



2016

ANNUAL REPORT



**Alzheimer's
Resource
of Alaska**

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LEADERSHIP MESSAGE

From The Board President & The Executive Director

For over three decades now, Alzheimer's Resource of Alaska (ARA) has grown and tailored its services to meet the ever changing needs of Alaskan's throughout all our communities served. With that, this past year was no exception.



Facing new federal regulations and state policies shifting to an entirely conflict free case management system, our agency, as did many similar nonprofit providers of both Care Coordination and In-Home Services, embarked upon one of the toughest challenges to date. And, while we had few clients served under both Care Coordination and In-Home services, we were required as a recipient of Medicaid to provide just one service or the other. After careful research, a thorough and considerate review of the options, and robust yet sometimes difficult discussions, our board of directors determined that our best service, in support of our mission and most aligned with our existing Education and other program offerings, was to continue our dedication and advocacy as a Care Coordination provider.

Our organization was further dedicated to providing our clients and staff a smooth transition to this new system. Partnerships were formed with various providers of excellence in direct care services. We were able to work cooperatively with them to transition our In-Home Services clients and staff to these partners. We also worked to bring on-board new Care Coordinators to our agency and helped their previous clients make the switch to ARA as well. By the end of the year, we significantly increased our Care Coordination services in Anchorage, Juneau and the Matanuska Valley.

Despite these challenges, our organization and dedicated team continued to remain steadfast and focused on the well-being of those in need. This focus on our mission and to rising to the occasion in order to meet our community's needs has been the source for our organizations longevity and success. While we braved new obstacles along the way, we continued our focus on finding solutions to ensure quality of life for vulnerable Alaskans.

We know through experience that the road ahead may present unknowns or other adversities but through the commitment of our team, and all those who generously give their time and financial contributions in support of our work, that we will be prepared for what lies ahead. We remain fortunate to be blessed by the generosity of your support. We look forward to what tomorrow brings and together we'll continue to ensure quality lives for all we serve!

Sincerely,

A handwritten signature in black ink, appearing to read 'Natasha Pope'.

Natasha Pope
FY16 Board President

A handwritten signature in black ink, appearing to read 'Karl Garber'.

Karl Garber
Executive Director

MISSION & OVERVIEW

Our Mission:

Support Alaskans affected by Alzheimer’s disease and related disorders to ensure quality of life until a cure is found.

Who We Serve:

We serve individuals of any age with ADRD, frail elders, people with disabilities and their families.

Alzheimer’s Resource of Alaska:

is the leading source of information, support and services in Alaska for Alzheimer’s disease and related dementias (ADRD). We have been a 501(c)(3) nonprofit organization since 1984.

BOARD OF DIRECTORS

President	Natasha Pope	
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FISCAL YEAR 2016 HIGHLIGHTS

Our highly trained staff touched the lives of 3,624 clients, caregivers, family members and professionals across 106 Alaskan communities.

The Care Coordination team served 80% more clients compared to FY2015.

Caregivers, clients and their loved ones attended 1,315 classes, support groups and activities provided by the Education team.

The quotes throughout this book follow the story of a woman and her husband, who was diagnosed with early-onset Alzheimer's. As you flip through these pages and take this journey with them we hope you are able to come to a better understanding of the work we do and the lives we touch.

"I walked into Alzheimer's Resource of Alaska and said, 'Help! Can you help us?' It was absolutely the best decision I could have made. Suddenly, I wasn't alone navigating a world I knew nothing about. "

"They enabled us to feel we could cope with this after all and have a good quality of life. [...] We will never forget what the Alzheimer's Resource of Alaska staff, programs and resources did for our family."

SERVICE RECIPIENTS

3,624 family caregivers, loved ones, frail elders, persons with disabilities, individuals living with ADRD and professional providers turned to us for help this year. Each journey has been unique but our mission to provide information, education and support to our fellow Alaskans in cities, towns and villages across the state has remained constant. The numbers below represent only a part of their story and ours. The needs of our most vulnerable neighbors are expanding and with them, our determination to consider the whole person and to reassure each that they are not alone.

RECIPIENTS BY REGION*

Yukon/Kuskokwim – **100**

Southcentral – **765**

Interior – **278**

Southeast – **227**

Bristol Bay/Kodiak – **40**

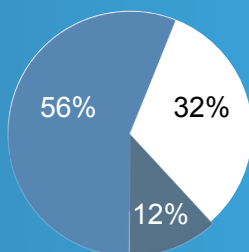
Kotzebue/Norton Sound/Northern – **13**

Anchorage – **1410**

Aleutian Islands – **5**

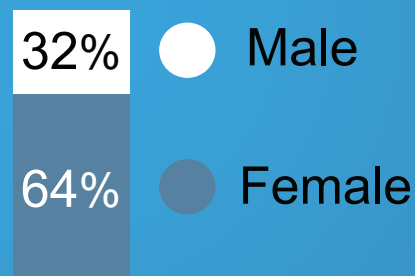
***786** PROFESSIONAL PROVIDERS ACROSS 8 REGIONS

RECIPIENTS BY CATEGORY



- Client
- Caregiver
- General Public

RECIPIENTS BY GENDER



CARE COORDINATION

733 lives made easier thanks to the support that Care Coordination offers. Identifying and locating providers best able to meet short and long term needs is a task that is often difficult and overwhelming for family members and loved ones. Our growing staff of Care Coordinators are professionals with extensive knowledge of community resources. They understand eligibility requirements and payment options and create person-centered care plans that maximize independence and ensure a safe living environment.

What We Do

Identify & Connect you with services and supports you need to maximize independence and ensure safety.

Provide Information you need to select your own services - a process that need not be difficult or overwhelming.

Advocate with community organizations to support you in reaching your goals.

Coordinate Services such as in-home supports, transportation, adult day services, respite for family caregivers, group/assisted living homes and much more.

Who We Are

Professionals with extensive knowledge of community resources.

A Team that understands eligibility requirements and payment options for needed services.

People dedicated to assessing your functional and medical needs to develop person-centered care plans.



“I had someone to call, to communicate with, to advise me when situations arose, and they seemed to happen continually. [...] We had a Care Coordinator that fought for us. ”

EDUCATION

2,849 Alaskans sought information, education, support and assurance from our Education Program. Alaskans facing ADRD, as well as their loved ones, family members, caregivers and friends are all confronted with the fear of not knowing what lies ahead. Our knowledgeable Education staff offers information, referrals, consultations and awareness events to the entire community in efforts to minimize this fear. We have programs for frail elders, individuals with ADRD, for their family and friends and for professionals.

1,564 Intake & Referral Calls

910 Consultations

493 Support Groups

309 Client Activity Events

279 Classes & Trainings

234 Awareness & Outreach Events



For Individuals with ADRD

Art Links is a weekly art program that provides a vehicle of self-expression for Alaskans experiencing memory impairment. Caregivers are invited to participate or to attend support group meetings.

Memory Screenings are free of charge to anyone concerned about memory loss.

Mind Matters is an education and support program for individuals with early memory loss. This program goes beyond the confines of a traditional support group and offers participants a chance to connect socially while engaging in meaningful activities including: writing, volunteering and listening to guest speakers.

Brain Games is an ongoing socially and mentally stimulating support program to help improve or maintain cognitive skills for individuals experiencing memory loss at moderate levels.

“He started Art Links on Fridays for he is an artist and had become an artist with dementia. He lived for that hour and that activity! It brought him such joy!”



“I learned about Alaska’s caregiver laws and services, had referrals with names of who to talk with and what to do to help improve and cope with our new lives.”

For Family and Friends

ABC’s of Caregiving consists of an expanding selection of workshops designed for family members, friends and the public interested in learning the best practices in various caregiving techniques.

Savvy Caregiver is a program for people who are caring for a loved one with dementia. It is a six-week, two hour a week class that addresses emotions and decision making, gives a thorough overview of AD/RD and focuses on improving the practice of caregiving.

Support Groups are guided by a trained facilitator and allow family caregivers and friends an opportunity to meet regularly for mutual support.

New Programs are offered throughout the year in an effort to innovate ways to improve the lives of our clients and their loved ones. This year we added an additional Mind Matters Support Group.

Virtual Dementia Tours give the participant an up close, hands-on experience to help them understand what their loved one is experiencing , thereby making them able to provide better care.

For Professionals

Savvy Professional, Dementia Care Essentials, Dementia Care Workshop, Virtual Dementia Tour and customized trainings were made available for professionals who take care of persons with dementia. Many of these classes are accredited and offer continuing contact hours.

Our Winter Workshop afforded 148 attendees the opportunity to expand their professional practice in learning person centered approaches in caregiving. The workshop featured Dr. G. Allen Power and Rosemary Bakker, two experts who have gained wide renown for their innovative, person-centered approaches to dementia care. The event was put on in partnership with Southeast Alaska Independent Living, The Alaska Training Cooperative and The Alaska Mental Health Trust Authority.



EDUCATION

IN-HOME SERVICES

23,882 hours caring for the growing senior population in Alaska. In-Home services often allow elders with physical or cognitive limitations to remain in their home rather than being placed in a care facility. The services ensure their safety, comfort and well-being. Even as we transitioned out of In-Home services, our staff provided 205 consultations to help people get the services they need and served 218 Alaskans, tailoring services to each unique individual.

“We know the need is great, we know what it is like to have that need, and we know you are amazing, caring, compassionate, knowledgeable, professional and resourceful people who truly save people’s worlds. ”

Our In-Home Solutions

Personal Care Attendants serve individuals who require a helping hand with daily hands-on care.

Chore Services are offered for frail elders who need help with household chores to keep their homes safe and comfortable.

Respite offers a short break for caregivers caring for a loved one.

Senior Solutions is an option specifically designed to meet the needs of the client and allows the most flexibility of services based on the needs of the individual.



COMMUNITY SUPPORT

Alzheimer's Resource of Alaska (ARA) began more than three decades ago when sisters Rebecca Clement and Beverly Tallman realized that the loved ones of those living with ADRD had almost nowhere to turn in the community. Originally we were a support group to form connections and build partnerships. Today, 32 years later, ARA is still firmly rooted in the community, and all of our successes still stem from the ability to form personal connections.

In fiscal year 2016 we proudly continued the tradition of connecting with old friends and gaining new ones in hopes of creating a more caring, knowledgeable and supportive community. A few of our community events are featured below.



The new Thirty-Five Plus Singles Club, Inc. is hosting a formal dance event to benefit Alzheimer's Resource of Alaska

"A NIGHT TO REMEMBER"

SIXTH ANNUAL FUNDRAISING EVENT TO BENEFIT ALZHEIMER'S RESOURCE OF ALASKA

SAVE THE DATE

SATURDAY, SEPTEMBER 19TH
VISIT ALZASKA.ORG OR THIRTYFIVEPLUSINGLESCLUB.COM
FOR UPCOMING TIME AND LOCATION DETAILS

Join us to create your own special memory and dance the night away - with the added benefit of supporting fellow Alaskans with Alzheimer's and their families

Carpenters Hall
407 Denali St., Anchorage
Michele Berns 632-5472

35+ Singles Club
35PlusSinglesClub.com

Alzheimer's Resource of Alaska
AlzAlaska.org
35PlusSinglesClub.com



Amblin' For Alzheimer's brought out 392 participants. It was the 12th year for the event.

A Night to Remember, was hosted by the 35 Plus Singles Dance Club. The dance was put on for the 6th year in a row to benefit ARA.

WineStyles hosted a wine tasting and silent auction to benefit ARA at O'Malleys On the Green in November.

COMMUNITY GRANTS

331 Mini-Grants Awarded Statewide for a total of **\$232,972**

Mini-grants provide individuals diagnosed with ADRD essential items to improve their quality of life and increase independent functioning. Eligible recipients may receive up to \$2,500 per year to cover the cost of items or services, that they could not otherwise afford, that allow them to attain and maintain healthy and productive lifestyles. The Mini-grant program is funded by the Alaska Mental Health Trust Authority.

\$133,485 in essential living supplies

\$56,254 in adaptive assistance

\$26,996 in medical, hearing, dental and vision care

\$16,237 in accessibility needs



“We had the mini-grant program to apply for things like Project Lifesaver with the tracking bracelet, [...] things we never could have afforded on our own.”

24 SAFE Grants for **\$2,624**

Senior Assistance for Essentials (SAFE) grants may be small, limited to \$250 per individual, but they make a huge and immediate impact. When the strains that come with aging in place become overwhelming we are happy to be able to step in and provide a helping hand for swift relief. Whether it's a haircut, a new pair of shoes or just a ride across town, the SAFE grant program enables us to improve the lives of our most vulnerable elders. SAFE grants are funded by First National Bank Alaska.

FINANCIAL SUMMARY

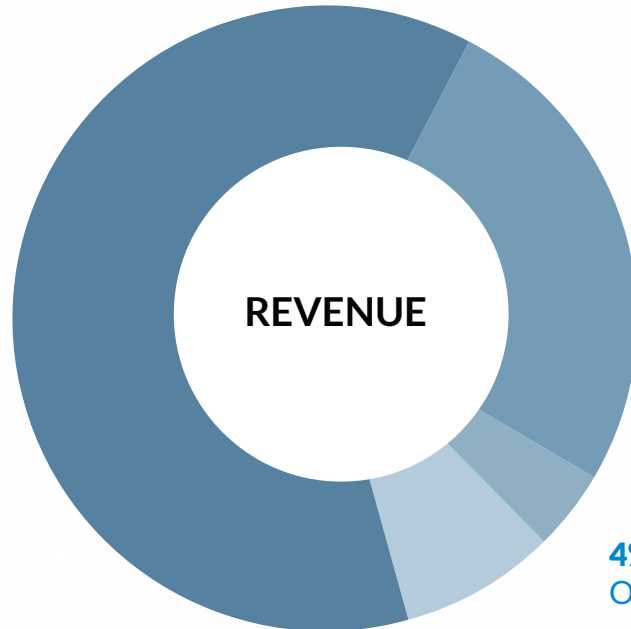
Fiscal Year 2016

Revenue - \$3,395,787

Grants.....	\$2,110,261*
Fees for Service.....	\$863,268
Contributions & Events.....	\$273,593
Other Income.....	\$148,665

62%

GOVERNMENT & PRIVATE GRANTS



26%

FEEES
FOR SERVICES

4%

OTHER INCOME

8%

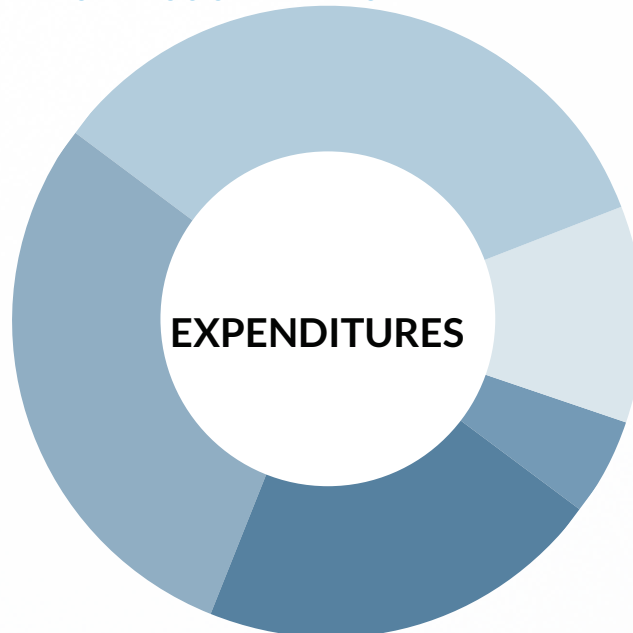
CONTRIBUTIONS & EVENTS

Expenses - \$3,386,454

Care Coordination.....	\$1,149,500
Education.....	\$982,378
In-Home Services.....	\$695,810
Administration.....	\$381,383
Fundraising.....	\$162,383
Research.....	\$15,000
	(<1%)

34%

CARE COORDINATION



11%

ADMINISTRATION

5%

FUNDRAISING

21%

IN-HOME SERVICES

29%

EDUCATION
& RESEARCH

84% of expenses are attributed to program costs.

*Grants are funded by:

- State of Alaska Department of Health & Social Services, Division of Senior & Disabilities Services
- State of Alaska Department of Commerce and Economic Development, Division of Community Regional Affairs
- Alaska Mental Health Trust Authority
- Mat-Su Health Foundation
- Mat-Su Borough
- Municipality of Anchorage
- Fairbanks North Star Borough
- United Way Mat-Su

CONTRIBUTORS TO PROGRAMS AND SERVICES

July 1, 2015 through June 30, 2016

Due to limited space we are unable to list all community supporters and volunteers. We do thank all of those who contributed generously and helped further our mission. For a full list please view our online report at AlzAlaska.org

Martha Irvin Society (\$10,000+)

Alaska Medicare Clinic
Alaska Neurology Center
John & Jackie Brunton
Wayne Holmes & Jonell M.
Snook-Holmes

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

Sharon K. Gratrix
Johnson & Johnson
Rhonda S. Scott

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

Alice Richardson
Anchorage Lodge No. 1534
Loyal Order of Moose

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

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**Alzheimer's
Resource
of Alaska**

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Toll-free within Alaska 1-800-478-1080
www.AlzAlaska.org

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

2016

ANNUAL REPORT

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