

Presented by

*Hospice of Wrangell*

# Wrangell Senior Resource Directory



2013



## **INTRODUCTION**

We hope the 2013 edition of the Wrangell Senior Resource Directory provides you with helpful information.

If you have corrections or suggested additions to this directory, please feel free to contact Alice Rooney MSW or Sandi Calvert RN through:

Hospice of Wrangell,  
PO Box 894,  
Wrangell Alaska 99929.

Hospice of Wrangell is a volunteer organization working in this community to support people and their loved ones at end of life.

Also published by Hospice of Wrangell:

Wrangell Community Final Arrangements & End of Life Information.

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## **EMERGENCY AND SAFETY**

Police	911
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Fire Department	911
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### **WRANGELL POLICE DEPARTMENT**

(non-emergency) 907-874-3304

Wrangell Police respond to requests for 'welfare checks' on people who may be at risk, such as an older person who fails to answer a phone or door. Notify this office also to report someone you feel may be driving unsafely.

### **CALL CARE SYSTEM**

Wrangell Medical Center 907-874-7000

A frail person at home can summon help at any time by pushing a button on a small device worn on the wrist or around the neck. This activates a relay to the person's telephone, transmitting an alarm to the nurse's station at Wrangell Medical Center, turning the phone into a speakerphone connection with a nurse. If there is no answer, the nurse will call a prearranged list of people until someone is notified to go to the frail person's assistance. There is a small monthly fee for this service.

### **COMFORT ONE PROGRAM**

Contact your physician

Completion of Comfort One forms by a patient and physician alerts emergency medical responders of a patient's or family's wishes that emergency medical responders DO NOT provide CPR or other forms of resuscitation in the event of a medical crisis. A person with advanced or terminal illness may not wish to have resuscitation services provided.

EMS is required to resuscitate, even at end of life, unless a Comfort One is in place.

## **ALZHEIMERS SAFE RETURN PROGRAM**

800-272-3900

<http://www.alz.org/SafeReturn>

<http://alzheimers.about.com/od/givingsupport/>

If an individual with Alzheimers or a related dementia wanders and becomes lost while wearing an ID bracelet, a community support network will be activated to help reunite the person who wandered with the caregiver or a family member. With this service, critical medical information will be provided to emergency responders when needed.

## **MEDICALERT FOUNDATION**

Toll-free

888-633-4298

<http://www.medicalert.org/>

Provides a nationally recognized, low-cost bracelet or neck chain engraved with your medical condition, personal ID number, and MedicAlert's 24-line hot line number for emergency information.

## **WOMEN IN SAFE HOMES (WISH)**

800-478-9474

[www.wishak.org](http://www.wishak.org)

24-hour crisis line, plus services to women in southern Southeast Alaska including a shelter in Ketchikan, counseling, support groups, and legal assistance for women and family members affected by domestic violence.

## **HANDICAPPED PARKING PERMIT**

Wrangell DMV Office

907-874-3304

To obtain a placard allowing your vehicle access to handicapped parking spots, you and your physician complete a form and submit it to the local DMV office upstairs in the Public Safety Building.

## **YELLOW DOT PROGRAM**

Wrangell Volunteer Fire Dept.      907-874-3223

WVFD Provides a yellow decal to be posted in a car window and an information sheet to be completed with emergency medical Information and kept in the glove compartment of a vehicle.

## **HOUSING ASSISTANCE**

### **ALASKA HOUSING FINANCE CORP.**

Greg Wood 907-874-3018  
800-478-AHFC (2432)  
[http://www.ahfc.state.ak.us/rental/public\\_housing.cfm](http://www.ahfc.state.ak.us/rental/public_housing.cfm)

Operates safe and affordable rental housing and access to supportive services to low-income Alaskans. Some units are designated for seniors and people with disabilities. AHFC maintains a wait-list based on the date and time the application is submitted. Must be age 62 or older for senior housing. Section 8 vouchers provide subsidized payment for local rental units.

### **WRANGELL SENIOR APARTMENTS**

Gail Rilatos, Manager 907-874-3944

Facility with 23 units for adult disabled or senior residents. 2 units have been adapted for handicapped access. There are some informal activities but residents are otherwise independent. Rent is based on income.

### **ASSISTED LIVING**

Assisted Living Homes work to help Alaskans stay independent longer. More information in [Health and Home Care Resources](#) section.

### **ALASKA PIONEERS HOMES**

907-465-4416  
<http://hss.state.ak.us/dalp/familyResidentInfo.htm>

Must be over age 65 and an Alaskan resident who has been in the state for at least twelve consecutive months immediately prior to applying. More information in [Health and Home Care Resources](#) section.

## **ALASKA STATE VETERANS HOME PALMER**

907-745-4241

<http://dhss.alaska.gov/daph/Pages/palmer/default.aspx>

The Palmer home strives to assist older Alaskans to have the highest quality of life by providing assisted living in a safe home setting, which promotes independence, and physical, emotional and spiritual growth. Must be a veteran and an Alaskan resident for at least twelve consecutive months before applying at age 65 or older.

## **GENERAL RELIEF FOR ASSISTED LIVING CARE**

[http://dhss.alaska.gov/dsds/Documents/pdfs/general\\_relief\\_assisted\\_livingcare\\_fill.pdf](http://dhss.alaska.gov/dsds/Documents/pdfs/general_relief_assisted_livingcare_fill.pdf)

Provides payment for short-term emergency assisted-living placement of a vulnerable adult. Requires an application by a social worker or care coordinator.

## **ALASKA COMMUNITY DEVELOPMENT CORPORATION**

800-478-8080

[www.alaskacdc.org](http://www.alaskacdc.org)

## **WEATHERIZATION ASSISTANCE PROGRAM**

Through Rural CAP, services are available to renters and homeowners throughout the state. A house may only be weatherized one time. Eligibility is determined by the resident's income and family size.

## **SENIOR HOUSING ACCESSIBILITY MODIFICATIONS PROGRAM**

This program, also called Senior Access, provides grants for modifications to improve accessibility for seniors (55 years of age or older) currently in need of such modifications. Grants may be up to \$12,000 for eligible senior homeowner households, or up to \$8,000 for senior tenants in rental housing, or up to \$5,000 for tenants living in small (5 beds or less) state-licensed assisted living facilities.

## **OTHER ACDC PROGRAMS INCLUDE:**

HUD Home Owner-Occupied Rehabilitation

Housing Accessibility Improvement Program (HAIP) Grant

## **NUTRITION**

### **SENIOR NUTRITION PROGRAM**

Wrangell Senior Center

907-874-2066

A balanced hot meal is served at noon each weekday at the Senior Center. The suggested donation is \$3 per meal for seniors 60+ and \$8 for others. Transportation is available in the senior van for \$1 each way. There is no charge for delivery of meals to those unable to leave their homes.

Call the Senior Center by 10:30 am on meal days to reserve a meal. Extra meals may be purchased for reheating on non-meal days.

### **SALVATION ARMY FOOD BANK**

907-874-3753

The Salvation Army distributes food baskets and emergency assistance. Call for the current schedule of Food Bank hours.

### **COMMODITIES PROGRAMS**

April Eilertsen

907-874-2242

A federal program that provides food commodities to help supplement the diets of low-income needy persons, including elderly people, by providing them with emergency food and nutrition assistance. Eligibility is based on income. Distributed once a month.

Food assistance for the elderly: federal program to supplement diets of seniors. Eligibility is based on age (over 60) and income. Distributed once a month.

### **NUTRITION COUNSELING**

Wrangell Medical Center

907-874-7000

Registered dietician Karen Van Hoose visits quarterly and is available to counsel individuals needing to make dietary changes. There is a charge for the counseling session.

## **HEALTH AND HOME CARE RESOURCES**

### **WRANGELL FIRE DEPARTMENT**

Emergency	911
WVFD	907-874-3223
(after-hours)	907-874-3304

The Wrangell Volunteer Fire Department (WVFD) operates emergency and ambulance services for the community. They will assist as needed to transport a frail person in or out of a home or pick someone up if they are on the floor. In addition, WVFD volunteers will deliver or pick up hospital beds for those borrowing them. To request after-hours non-emergency assistance call the Wrangell Police Department.

### **WRANGELL SENIOR CENTER**

George Joseph, Manager                      907-874-2066

Some chore service hours are provided through the Wrangell Senior Center for qualifying Native seniors. The Senior Center also provides a nutrition program. See index for further information.

### **SENIOR IN-HOME CHORE/RESPITE**

Alaska Island Community Senior and Disability Services  
907-874-3375

AICS Care coordinators assess seniors and adults with disabilities for grant-funded chore and respite care hours in addition to care coordination. There is a sliding fee scale.

### **PERSONAL CARE ATTENDANT SERVICES**

Personal Care Attendant (PCA) services provide support related to an individual's activities of daily living (i.e. bathing, dressing, eating) as well as instrumental activities of daily living (i.e. shopping, laundry, light housework). PCA service is provided statewide in Alaska through private agencies.

While some PCA clients pay privately for the full cost of their services, most PCA services are provided through Medicaid payment. Authorization of services is determined by an on-site visit from a state nurse.

Agencies currently providing PCA services to Wrangell residents include:

Center for Community	907-747-6960
Cornerstone Home Health	907-586-6838
Consumer Direct	907-357-7962

### **CHOICE MEDICAID WAIVER**

Alaska Island Community Senior and Disability Services

907-874-3375

<http://dhss.alaska.gov/dsds/Pages/hcb/hcb.aspx>

Home and Community Based Care (HCBC) waivers allow people who would otherwise need institutional care to live in their home or community and receive the care they need. These "waivers" are approved by the federal government and allow Alaska Medicaid to provide expanded services to people who meet the eligibility criteria. If financial and medical criteria are met, a waiver recipient will have a plan of care for Medicaid-paid services that may include senior meals and transportation, respite or chore services, specialized medical equipment, and home modification in addition to care coordination and personal care attendant services. Eligibility includes being a U.S. citizen and Alaskan resident age 65 or older or blind or severely disabled with single income no greater than \$2130. Assets less than \$2,000 for a single person or \$3,000 couple, excluding house, one vehicle, burial fund; Alaska Permanent Fund dividend is not counted. A non-Medicaid spouse may have up to about \$110,000 in resources.

### **CARE COORDINATION**

Alaska Island Community Senior and Disability Services

907-874-3375

Care coordinators Roxanna Petticrew, Brooke Reynolds and Elizabeth Brummett make regular home visits, working with clients and their families to arrange for the services necessary to remain as independent as possible. Funding for care coordination is either through the Medicaid CHOICE waiver, through grant funding or private pay.

### **ALZHEIMER'S DISEASE RESOURCE AGENCY**

<http://www.alzalaska.org>

Offers a variety of support for those coping with Alzheimer's or other forms of dementia: training, online resources, support groups and grant programs.

## **WRANGELL HEALTH CENTER**

Mary Thibeault RN,  
Public Health

907-874-3615

The Wrangell Public Health Center is a State of Alaska agency, providing immunizations for adults on a sliding-fee schedule. Medicare covers influenza and pneumonia vaccines so no fee is charged. Senior home visits are available for those who find it necessary. The Health Center has a large variety of educational materials on hand.

## **COMMUNITY LOAN CLOSET**

Harriet Schirmer  
Marlene Merritt

907-874-3830  
907-874-3054

Hospice of Wrangell maintains a variety of durable medical items that are available at no charge for short-term use by anyone in the community. Items available for loan include crutches, walkers, wheelchairs, bath benches, raised toilet seats, commode chairs, a hospital bed and other items. See index for other Hospice services.

## **AICS DENTAL CLINIC**

907-874-3731

<http://akics.org/medicalservices/>

Alaska Island Community Services Dental Clinic is a full service dental practice located on Front Street. AICS employs a General Dentist and Dental Hygienist who treat patients at scheduled appointments. AICS Dental accepts and bills Medicaid and third party insurances.

## **AICS TIDELINE CLINIC**

907-874-4700

<http://akics.org/medicalservices/>

Alaska Island Community Services Tideline Clinic is a federally recognized Community Health Center. AICS employs **three** family practice physicians and one family nurse practitioner. Primary care services are available with a sliding discount fee schedule. The clinic is open Monday-Friday with some extended evening hours during the week. AICS providers schedule home visits as necessary and provide services to clients at Wrangell Medical Center as well as in

the outpatient clinic. AICS accepts and bills Medicare, Medicaid, and third party insurances.

## **WRANGELL MEDICAL CENTER**

907-874-7000

<http://www.wrangellmedicalcenter.org>

WMC is a 22-bed Critical Access Hospital which includes 14 Long-term Care beds and 8 beds for acute or skilled care. Several services are provided by the facility for members of the community including:

- **Bingo:** Every Tuesday afternoon at 1:30 a bingo game is held for Long-term Care residents and visitors. Volunteers are welcome to participate and assist.
- **Handicapped Transport:** The hospital van has a wheelchair lift available at times to transport community members who cannot transfer in and out of a vehicle seat.
- **Bathing.** For a fee, frail members of the community may schedule times to be bathed or showered in the Long-term Care Unit with the assistance of a certified nurses aide (CNA). Call Sue Nelson RN 907-874-7157
- **Oxygen and other medical supplies:** The hospital will refill oxygen bottles and also has some medical supplies available. WMC does not sell any durable medical equipment. Contact Marlene Carroll 907-874-7137
- **Physical Therapy:** Registered physical therapists provides evaluation and rehabilitation services in both clinic and home settings. Ask your physician for a referral.
- **Respite Care:** When space permits, a frail person who is moderately self-sufficient may stay in a vacant Long-term Care bed for a several days while family members or care providers are unavailable. There is a daily charge for this service. Contact the Director of Nursing. 907-874-7157
- **Palliative Care:** services aimed at the relief of pain or other symptoms of serious disease are provided.
- **Dietary Counseling:** Registered dietician Karen Van Hoose visits quarterly and is available for private consultation regarding eating and dietary

challenges. Ask your physician for a referral or call Jane Bliss.  
907-874-7159

- Health Fair: Held the first Saturday of April and sponsored by Wrangell Medical Center, the event provides low-cost blood screening and other services for participants. A variety of local and regional agencies set up displays.

## **WRANGELL MEDICAL CENTER LONG TERM CARE SERVICES**

Sue Nelson RN

907-874-7157

<http://www.wrangellmedicalcenter.org/longtermcare>

For those needing 24-hour nursing home care, each resident has an individualized plan of care to address dietary, social, nursing, and physical therapy needs.

## **ASSISTED LIVING HOMES**

<http://dhss.alaska.gov/dhcs/Documents/cl/PDFs/ALHomes.pdf>

The Assisted Living Program works to help Alaskans stay independent longer. An Assisted Living Home can be a place to call home and feel part of the family. The purpose of an assisted living home is to provide a homelike environment for elderly persons and persons with a mental or physical disability who need assistance with the activities of daily living.

An assisted living home is not a medical or nursing facility. The homes are clean, safe, sanitary and provide meals and activities for their residents.

Costs of assisted living care are paid either privately by the resident or with state assistance through the General Relief Assisted Living Program or a Medicaid CHOICE waiver. Aside from \$100/month for personal needs, the resident's income is applied towards the cost of care.

Wrangell has one state-licensed assisted living home:

### **BJORGE HOUSE**

Charlotte Robinson-Neff Adm.

907-874-2766

Petersburg has one state licensed assisted living home:

**MOUNTAIN VIEW ASSISTED LIVING**

907-772-2445

**ALASKA PIONEERS HOMES**

907-465-4416

<http://hss.state.ak.us/dalp/familyResidentInfo.htm>

Typically, residents of the homes are not able to live without some form of daily assistance. They may require nursing and other physical and emotional support services offered in a licensed assisted living facility.

There are six Alaska Pioneer Homes with a total of 508 beds. The homes are located in Anchorage, Fairbanks, Juneau, Ketchikan, Palmer, and Sitka.

The rates for the Alaska Pioneer Homes range from \$2,240+ per month for housing with some assistance in making appointments and other social services to \$5,880+ for the highest level of care including 24-hour supervision, extensive assistance with activities of daily living, and intermittent health care. About 50 percent of Pioneer Home residents depend on the Medicaid CHOICE Waiver and/or state-funded payment assistance program to assist with costs. Resident must be over age 65 and an Alaskan resident who has been in the state for at least twelve consecutive months immediately prior to applying.

**ALASKA CENTER FOR THE BLIND AND VISUALLY IMPAIRED**

907 248-7770 or 800-248-7517

[alaskabvi.org](http://alaskabvi.org)

Discover specialized magnifiers and other devices to help meet your goals to live independently.

**WRANGELL PARKS AND RECREATION**

907-874-2444

[www.wrangell.com/recreation](http://www.wrangell.com/recreation)

The Arthritis Foundation Aquatic Program is a water-based program tailor-made for people with arthritis. Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness, and/or limited range of motion is invited

to attend. Classes are conducted Monday, Wednesday, and Friday mornings 9-10 am while standing in an indoor pool - the ability to swim is not required.

Contact this office for information about other recreation activities that can be adapted to meet special needs.

**LIONS CLUB HELP WITH VISION AND HEARING**

907-566-1597

Assistance to Alaskans who need eye care or glasses but cannot afford them.

**HEARING AID BANK**

800 847-5786

<http://www.nlfoundation.org/hearing/hab.php>

Reconditioned hearing aids for those on restricted incomes.

# **EDUCATION**

## **COLLEGES AND UNIVERSITIES**

Many schools allow reduced fees for seniors, or allow free auditing privileges.

## **SENIOR TRAVEL**

800-454-5768

[www.roadscholar.org](http://www.roadscholar.org)

Formerly called Elderhostel, Road Scholar is America's first and the world's largest educational travel organization for adults 55 and over, a not-for-profit organization that provides exceptional learning adventures to nearly 160,000 older adults each year. Road Scholar offers nearly 8,000 programs a year in more than 90 countries. Learning is a lifelong pursuit that opens minds and enriches lives.

## **SUBSTANCE TREATMENT**

### **ALCOHOL AND DRUG USE**

Chronic health problems, more common among the aged, are often worsened by alcohol use. Because seniors are experiencing many health changes and many are also taking medications, they need to be aware of the effects of combining their medications with other drugs or alcohol.

### **TWELVE STEP PROGRAM**

907-874-2373

[www.aa-intergroup.org](http://www.aa-intergroup.org)

For a listing of current Alcoholics Anonymous meeting times in Wrangell, call during business hours. Visit the web site for a listing of on-line meetings.

### **ALASKA ISLAND COMMUNITY SERVICES**

907-874-2373

Substance abuse evaluations, referrals to inpatient treatment programs and outpatient counseling for those with problems related to alcohol and other substance abuse.

## **FINANCIAL RESOURCES**

### **ALASKA SENIOR BENEFITS PROGRAM**

888-352-4150

<http://seniorbenefits.alaska.gov/>

Alaska lawmakers approved a new monthly cash benefit program for elders 65 and older who are on limited incomes. The new Senior Benefits Program started Aug. 1, 2007. Three benefit amounts from \$125 to \$250 are offered, based on gross annual income (before any deductions are taken for taxes, Medicare premiums, etc.) Assets, such as savings accounts, are not considered. Income limits are tied to the Federal Poverty guideline for Alaska and updated annually. As of March 2013, \$2037/month or less for a single person.

### **INCOME-RELATED MEDICAID FOR SENIORS**

Fee Agent

907-874-2373

[http://hss.state.ak.us/dhcs/medicaid\\_\\_medicare/default.htm](http://hss.state.ak.us/dhcs/medicaid__medicare/default.htm)

Medicaid is an “entitlement program” created by the federal government, but administered by the state, to provide payment for medical services for low-income citizens. People qualify for Medicaid by meeting federal income and asset standards and by fitting into a specified eligibility. . Eligibility requirements include U.S. citizen and Alaskan resident age 65 or above or blind or disabled, assets less than \$2000 single or \$3000 for a couple excluding one house, vehicle and burial fund. Applications are available through the AICS Fee Agent.

### **MEDICAID / NURSING HOME**

800-478-4372

<http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx>

There have been changes in the eligibility rules for people who need the level of care provided in an institution such as a nursing home. Now, most Alaskans who need- but cannot afford- this expensive care may qualify for medicaid.

Seniors with a monthly income below \$1319 qualify for regular Medicaid if they meet the resource limits listed above. If monthly income is between \$1319 and \$1572, Medicaid may pay the premium for Part B Medicare.

Pays for nursing home care. Eligibility is determined on a case-by-case basis; basic requirements include that the recipient is a US citizen and an Alaskan resident age 65 or older or blind or severely disabled and an income no greater than \$2130 with assets less than \$2,000 for a single person or \$3,000 couple excluding house, one vehicle, burial fund; Alaska Permanent Fund dividend is not counted. If only one spouse need Medicaid, the at-home spouse may keep resources up to about \$110,000.

## **SENIOR DISCOUNT PROGRAMS**

Many merchants and companies, including those in Wrangell, offer senior discounts. Ask at the time of purchase. Find other helpful information and hints:

- Senior Discount Director  
[http://www.frugalliving.about.com/od/frugalseniors/a/Senior\\_Discount.htm](http://www.frugalliving.about.com/od/frugalseniors/a/Senior_Discount.htm)
- Senior Citizen Discounts  
<http://www.seniorjournal.com/Discounts.htm>
- Senior Discounts - How to Find Thousands of Senior Discounts  
[www.seniorliving.about.com/od/bargainsseniordiscou/a/seniordiscounts.htm](http://www.seniorliving.about.com/od/bargainsseniordiscou/a/seniordiscounts.htm)
- Senior Citizen Discount  
[www.therubins.com/aging/discount.htm](http://www.therubins.com/aging/discount.htm)

## **ALASKA MARINE HIGHWAY SYSTEM**

800-642-0066

<http://www.dot.state.ak.us/amhs/index.shtml>

Discount fares are available for persons 65 and older on all sailings within Alaska. Senior rates are automatically calculated when booking online and may not offer the maximum available savings when compared to other special offers.

## **ADULT PUBLIC ASSISTANCE**

907-874-2373

<http://hss.state.ak.us/dpa/programs/apa/>

Adult Public Assistance Program furnishes financial assistance to needy aged, blind, and disabled persons and to help them attain self-support or self-care.

If an adult over 65 has a low retirement income, they may be eligible for a state Adult Public Assistance check in addition to Senior Benefits. They may qualify for state payment of their Medicare Part B premiums. To start the application process, contact the Public Assistance Fee Agent at AICS or go to the website above and download an application.

## **FOOD STAMPS**

907-874-2373

Wrangell Fee Agent

907-465-3347

<http://dhss.alaska.gov/dpa/Pages/fstamps/default.aspx>

The Alaska Food Stamp Program provides food benefits to low-income households. The federal government funds 100% of the Food Stamp benefit. The State pays half the costs of operating the Food Stamp Program in Alaska. The Division of Public Assistance issues Food Stamp benefits via the Alaska Quest card. The amount a household receives each month depends on the household's countable income and size of the household. Eligible households use the Food Stamp benefits to buy food products from authorized stores statewide.

Requirements include Alaska residency, US citizenship and SSN, at least 21 years old or minors living independent of their parents, monthly income limits, employed if under 60 years of age.

## **SENIOR CITIZENS PROPERTY TAX EXEMPTION**

City Hall

907-874-2381

The state of Alaska mandates that senior citizens be allowed a \$150,000 exemption. Citizen must be age 65 or older. The surviving spouse of a 65-year-old or veteran can also claim the exemption as long as the surviving spouse is at least 60.

## **SOCIAL SECURITY**

800-772-1213

Ketchikan Office

907-225-5200

Juneau Office

907-586-7070

<http://www.ssa.gov>

Social Security retirement disability benefits and SSI for low-income persons with disabilities are accessed through the contacts above. The website has many links to information regarding various programs.

## **GENERAL RELIEF FOR ASSISTED LIVING CARE**

[http://dhss.alaska.gov/dsds/documents/pdfs/  
general\\_relief\\_assisted\\_livingcare\\_fill.pdf](http://dhss.alaska.gov/dsds/documents/pdfs/general_relief_assisted_livingcare_fill.pdf)

Provides payment for short-term emergency assisted-living placement of a vulnerable adult. Requires an application by a social worker or care coordinator.

## **WRANGELL MEDICAL CENTER FOUNDATION**

907-874-7000

<http://www.wrangellmedicalcenter.com/application.pdf>

Cancer Care Travel Assistance Program is a “reimbursement” program, up to \$1000 per year. The patient must submit receipts to Cancer Care for travel expenses incurred. Examples of expenses include documentation for airfare, lodging, rental car, gasoline, taxis, shuttle bus, ferry tickets or other expenses related to travel outside their community for treatment.

## **FIRST CITY COUNCIL ON CANCER**

907-225-4104

<http://www.firstcitycc.com/docs/FCCCAApplication.pdf>

FCCC is a community based, non-profit organization, located in Southern Southeast Alaska, dedicated to helping reduce the impact of cancer related problems for you and your loved ones. Reimburses up to \$2000 in costs for travel, lodging, and uncovered medical expenses.

## **ALASKA HEATING ASSISTANCE PROGRAM**

Wrangell Fee Agent

907-874-2373

800-470-3058

<http://dhss.alaska.gov/dpa/Pages/hap/default.aspx>

Helps households pay a portion of home heating expenses. The program runs from November 1 through April 30. Households with elderly or disabled members may apply from September 1 through April 30. In May of 2008, the State Legislature created the Alaska Heating Assistance Program (AKHAP) for households with gross income for households (single) below \$2619 and (a couple) below \$3548. Payments are made directly to your heating vendor and a notice will be sent to you informing you of your benefit amount if you are found eligible. Applications are available at Alaska Island Community Services through AICS Fee Agent or can be downloaded from the web site.

## **SENIOR INFORMATION AND INSURANCE**

### **HEALTH INSURANCE**

<http://www.achia.com/>

The Alaska Comprehensive Health Association provides health insurance to Alaska residents who have been denied coverage. The purpose of the new pool is to provide access to health insurance for individuals with qualifying pre-existing conditions who have been uninsured for at least six months.

### **MEDICARE INFORMATION OFFICE**

In Anchorage: 907-269-3680

Toll-free within Alaska: 800-478-6065

TTY: 800-770-8973

<http://dhss.alaska.gov/dsds/Pages/medicare/default.aspx>

This information line is funded through two programs: State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrol (SMP).

SHIP funds personalized counseling, education and outreach to Medicare beneficiaries and their families. This allows people to better understand and utilize their Medicare benefits.

SMP funds education for Medicare beneficiaries and others on how to spot and report potential Medicare errors, fraud, waste and abuse.

Getting ready for Medicare  
Prescription drug coverage  
Medicare Advantage/Health plans  
Paying for Medicare  
Medicare supplement plans (Medigap)  
Publications and other resources

If you have questions about senior resources, Medicare benefits, or insurance, call 8a.m. - 5p.m. Monday through Friday. You may have to leave a voice message and wait for a return call.

## **SOUTHEAST ALASKA INDEPENDENT LIVING (SAIL)**

800-478-7245

[www.sailinc.org](http://www.sailinc.org)

SAIL is a "one-stop Aging and Disability Resource Center where persons with disabilities and the elderly get complete information about services which help them continue living independently. SAIL staff provide advocacy to assist with Social Security entitlements, Medicare, Veterans benefits, and other personal rights violations involving disability concerns. Staff are knowledgeable about community agencies and service providers and refer requests for services to appropriate resources.

Free information resource libraries are maintained. Library items are available in a variety of alternative media such as Braille, large print, or on cassette tapes and closed-captioned videos to meet needs of consumers. The consumer service fund assists with purchasing adaptive equipment, home modifications or other services to promote independence. The Older Blind Alaskan Program serves individuals 55+years of age who have significant vision impairment. Staff works with consumers who need education and demonstration of techniques for daily living. Activities may include something as simple as phone use following vision loss or as complex as training in the use of voice-activated software.

SAIL maintains an assistive technology equipment loan closet. Deaf Services provide oral and sign language interpreter services to individuals who are deaf/hearing impaired.

## **HEALTHY ALASKANS INFORMATION LINE**

800-478-2221

For information on health and human services available in Alaska, Monday-Friday 8 am-9 pm.

Financial assistance  
Family Support Services  
Counseling  
Emergency/crisis intervention  
Substance abuse services  
Speech and hearing  
Health screening/diagnostic service  
Health education  
Health care referrals  
Specialty medicine

Outpatient care facilities  
Alternative health care  
Medical equipment/supplies, and services

### **NURSING HOME TRANSITION PROGRAM**

800-478-9996

<http://dhss.alaska.gov/dsds/Pages/nursing/default.aspx>

The funds from the Nursing Facility Transition Program can be used to help an elderly person or individual with a disability transition from a nursing facility back into the community. Provides one-time funds for home and environmental modifications and basic furnishings necessary to set up a livable home. Recipient must be age 65 or older, or age 21-65 with a disability and must be Medicaid eligible.

### **ALZHEIMER'S RESOURCE OF ALASKA**

Juneau office

907 586-6044

<http://www.alzalaska.org/>

Provides care coordination, family consults, in-home services, and support groups to unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.  
Juneau office.

# **LEGAL AND OTHER MISCELLANEOUS ASSISTANCE**

## **WRANGELL CONTACTS FOR RESOURCE INFORMATION**

The following facilities are available locally to answer questions and refer you to services available to seniors:

Wrangell Senior Center	907-874-2066
Wrangell Medical Center Social Work Services	907-874-7191
Wrangell Senior Apartments	907-874-3944
AICS Senior and Disability Office	907-874-3375
AICS TideLine Clinic	907 874-4700

## **ALASKA LAW HELP**

<http://www.alaskalawhelp.org/AK/index.cfm>

This website offers extensive help to Alaskans on a variety of legal issues.

## **ADULT PROTECTIVE SERVICES**

907-269-3666

800-478-9996

<http://dhss.alaska.gov/dsds/Pages/aps/default.aspx>

Anybody with reason to suspect abuse or neglect of a vulnerable adult may call to report or go online to complete a report and initiate an investigation.

## **DISABILITY LAW CENTER OF ALASKA**

800-478-1234

[www.dlcak.org/html/](http://www.dlcak.org/html/)

This is an independent non-profit law firm providing free legal advocacy services for people with disabilities anywhere in Alaska.

In 1975 the U.S. Congress mandated the creation of “Protection and Advocacy” (P&A) agencies in every state and territory. The purpose of this nationwide system is to provide for the protection of and advocacy for the legal, civil, and human rights of persons with disabilities.

## **ALASKA LEGAL SERVICES**

[www.alsc-law.org](http://www.alsc-law.org)

Alaska Legal Services Corp. (ALSC) is a private, nonprofit organization, which provides legal assistance and representation to low-income Alaskans in non-criminal matters.

Juneau Law Office  
419 6th Street, Suite 322  
Juneau, Alaska 99801-1096  
800-789-6426

Ketchikan Law Office  
306 Main Street #218  
Ketchikan, Alaska 99901-6483  
907-225-6420

Alaska Legal Services Corporation does not handle criminal cases, accident claims, personal injury or wrongful death cases, or representation of prisoners. Alaskans over the age of 60 are generally provided assistance without regard to income, although a priority is placed on providing assistance to seniors in social or economic need. Most of our offices are open from 9 a.m. to 5 p.m., Monday through Friday.

Alaska Legal Services Corporation also operates the *Seniors' Legal Services Project*, a legal assistance program for persons 60 and older. Several helpful documents are available for download at no cost. Go to: <http://www.alsc-law.org/publications.html>

### **Power of Attorney**

Contains information and the Alaskan form for a Power of Attorney. This form can be used for any purpose other than health care issues. It can be tailored as a general or specific power of attorney; either durable or non-durable. For health

care issues see the Alaska Advance Health care Directive. This form is available for download here: [http://www.alsc-law.org/Publications/Power of Attorney Booklet 2005.pdf](http://www.alsc-law.org/Publications/Power%20of%20Attorney%20Booklet%202005.pdf)

### **Advance Healthcare Directive**

The Alaska Legislature during its 2005 session passed House Bill 25, a bill that changes the laws and forms for Alaska statutory medical directives, including “do not resuscitate” orders, anatomical gifts, powers of attorney relating to health care, and mental health treatment decisions. Download forms at:

[http://www.alsc-law.org/Publications/Alaska Advance Health Care Directive 2005.pdf](http://www.alsc-law.org/Publications/Alaska%20Advance%20Health%20Care%20Directive%202005.pdf)

### **ALASKA STATE OMBUDSMAN**

800-478-2624

<http://ombud.alaska.gov/>

E-mail to: [ombudsman@legis.state.ak.us](mailto:ombudsman@legis.state.ak.us)

The Office of the Ombudsman is a non-partisan, neutral, fact-finding agency and takes no sides in a dispute. Their job is to determine whether state government actions are fair and reasonable. The Alaska State Ombudsman investigates complaints against state government agencies and employees. If a problem is found, the Ombudsman may recommend a solution.

### **LONG TERM CARE OMBUDSMAN**

800-730-6393

<http://www.akoltco.org/>

This is a state of Alaska office that identifies, investigates and resolves complaints and advocates for seniors in institutional settings.

### **ALASKA STATE HUMAN RIGHTS COMMISSION**

Toll-free Hotline

800-478-4692

<http://www.gov.state.ak.us/aschr/>

This agency is the state agency which enforces the Alaska Human Rights Law which prohibits discrimination in: employment, credit and financing practices, the sale or rental of real property, public accommodations and practices by the state or its political subdivisions because of race, religion, color, national origin, sex, physical or mental disability, and in some instances because of age, marital status,

changes in marital status, pregnancy and parenthood. Commission staff members investigate discrimination complaints and can help resolve disputes.

### **ALASKA JOB CENTER NETWORK**

<http://www.jobs.state.ak.us/>

Website of job listings and resources for job seekers.

### **VOCATIONAL REHABILITATION EMPLOYMENT ASSISTANCE**

800-478-2815

<http://www.labor.state.ak.us/dvr/disable.htm>

Assists Alaskan residents who have trouble getting or keeping a job because of a mental or physical problem. You must need services to prepare for, get, or keep a job.

### **MATURE ALASKANS SEEKING SKILLS TRAINING**

907-465-4872

<http://labor.state.ak.us/masst/home.htm>

The intent of this program is to place older individuals in community service positions and provide job training to help them become self-sufficient, provide much needed support to organizations that benefit from increased civic engagement, and strengthens the communities that are served by such organizations. This program helps Alaska retain the valuable resources of older workers while enabling this population to maintain an independent lifestyle and make meaningful contributions to their communities.

### **ASSISTIVE TECHNOLOGY OF ALASKA**

Toll-free 888-723-2583

<http://www.atlaak.net>

The Assistive Technology of Alaska (ATLA) connects Alaskans who have disabilities (such as impaired vision or hearing, or mobility or communication deficits) with the tools they need in order to learn, work, play, and participate in community life safely and independently.

ATLA offers training as well as no-cost equipment demonstrations and short-term loans (as items are available). They also provide some assistance to find funding, develop partnerships with state agencies and organizations, and publish resource

materials and event calendars. A used equipment-recycling program is also coordinated by ATLA.

## **MOTOR VEHICLE REGISTRATION AND TAX EXEMPTION**

If you are an Alaskan resident age 65 or older, this exemption allows you once every two years, to register one noncommercial motor vehicle without paying the motor vehicle registration fee and motor vehicle tax.

### **HUNTING AND FISHING LICENSE EXEMPTION**

Alaska Department of Fish and Game

907-465-2376

<http://www.adfg.alaska.gov/index.cfm?adfg=license.main>

A sport fishing, hunting or trapping license is not required of a resident who is 60 years of age and meets the license residency definition.

## **TELEPHONE BILL PAYMENT ASSISTANCE**

907-874-3000

<http://www.fcc.gov/lifeline>

<http://www.aptalaska.com/index.php?action=switchPage&pageID=91>

<http://www.gci.com/wireless/plans/lifeline>

Lifeline and Link-up Programs Alaska Power and Telephone

The Lifeline program provides Alaska Communications' best-in-class services at a reduced rate. For only \$1.00 a month, qualified Alaskans can use our state-of-the-art fiber optic network to keep in touch with Unlimited Talk and Text.

To be eligible for Lifeline, you must receive assistance from a qualifying government program or your household income must meet certain guidelines. Only one Lifeline service is allowed per household.

## **OLDER PERSONS ACTION GROUP (OPAG)**

907-276-1059

<http://www.opagak.com/opagsv2011/>

The [Senior Voice Newsletter](#) is available in print and online.

# **GUARDIANSHIPS/CONSERVATORSHIPS**

## **FAMILY GUARDIAN PROGRAM**

907-269-3525

<http://courts.alaska.gov/guardianship.htm>

E-mail to: [Family.Guardian@alaska.gov](mailto:Family.Guardian@alaska.gov)

Guardianship is a legal arrangement where a person or institution is appointed as a guardian to make decisions for an incapacitated person -decisions about housing, medical care, legal issues, and services.

Conservatorship is a legal arrangement where a person or institution is appointed to handle the financial affairs for another person.

The Family Guardian Program provides information and assistance to private individuals who are, or are considering becoming, guardian or conservator for a family member or friend.

## **DEATH, DYING AND BEREAVEMENT SERVICES**

Expanded information is available in a Hospice of Wrangell book titled "Final Arrangements and End of Life Information". Copies are available in the lobby of Wrangell Medical Center or through the local clergy.

### **UNATTENDED DEATH**

Wrangell Police Department                      907-874-3304

It is important to immediately report any death that occurs in a home or other non-medical setting. At times, the office of the state medical examiner may order that the deceased be flown to Anchorage or Seattle for autopsy. In these situations, the costs of transport are paid by the state of Alaska, but the estate of the deceased must pay the costs of embalming and the cost of the casket if the deceased is then returned to Wrangell for burial.

### **MORTUARY SERVICES**

Ketchikan Mortuary                                      907-225-4550  
Beth Comstock    907-305-0076

Ketchikan Mortuary has a liaison in Wrangell. Pre-paid services are available and provide a financial savings and a way to relieve loved ones of making decisions.

### **CEMETERY PLOTS**

City of Wrangell    907-874-2381  
E-mail to: [ctyclerk@aptalaska.net](mailto:ctyclerk@aptalaska.net)

Two local cemeteries are operated by the City/Borough of Wrangell. Contact the city clerk to ask about purchase of a grave plot. The cost for opening and closing graves is paid to the city as well. A columbarium- a structure of vaults lined with recesses for cinerary urns- is also available. There are 100 niches located at the Sunset Gardens Cemetery. Arrangements are made through city clerk.

## **HOSPICE OF WRANGELL**

H. Schirmer 907-874-3830  
A. Rooney 907-874-3960

Trained volunteers are available to support those with advanced illness and/or terminal illness, and family members, with non-medical support services. Contact Harriet Schirmer or Alice Rooney.

## **WRANGELL MINISTERIAL ASSOCIATION**

907-874-2244

Local clergy are available for emotional support and counseling.

## **GRIEF COUNSELING**

907-874-2373

<http://akics.org/behavioralhealth/>

Alaska Island Community Services provides counseling services, particularly recommended for those close to a person dying as a result of suicide or sudden death, or for parents following the death of a child.

## **DEATH CERTIFICATE**

<http://dhss.alaska.gov/dph/VitalStats/Pages/death/default.aspx>

A spouse, parent, child, or sibling of a deceased person may purchase a certified copy of the death certificate. ALL REQUESTS MUST INCLUDE A COPY OF GOVERNMENT-ISSUED PICTURE ID OF THE APPLICANT.

## **SOCIAL SECURITY**

800-772-1213

<http://www.ssa.gov>

A family member or other person responsible for the beneficiary's affairs should do the following when a beneficiary dies:

Promptly notify Social Security of the beneficiary death if monthly benefits were being paid via direct deposit, notify the bank or other institution of the death.

Request that any funds received for the month of death and later be returned to Social Security. If monthly benefits were mailed as checks to the beneficiary, do not cash any checks for the month in which the beneficiary dies or thereafter.

Return the checks to Social Security. Social Security will pay a one-time death benefit of \$255.

### **VETERANS BENEFITS**

907-874-3860

American Legion

800-827-1000

<http://www.cem.va.gov>

Qualifying veterans may receive many services related to burial and memorial. Local members of the American Legion have access to some information and forms.

### **ORGAN DONATIONS**

Cathy Gross

907-874-7124

Contact Wrangell Medical Center Health Information Management Department for information pamphlets or laminated organ donor cards. Driver's licenses or ID cards may be marked with "organ donor" stickers.

## **MISCELLANEOUS**

### **ABSENTEE BALLOTS**

City Clerk

907-874-2381

<http://www.wrangell.com/government/>

E-mail to: [ctyclerk@aptalaska.net](mailto:ctyclerk@aptalaska.net)

Contact the city clerk to request an absentee ballot in advance of any election. If you need assistance reading or filling out a ballot, she will arrange a scheduled home visit to assist you.

### **WHITE HOUSE GREETINGS OFFICE**

The White House will send greeting cards signed by the President of the United States to commemorate special events, accomplishments or milestones. These are free of charge to U.S. citizens. All requests for greetings must be submitted in writing to:

*The White House*

*Attn: Greetings Office*

*Washington, D.C. 20502-0039*

The following information is required: name and home address of honoree(s), form of address (Mr., Ms., Mrs., Dr., Miss, etc.), the exact date of occasion (month, day, year), age (birthdays) or number of years of marriage, your (the requestor's) name and daytime phone number and any specific mailing instructions if other than to honoree's address.

Your request must be received six (6) weeks in advance of the event date. You may request anniversary greetings to those couples that are celebrating their 50th (and subsequent) wedding anniversary and birthday greetings to individuals 80 years of age and above.

For faster service, requests can also be faxed to 202-456-2461.