available to borrow from Anchorage Public Library, Library in a Box kits contain items around a different theme to help you learn a new skill, navigate a new milestone, or just have some fun. Kits can include a variety of items, from books to tools.

There are a number of kits suitable for seniors and individuals with disabilities. Try one today!

- Accessible Monopoly Board Game
- Crochet
- Estate Planning
- Financial Literacy
- Grandparenting
- High Visibility Board Games
- Knitting
- Large Type Scrabble Board Game
- Memory Care: Activities
- Memory Care: Caregivers
- Senior Health
- Senior Lifestyle

Library in a Box kits are available for one 6-week checkout. There are no renewals. No more than two kits may be checked out at a time per library card. Kits can be picked up from the Adult Services reference desk at the Z.J. Loussac Library or placed on hold for pick-up at any APL location.

Please keep in mind kits must be returned to a desk inside an APL location. Do not place in the automated return system.

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)

Indigenous Peoples Day
Monday October 14

Veterans' Day
Monday November 11

Thanksgiving
Thursday November 28
Friday November 29

Christmas Day
Wednesday December 25