

**1/31/12
PRESENTA-
TION:
ALZHEIMER'S
RESOURCE OF
ALASKA**

<TARGET><BILL></BILL><SUBJECT>1-31-12 PRESENTATION
ALZHEIMER'S RESOURCE OF
ALASKA</SUBJECT><COMM>HHSS27</COMM></TARGET>

From: Hathleen O'Daniel <odanielh@acsalasha.net>

To: Cheryl Putnam <juneaucp@gmail.com>

Date: January 30, 2011 9:31 PM

Subject: Amber Smith/Alzheimer's Resource of Alaska

Cheryl,

Our newly formed Skagway Good Neighbor Volunteers Group would like to thank both you and Ingrid Judson of Skagway for helping us connect with Amber Smith of the Alzheimer's Resource of Alaska in Juneau. That contact resulted in Amber travelling to Skagway and presenting information about Alzheimer's and other types of dementia to our group of prospective Care Givers/Respite Workers. Fifteen Skagwayites completed the Course and are now available to provide support and assistance to our local Seniors in in-home settings.

As you know, here in Skagway we have several people in town who either have Alzheimer's or dementia in stages ranging from beginning to severe. After Amber's clear and easily understood presentation all members of our group felt much better prepared to care for Skagway's Senior Citizens who are affected by this progressively damaging disease.

Amber was so well received that we all wanted MORE! She provided several sets of instructional CD's that in we plan to use in conjunction with the "Savvy Caretaker" training held in Skagway this February. Those CDs and additional materials will allow us to maintain and expand the knowledge and skills needed to provide the best and safest care for some of Skagway's most frail citizens. In addition, Amber has graciously agreed to call in after each of the four 2-hour caregiver training sessions to answer questions.

As members of the Baby Boomer generation age, more and more families will be faced with the challenge of dealing with Alzheimer's and other forms of dementia. We expect this trend to increase rather than decrease in the future. Like many other small towns and villages in Alaska, Skagway lacks the ability to house and care for its citizens who develop dementia in anything more than mild cases. This results in families being forced to move their eldest members out of Skagway to reside in one of a limited selection of assisted living and long term care facilities equipped to meet and treat the many needs that accompany the development and progression of Alzheimer's and other dementias.

Too many of our wonderful elders have needed to move out of town, away from all that is familiar, because no one in town knew how to take care of them. We don't want to see that happen anymore. With the number of people needing Amber's expertise in this small town, I can't help but think that other places will benefit from the combination of assistance, education and support the Alzheimer's Resource of Alaska can provide. These services can make the difference between a family being able to stay together and one being dismantled because care on a local level is not available. In addition, the rising cost of assisted living homes and nursing homes makes the option of taking care of our loved ones in their own homes, in their own towns for as long as we can something more and more Seniors and their families desire.

Let's find a way to continue funding the high value services provided by the Alzheimer's Resource of Alaska. Amber and others like her help many people cope with the complex medical, social, legal and financial issues that accompany Alzheimer's or other dementias. All too often she and others like her are all that stands between families being forced to choose to relocate its Elders with dementia or being able to assist them in continuing to reside in the places that mean the most to them – their homes and communities of many years.

Skagway's elders, their family members, friends and neighbors need the services provided by Amber Smith and the Alzheimer's Resource of Alaska. Families who have yet to discover someone they love has Alzheimer's will need those services as well. Residents of Southeast and all other parts of the State need similar programs and services.

If you know someone with Alzheimer's I ask you to support allotment of funds to maintain and expand this agency. If you don't know someone with the disease, I ask you for that same level of support so when the day comes that you or someone you love is diagnosed with Alzheimer's, this program will be available as well. This program is not a luxury -- it is a necessity. Just ask anyone who lives with a family member who has Alzheimer's.

Thank you for time and for the opportunity to present this statement of support to you.

Sincerely,

Hathleen O'Daniel

983-2340

Skagway, Alaska

From Ingrid Judson ingridj43@yahoo.com 12:55 AM (12 hours ago)

To Cheryl Putnam juneaucp@gmail.com

Subject: Letter of Support for Funding

As a professional caregiver to many Alaskans in the past 39 years, I would like to express my support for continued funding of the Alzheimer's Resource of Alaska.

My care-giving responsibilities have included clients with a variety of physical and mental health challenges, but most recently, specifically those experiencing Alzheimer's Disease.

Since August 2011, I have been employed as live-in care-giver to an elderly woman in Skagway. Her family members live at some distance from her and are unable to be present in her home to care for her. Prior to this time I was employed by families in Juneau to care for 3 other individuals with Alzheimer's, within the past 4 years.

My initial contact with the Alzheimer's Resource in Juneau in 2007 to take the "Savvy Caregiver Program" training to better understand the disease and to be of help to a friend whose mother was diagnosed with Alzheimer's. I am now caring for her mother. The Alzheimer's Resource has continued to be the best resource for me and for the families who I have worked for in the past 4 years. The "Savvy Caregiver Program" training is invaluable to all concerned and has helped to take a lot of the "mystery" out of the disease and to help better understand the processes of this progressive disease and has enabled me to better serve my clients with the safety, care and dignity they all deserve.

Amber Smith, current director of the Juneau office has been very helpful and is a tremendous asset to Southeast Alaska. She has helped with in-home assessments and guidance to families and to me, as well. She is eager and willing to perform out-reach to the smaller communities and to be available to individual family members to answer questions and direct them to other agencies and health professionals when appropriate.

She responded enthusiastically to my request to come to Skagway and gave a presentation to our local clinic health professionals, as well as a presentation to a newly formed "Good Neighbor Volunteer Program", which serves the community in times of need.

Amber Smith's services in Southeast Alaska and the services and resources of the Alaska Alzheimer's Resource are essential components to senior care in the State of Alaska and I sincerely urge the Legislature to support their work throughout the State of Alaska.

Sincerely,

Ingrid Judson
957-5337
Skagway, Alaska

Contact Information: Patrick M Cunningham, DSW
Associate Professor, School of Social Work
College of Health, University of Alaska Anchorage
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907-786-6902 afpmc@uaa.alaska.edu

TESTIMONY
Joint Session House and Senate HSS Committees
January 31, 2012

My name is Patrick Cunningham and I am a member of the Board of Directors of Alzheimer's Resource of Alaska. I am also an Associate Professor of Social Work in the College of Health, University of Alaska Anchorage.

Thank you for the opportunity of meeting with you to present information regarding Alzheimer's Disease and Related Dementia. Related to this, I wish to thank Senator Bettye Davis for introducing Senate Bill 179 creating missing vulnerable adult prompt response and notification plans. This is similar to the Amber Alert for missing children, but targets adults. Victims of Alzheimer's disease and related dementia have a tendency to wander as one of the manifestations of the condition and are at risk. Just last month in Fairbanks, a 63 year old woman suffering from Alzheimer's Disease froze to death after she became disoriented while driving, ran out of gas, and tried walking several miles to seek help.

A number of University of Alaska Anchorage Bachelor and Master of Social Work graduates are employed by Alzheimer's Resource of Alaska and provide education and support services as well as care coordination. Last July, I attended the Alzheimer's Association International Conference on Alzheimer's disease, in Paris , France.

Attending this Conference were over 5,000 scientists from all over the world who are engaged in a variety of research ventures seeking the causes of the disease and developing treatment interventions. I had the opportunity of reporting on challenges of care coordination in Alaska listing 20 challenges and proposing 20 solutions. Among the solutions was an emphasis on proactive early detection and engagement in services. I learned at the Conference that it is possible to identify individuals who are at risk for the Disease ten years prior to onset with 80% accuracy. The identification of biomarkers that may be measured with brain scans, spinal fluid analysis, blood, and cognitive markers consisting of tests for mild cognitive impairment are methods that are being used. At the Conference, the results of The World Alzheimer Report 2011 provided evidence that early dementia diagnosis, coupled with early intervention, is cost-effective, as the costs of an earlier diagnosis are more than offset by savings from the use of antidementia drugs and delayed institutionalization. Other key findings were

- when people with dementia are well prepared and supported, their initial feelings of shock, anger, and grief often give way to a sense of reassurance and empowerment;
- earlier diagnosis allows patients to plan ahead while they can still make important decisions about their future care and allows them and their families to access timely practical advice and support, as well as to access available therapies that may improve their cognition and enhance their quality of life; and
- most people with early-stage dementia would want to be told of their diagnosis.

The Alaska Division of Public Health conducts the Behavioral Risk Factor Surveillance System (BRFSS). Data are collected on risk and preventive behaviors and chronic disease prevalence that are especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. Although Alzheimer's disease is listed as the 8th leading cause of death in Alaska and predicted to increase, it is not referenced in the section dealing with chronic disease. The Center for Disease Control Healthy Aging Program has developed an Impact of Cognitive Impairment Module to assess and monitor the public's beliefs about the impact of cognitive impairment. So far, 20 states have added it to the Behavioral Risk Factor Surveillance System. It consists of 10 questions. The CDC has also developed a Caregiver Module to examine various aspects of caregiving. It also contains 10 questions. If the Division of Public Health were to include these modules in the survey, this would provide service providers like Alzheimer's Resource of Alaska with essential information to assist them in health promotion and disease prevention programs.

To date, treatment interventions for Alzheimer's disease and Related Dementia consists of pharmacological and non-pharmacological approaches. Some medication has been found to delay the progression of the disease, if identified early, but not cure it. Among the non-pharmacological approaches are prevention of risk factors, psychological, diet, exercise, and cognitively stimulating activities. Some experts are advocating for a paradigm shift away from the current approach of treating symptoms as they emerge to targeting the disease in its very earliest, preclinical stage. These are individuals with mild cognitive impairment who have not progressed to Alzheimer's

disease. This offers the best opportunity, to date, to prevent or substantially delay the Disease.

A study reported at the Conference that I attended stated that up to 50% of Alzheimer's Disease cases are potentially attributable to 7 preventable risk factors. These include smoking, physical inactivity, midlife obesity, midlife hypertension, depression, diabetes, and cognitive inactivity. This is where interventions to increase education and physical activity and reduce smoking rates and depression could potentially have a dramatic impact on Alzheimer's prevalence over time. At the national level, government action on AD does not reflect the expanding human, social, and economic burden of the disease for American families. Today there are 5.4 million Americans with Alzheimer's disease and by 2050, as many as 16 million Americans will have Alzheimer's and the cost of care will surpass \$1 trillion annually. There is currently no cure for AD and no disease-modifying treatment, so the current best hope lies in identifying prevention strategies.

Psychological interventions target behavioral and psychological symptoms of dementia. The most obvious are agitation, aggression, mood disorders and psychosis. Some examples of interventions are art, music, activity, and validation therapy.

In terms of diet, a study of relatively healthy elderly adults found that those with diets rich in several vitamins B,C,D,E, or omega-3 fatty acids had better cognitive function and less brain atrophy associated with Alzheimer's disease than their peers with diets less abundant in these nutrients. Those who ate a diet rich in red meat and full-fat dairy foods were more likely to get Alzheimer's disease compared to those who ate a diet

consisting mostly of nuts, poultry, fish, fruits, and vegetables. A chemistry professor at UAA has been recently rewarded a grant to study the effect of bog blueberries on dementia. Circumin derived from the spice turmeric reduces amyloid accumulation and synaptic marker loss associated with Alzheimer's disease. There is currently a clinical trial underway to determine the effect of the herb sage as a potential treatment for the disease. Sage has been demonstrated to enhance memory and mental function.

Mounting evidence suggests that physical activity may have benefits beyond a healthy heart and body weight. Through the past several years, population studies have suggested that exercise which raises your heart rate for at least 30 minutes several times a week can lower your risk of Alzheimer's. A number of clinical trials are examining the effect of aerobic fitness training on human cognition, brain structure, and brain functioning in older adults. The use of a Nintendo gaming console called Wii Fit is being tested for aerobics, strength training and balance improvement with individuals with a diagnosis of mild dementia. A nurse at the University Of Washington School Of Nursing is evaluating an exercise and health promotion program for older adults with mild memory loss. And lastly, an even more promising program included exercise and mental activity. The participants rode recumbent bikes for an average of 3 rides per week, plus they had a virtual reality display that allowed them to ride in a 3-dimensional landscape and race against a ghost rider based on their own last best performance.

In a group of healthy elderly individuals, researchers found that greater participation throughout life in cognitively stimulating activities such as reading, writing, and playing

challenging games ^{were} ~~was~~ associated with less beta-amyloid deposition in the brain, a hallmark of AD. Other cognitive activities for AD patients is to engage them in activities of recollection which are not only general in nature, but also can focus on memory skills that can be directly helpful to them in activities of daily living, such as where they left a purse or wallet, or what is their living address. These memory exercises are also beneficial to their caregivers, who often get frustrated with the memory deficits of their family member.

One of the functions of the agency's Education and Support Program is to provide education to the health care provider. Since it is the primary health care provider who bears the responsibility for managing most of the AD patients, there clearly is a need to assist these clinicians with best practices guidelines. When best prepared, the provider will be able to make the appropriate diagnosis and, in a timely manner, inform the patient so that crises can be avoided, therapeutic and rehabilitative support can be initiated, and the patient can be adequately informed so that choices can be made for the future while decision-making capability remains. The patient and family face many short-term and long-term decisions that are best made based on knowledge of the disease process, the range of symptom progression, and the ultimate prognosis. This would include making decisions about advance directives to physicians, appointing a durable medical power of attorney, discussing end of life decisions with whoever will be designated as the surrogate decision maker, and future living arrangements. This is where a referral to the agency education and support services is warranted.

In terms of an economy of scale, when you consider the services provided by this program it becomes very cost effective when it may prevent the development of Alzheimer's Disease or delay it resulting in the individual remaining in their home and community for as long as possible, extending their quality of life and remaining out of an assisted living facility or nursing home. If the services the program provides delays for one year a nursing home admission for two clients, it results in a savings of well over \$200,000. When you consider this, the request for \$223,000 additional funding for the grant is a very modest one. Even more funding would enable an even greater outreach program.

Alzheimer's Disease & Related Disorders (ADRD) - Education and Support Program
Request for Funding Increment – FY 13

Budget Component: Senior Community Based Grants (2787)

RDU: Senior and Disabilities Services (487)

The **ADRD Education and Support Program** of the Alzheimer's Disease Resource Agency of Alaska provides support and education services *statewide* for people with Alzheimer's disease and related dementias as well as healthcare professionals, service provider agencies and the general public. The program provides outreach, information & referrals, consultations, memory screenings, support groups, and education for professionals and the general public. Through this program's activities the Alzheimer's Resource of Alaska raises public awareness of ADRD (signs and symptoms, diagnosis, healthy behaviors, etc.) which helps reduce the stigma associated with the disease. This program is a portal into the continuum of care and has a tremendous reach considering its very few resources. The Alzheimer's Resource of Alaska has provided these services on-going for 27 years. Overtime, we designed new programs and expanded service offerings to keep up with the population growth and the demand for services.

The senior population in Alaska is growing at a staggering rate and the number of people affected by Alzheimer's disease is growing proportionately. In 1990 an estimated 2,200 people had Alzheimer's disease while today that number is over 6,000 (172% increase).

SDS currently provides a \$127,118 grant for this program. The original grant in 1984 was \$28,838. From FY 92 through FY 08 the grant remained flat at \$115,443. In FY09 the grant was increased approximately 10% to the current \$127,118. In 20 years (FY92-FY2012), the grant was increased once by 10%.

The expectations for the organization for the use of these funds are significant:

- ⇒ Statewide Services
- ⇒ Demonstrated knowledge and expertise in providing education, training and support to caregivers, individuals, service providers and the community about ADRD
- ⇒ Statewide outreach with particular attention to rural and underserved communities
- ⇒ Information, referral and assistance via a statewide toll-free line
- ⇒ Individual and family consultations
- ⇒ Group education and training
- ⇒ Education of professionals and provision of technical assistance to those who are serving ADRD clients
- ⇒ Support groups
- ⇒ Conduct public awareness activities
- ⇒ Maintain staffed offices in Anchorage, Fairbanks, Juneau and the Mat-Su
- ⇒ Maintain a lending library

The Alzheimer's Resource of Alaska supplements this grant with private funds from foundations, corporations and individuals. This amount varies but on an annual basis it can range \$20,000-\$40,000.

In FY 11, the ADRD Education & Support Program served an **unduplicated** 430 individuals and 253 service providers. In addition, the program provided education services to 5,147 individuals statewide (may include some, but minimal, duplication). The following is a sample of the growth in the program in the last 10 years:

Service Levels	FY 2001	FY 2011	Increase in Service Levels
Information & Referral Contacts	6218	28,409	357%
Individual/Family Consultations	270	367	36%
Support Groups	72	153	113%
Consultations for Providers	121	268	121%
Education Activities	62	124	100%
Public Awareness Activities	84	353	320%
Communities Served	61	102	67%

Looking at a longer time span, the increase is even more dramatic. For example, from FY97 to FY11 the number of Information & Referral contacts increased almost 1600%. Given the demographics that we are familiar with, this is not much of a surprise. The demand for services is great now and increasing. The disparity is that in 20 years the State's investment has been minimal with only one increase of 10% in 2009.

The services provided through the *ADRD Education & Support Program* are preventive in nature and give individuals with ADRD and their families tools to preserve independence and maintain persons living at home for as long as it is feasible. Research shows that providing education, counseling and support to caregivers can keep people with ADRD out of nursing homes for an extra 1 ½ years. If this program can keep just ten people out of nursing homes each year, it will save the state more than \$2 million each year. Given the high number of individuals this program serves, it is an extremely cost-effective approach. This program also supports professionals and thus raises the overall quality of care. How many individuals are admitted to API or the ER due to dementia related issues? Are all the staff at these facilities familiar with ADRD behaviors and knowledgeable of how to respond? How many care coordinators are writing care plans for those with ADRD with no understanding of the special needs of these individuals? How many clients with dementia are refused admission back to their assisted living home after a hospitalization or evicted due to behaviors? Training in this very specialized area is an investment in much needed workforce development.

The Alzheimer's Resource of Alaska has done well with the limited resources, however a great deal more work is needed to adequately respond to the demand in services: increased outreach/travel to rural areas, translation of materials to disseminate information to various communities, increased technical assistance and staff training for assisted living facilities and other service providers statewide, increased availability of qualified, professional staff to provide consultations and support to individuals concerned with memory loss and their families, just to name a few of the areas that require attention. With the expected continued growth in this population, additional resources for these basic services need to be allocated to this program. To meet the current program expectations and address the population growth with a reasonable level of effectiveness the **Alzheimer's Resource of Alaska respectfully requests an increase of \$223,000 for the statewide ADRD Education & Support Program for a total grant amount of \$350,000.**



**Alzheimer's
Resource
of Alaska**

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Executive Director

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**Alzheimer's
Resource
of Alaska**

2011 Annual Report

2011 Contents

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A Message from Leadership

At this time last year, it was estimated that every 72 seconds someone in America was developing Alzheimer's disease. Now it's every 69 seconds. More than 6,000 of our fellow Alaskans suffer from Alzheimer's disease or a related dementia (ARD) and we know that for each of them, so many others are affected.

Advocacy and Public Awareness are areas that our organization, both through staff and board, puts at the top of its jobs list. We want to ensure that individuals are educated about the disease and the resources that are available. The stigma of a diagnosis of ARD is nothing like it once was and this is in no small way attributable to the education we provide throughout the State. Although it can be a heartbreaking diagnosis it is no longer perceived as something to be ashamed of and so individuals concerned with cognitive impairments are more likely to get an early diagnosis. Just like with any disease, early diagnosis is essential to management, care and treatment. It is also important to understand that this not only affects our aging seniors but those in their 50's and 60's who are experiencing the early onset of Alzheimer's.

To raise public awareness we conduct events, presentations and training programs throughout the state. We go into communities, workplaces and churches. Some might feel more comfortable attending these types of events with fellow parishioners. Wherever we need to be, we can be there. Our staff and board members work with local and state representatives educating them on the issues that are important to our clients and their family members. We are the voice for those who cannot speak for themselves.

The generosity of our donors, partners, and volunteers make this work possible. The words "Thank you" do not always seem to be enough to convey our gratitude. So, we demonstrate our appreciation through our daily commitment of ensuring quality of life for those we serve until a cure is found.



Jackie Brunton
Board President 2011

A handwritten signature in cursive script that reads "Jackie Brunton".



Dulce Nobre
Executive Director

A handwritten signature in cursive script that reads "Dulce Nobre".

Our Mission

To unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.

Board of Directors

President

Jackie Brunton

Vice-President

Debbie Newsham

Treasurer

Natasha Pope

Secretary

Danny Preston Gray

Members

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Michael Courtney

Ken Acton

Frank Appel

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Becky Clement

Julia Holden Davis

Nancy Jones

Bridget Kline

Rhonda McLeod

Jane Pallister

Joanne Quarles

Jonell Snook-Holmes

Ida Solomon

Melody Springer

Tim Troll

Overview

Alzheimer's Resource of Alaska is the leading source of information, support and services in the state of Alaska for Alzheimer's disease and related dementia (ARD). We are a 501(C)(3) non-profit organization serving individuals of any age with ARD, frail elders and their caregivers since 1984.



Fiscal Year 2011 Highlights

Alzheimer's Resource of Alaska:

- Served 102 communities across Alaska and had 28,409 information and referral contacts
- Conducted 85 memory screenings throughout the state
- Provided 367 individual and family consultations
- Facilitated 153 Support Groups statewide
- Trained over 150 caregivers through the ABC's of Caregiving workshops
- Graduated 119 family caregivers in the Savvy Caregiver education program
- Awarded over \$200,000 to individuals with Alzheimer's disease or related dementia through Mini-Grants funded by the Alaska Mental Health Trust Authority
- Provided almost 100,000 hours of in home services to frail elders and individuals with Alzheimer's disease or related dementia statewide
- Launched three new dementia care training programs for professionals
- Provided 268 consultations to professionals
- Established the "Alzheimer's Resource of Alaska Research Fund" with the University of Alaska Foundation to promote promising Alzheimer's related research in Alaska

Approximately 6,000 Alaskans are currently living with Alzheimer's disease or related dementia. This number is expected to nearly double in the next 10 years.

Programs and Services

In-Home Services

Available for elders with physical or cognitive limitations, these services enable an individual to remain safely at home in the comfort of family and familiar surroundings. Every service is uniquely designed to meet the health and financial considerations of each individual. In-Home Services are provided in Northwest, Southwest and Southcentral Alaska.

In FY 2011 the In-home Services program served 372 clients in 68 communities throughout Alaska.

In-Home Services include:

- Assistance with personal care
- Household chores
- Grocery shopping
- Preparing and serving light meals
- Providing an escort to appointments
- Giving families a short break from caregiving
- Providing companionship through outings and activities



Elsie is a caregiver to her husband Ivan in the small village of Nunapitchuk. The couple receives In-Home services from Alzheimer's Resource of Alaska so they can continue living independently in their own home and community.

“They really, really help me.
I thank God for them.”

– Elsie (referring to her in-home workers)

programs and services include **Care Coordination, In-Home Services, Education and Support**

Care Coordination

Care Coordinators assess the abilities and needs of their clients and families to access resources and services in their community. In partnership with the individual and family members, care coordinators develop and monitor a plan to enhance the independence, safety and comfort of the individual. Care Coordination served 392 clients in the Anchorage area in FY 2011.

Types of services we coordinate:

- Housing options
- Transportation
- Financial and legal services
- Home delivered meals
- Personal care services
- Household chores and grocery shopping
- Adult day services
- Respite
- Support groups
- Medical equipment and supplies

Carmen has been receiving Care Coordination services from Alzheimer's Resource of Alaska since 2004. Mary Jordan has been her Care Coordinator since 2009. Mary has been able to help coordinate doctors, schedule physical therapy, navigate the Medicare system and help Carmen transition to an assisted living facility. Carmen will be turning 99, February 14th 2012.





Education and Support

Our Education Specialists increase public awareness and understanding of Alzheimer's disease and related dementias (ARD) through a variety of programs and services. We teach best practices in dementia care to family caregivers as well as professionals. In FY 2011 Alzheimer's Resource of Alaska launched three new programs to train professionals and paraprofessionals across the state in the field of dementia care.

In FY 2011, we provided education and support services in 102 communities across Alaska.

For those with ARD:

- **Memory Screenings:** Free memory screenings and consultations for those concerned with memory loss.
- **Mind Matters:** An educational and support program for those experiencing memory loss.
- **Art Links:** A weekly creative painting session to enhance self-expression for the memory impaired person. Family and friends are invited to participate.
- **Mental Fitness:** An ongoing social and mentally stimulating program to help improve or maintain mental activity.

For Family and Friends:

- **ABC's of Caregiving:** Workshops for family members, friends and the general public to learn about various caregiving related topics.
- **Savvy Caregiver:** A six week, two-hour class and discussion that focuses on improving the practice of caregiving when caring for someone with dementia.
- **Support Groups:** For family members and friends to meet regularly for mutual support.

“The smartest move I’ve ever made in my life was taking that Savvy Caregiver Class.”

– Jim Clark, family caregiver

“This is the best dementia workshop I have ever had in my fifteen years of caregiving.”

– Dementia Care Workshop participant

For Professionals:

- Savvy Professional: A one-day workshop that shares essential knowledge, practical skills and outlook in dementia care. For those whose roles require dementia capable leadership.
- Dementia Care Essentials: A five week, two-hour training program for direct service workers wanting to improve their skills when caring for individuals with dementia.
- Dementia Care Workshop: A four-hour workshop designed for staff in long-term care facilities to increase proficiency in the fundamentals of dementia care.
- Customized Trainings: We design specialized programs for facilities on a variety of topics related to Alzheimer’s disease or related dementias.

Mind Matters is a support program for individuals with memory loss. The group meets once a week to connect with others experiencing similar challenges and engage in activities that connect them to the community.



“Meetings are about learning what other people are doing and how they deal with it... picking up pieces of information here and there to help.”

– Tim Neale, Mind Matters Participant with Parkinson’s

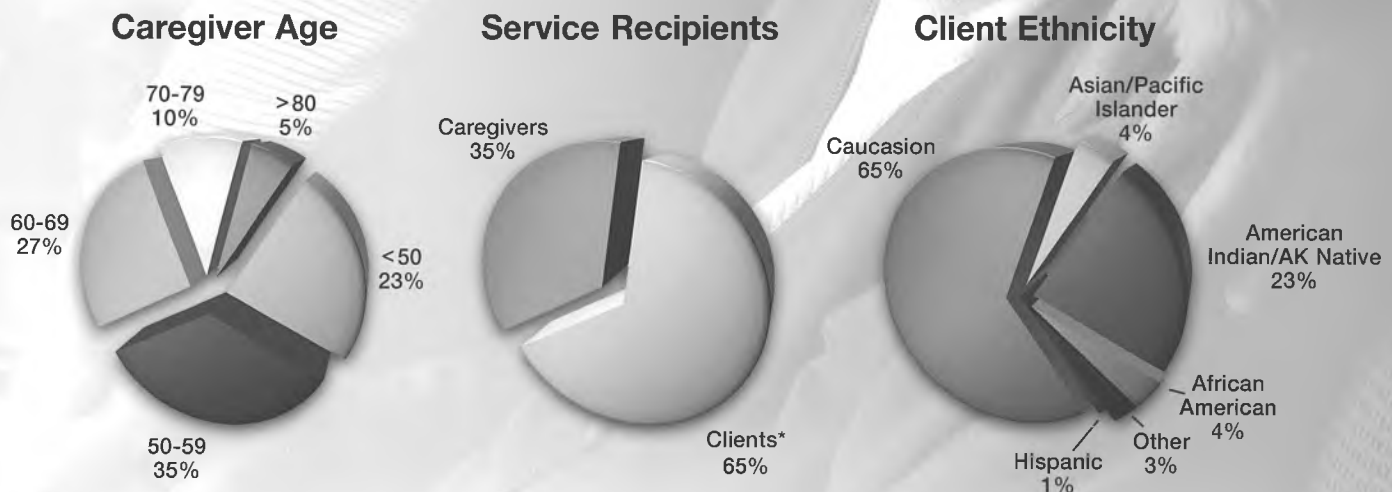
Advocacy

In 2011 Alzheimer's Resource of Alaska participated in a Juneau Fly-In coordinated by Agenet (Alaska Geriatric Exchange Network) and partnered with other service providers and consumers in advocacy for the following two legislative priorities:

- A funding increase for the Division of Senior and Disability Services for congregate and home-delivered meals for home bound seniors throughout the state.
- Support of Governor Parnell's FY12 budget proposal within the Department of Health & Social Services which provided the state match to the federal Medicaid funds needed to fund the second step of rate increases for home and community based services.

Alzheimer's Resource of Alaska also advocated for funding increases to the Human Services Matching Grant (HSMG) in Fairbanks, Mat-Su Borough and Anchorage, and the Community Initiative Matching Grant (CIMG), which provides essential services in rural communities.

Alaska has the fastest growing aging population in the nation.

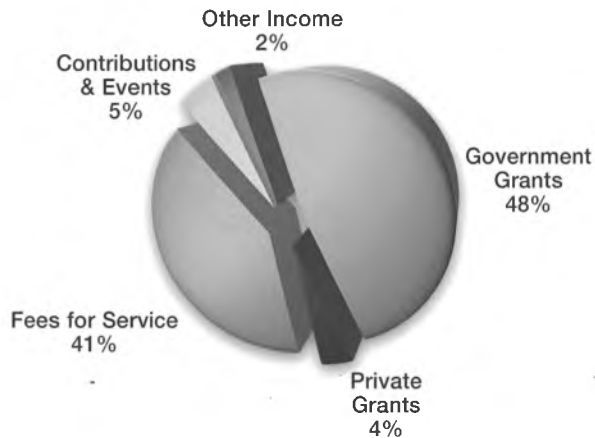


*Clients - Individuals of any age with Alzheimer's disease or related dementia and frail elders

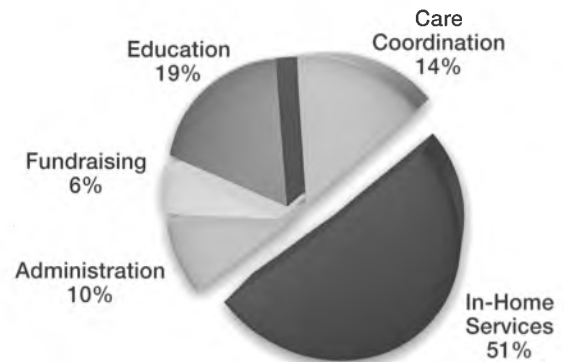
Financial Summary

The Alzheimer's Resource of Alaska ended its fiscal year 2011 with revenues of \$4,072,327. Expenses were \$3,898,471 with 84% attributed to program costs.

Public Support and Revenue



Expenditures



Government funds include grants from the Department of Health & Social Services, Division of Senior & Disability Services, the Alaska Mental Health Trust Authority, the Matanuska-Susitna Borough and the Fairbanks North Star Borough.

Audited financial statements for the year ending June 30, 2011 were prepared by Mikunda, Cottrell & Co., Inc. The independent audit report is available on request.

The Alzheimer's Resource of Alaska Research Fund

The "Alzheimer's Resource of Alaska Research Fund" was set up with the University of Alaska Foundation to support the work of our research partners here in Alaska. This year the fund provided financial support to the Alaska Basic Neuroscience Program to further explore causes and potential therapies for Alzheimer's and related dementia.



Contributors to Programs and Services

FY 11 – July 1, 2010 through June 30, 2011

Due to space limitations we cannot list all our community supporters and volunteers.

We do thank all those who contributed generously and helped further our mission.

Martha Irvin Society (\$10,000 +)

Alaska Integrated Media
Alaska Mental Health Trust Authority
GCI
Mat-Su Health Foundation
Oil & Gas Supply

Benefactors League (\$5,000 - \$9,999)

John & Jackie Brunton
Lynden Incorporated

Remembrance Club (\$2,500 - \$4,999)

First National Bank Alaska
Sandra Hanson
Waheed Court #81 L.O.S.N.A.
WineStyles

Caregiver's Alliance (\$1,000 - \$2,499)

Ken Acton
The Alaska Club
AlaskaUSA Federal Credit Union
American Legion Post #5
Architects Alaska, Inc.
AT Publishing & Printing
Chugiak Lions Club
Verneda Freeman
Geneva Woods Health Care Services
Frances Kelly
KNBA 90.3
Linda L. Kumin
Dulce Nobre
Joseph Pollock
Shirley Pollock
Providence Horizon House
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There are a number of ways to show support and get involved with Alzheimer's Resource of Alaska. Whether you volunteer, join a class, donate or participate in fundraising events, you are making a difference. Your contribution makes it possible for us to continue our work and provide education, support and services to individuals with Alzheimer's disease, frail elders and their families throughout the state.



“I just came to see what it was like and it was really interesting. I feel like I have a bond, a trust with the people here.”

– Mind Matters Program participant

with **dignity** and **comfort**
until a cure is found





Alzheimer's Resource of Alaska

1750 Abbott Road
Anchorage, AK 99507

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To unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.

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Fax 561-3315

Fairbanks

565 University Avenue, Suite 2
Fairbanks, AK 99709
907-452-2277
Fax 457-3376

Juneau

3100 Channel Drive, Suite 19
Juneau, AK 99801
907-586-6044
Fax 586-6084

Matanuska-Susitna Valley

Trinity Barn Plaza
Mile 2.2 Palmer-Wasilla Hwy
PO Box 4406
Palmer, AK 99645
907-746-3413
Fax 746-3412

Services are available statewide.
Please contact the office nearest
you or visit our website.

Toll-free within Alaska
1-800-478-1080

www.AlzAlaska.org

Programs are funded in part by:

State of Alaska Senior & Disability Services, Alaska Mental Health Trust Authority,
Mat-Su Health Foundation, Mat-Su Borough, Fairbanks North Star Borough

**THE FOLLOWING DOCUMENT
HAS NOT BEEN FILMED BUT IS
AVAILABLE IN THE ORIGINAL FILE**

*Tips on being
a friend*

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*Alzheimer's research
in Alaska*

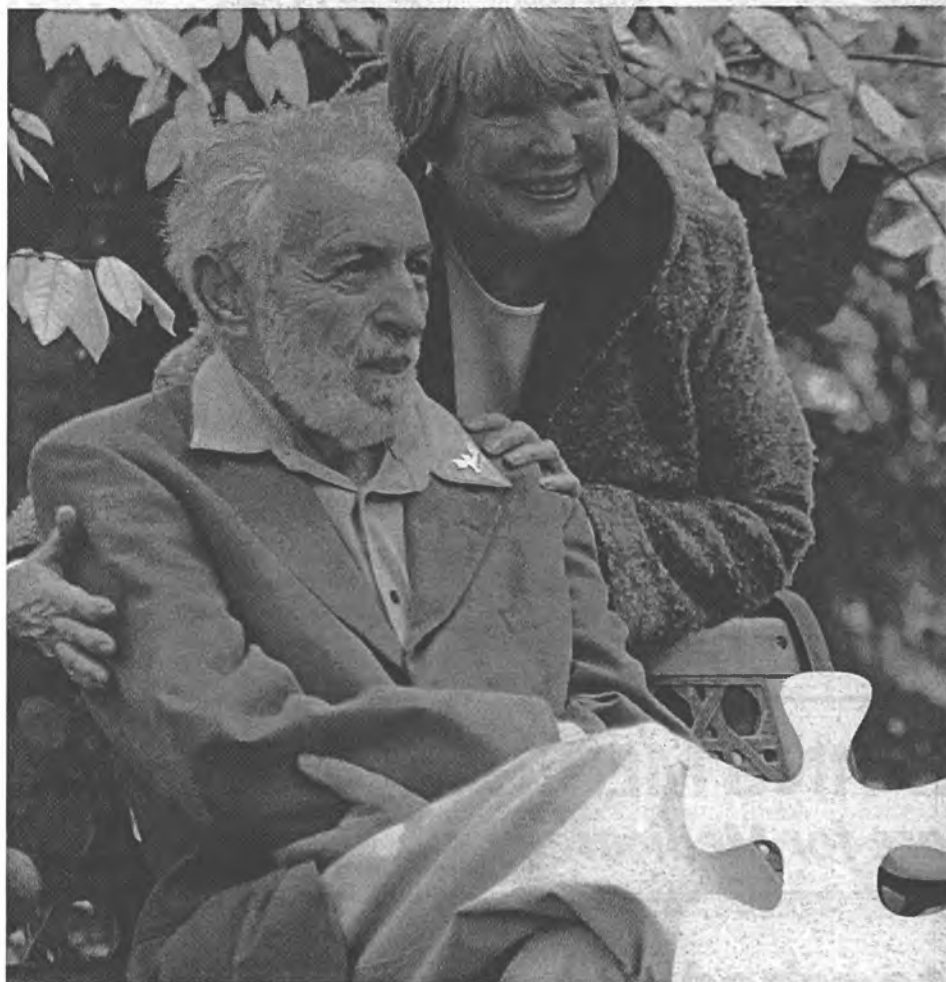
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*One woman
making a difference*

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