



**Alzheimer's
Resource
of Alaska**



2014

ANNUAL REPORT

2014 CONTENTS



An Art Links Original

"Sleeping Lady"

by Carol

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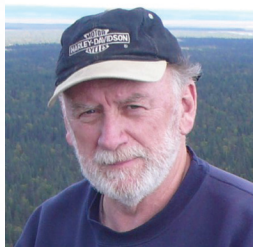
12 Contributors

MESSAGE FROM LEADERSHIP

From the President:

It is with pleasure that I write this message for the Fiscal Year 2014 Annual Report. I have been privileged to serve on the Board of Directors of this organization for the last six years, the most recent as President. Like many of you who may be reading this report, I came to contribute to Alzheimer's Resource of Alaska (ARA) because my family was touched by Alzheimer's disease. We were saddened, frustrated and felt helpless, particularly as the disease stole the last remnants of my mother. As the disease progressed we also found ourselves in the role of caregivers, an unfamiliar role for which we needed understanding, advice and occasionally relief. Our family was fortunate to find that help and came to know the value of organizations like ARA. We were not alone.

ARA is all about helping families confront Alzheimer's and the other ailments that come with old age. The staff and volunteers of ARA provide a rich array of services. Over the past year, ARA has continued to develop new approaches to meet the needs of individuals, frail seniors, those with Alzheimer's disease or related dementia and their caregivers. We have offered training and education programs, care coordination, and in-home services across the state from New Stuyahok to Anchorage. ARA has become a truly statewide resource.



Sincerely,

A handwritten signature in black ink, appearing to read 'Tim Troll'.

Tim Troll
FY14 Board President

From the Executive Director:

We hope you enjoy reading our annual report. It is a story of the professional and compassionate care we provide for those who are in need of our services.

In the past year, we have expanded all of our programs to serve more people across the state. We have increased our support groups, education programs and hours of services provided in care coordination and in-home services. For the future, we are also striving to meet the rapidly expanding population of seniors and those with Alzheimer's disease and related dementias. Alaska is home to the fastest growing elder population in the nation; consequently, more and more Alaskans will be affected by Alzheimer's disease and related dementias.

Alzheimer's Resource of Alaska remains strong thanks to our dedicated Board of Directors, staff members, volunteers and generous donors. We continue to strive toward a world without Alzheimer's disease. In the meantime, you can depend upon the staff and volunteers to be here when you need us.



Sincerely,

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

Karl Garber
Executive Director

MISSION & OVERVIEW

Our Mission is

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

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 (ADRD).

We are a 501(c)(3) nonprofit organization serving individuals of any age with ADRD, frail elders and their caregivers since 1984.

Fiscal Year 2014 Board of Directors

President	Tim Troll
Vice President	Rhonda McLeod
Treasurer	Michael Courtney
Secretary	Patrick Cunningham
Member-at-Large	Cindy Vanden Berg
Members	Nicki Addonisio Jackie Burton Dawnia Clements Jonell Snook-Holmes Ida Solomon



FISCAL YEAR 2014 HIGHLIGHTS

- 3,853 Alaskans received Education, Support, In-Home Services and Care Coordination - more than at any other time in our history.
- Served 144 communities in Alaska
- Provided over 74,000 hours of In-Home Care
- 1,538 Individuals received information and referrals from our Education Programs
- Provided 591 individual & family consultations
- Awarded 294 ADRD mini-grants
- Coordinated a second annual statewide writing contest: *How We Celebrate*

Community Support

Our mission statement begins with these essential words: "To unite with Alaskans". The ongoing support and generosity of the Alaskan community are vital to all that we hope to achieve. Volunteers, support group participants, fund raising assistance and donors alike are the bonds that truly unite and empower us.

- **Amblin' For Alzheimer's**
- **Various Rhonda Scott Art Show Benefits**
- **2 Friends Gallery February Sponsorship**
- **Aces Hockey Booth**
- **Midnight Sun Lazyman Triathlon**
- **Scan Home Art Show Benefit**
- **The New 35 Plus Singles Club Dance**

PEOPLE SERVED

Alzheimer's Resource of Alaska provided programs and services to **3,853** Alaskans throughout the state. Programs and services extend from Juneau to Barrow and clients represent a diverse population.

Clients Served by Region

Anchorage: 1,871 Mat-Su Valley: 702 Southcentral: 119
Southwest: 365 Interior: 424 Southeast: 290 Northern: 82

SERVICE RECIPIENTS

68% THOSE WITH ADRD, FRAIL ELDERLY
AND FAMILY CAREGIVERS

30% PROFESSIONALS

12% PERSONS SEEKING GENERAL
INFORMATION ABOUT ADRD

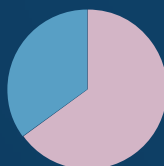


In 2014 we served more
Alaskans than ever before.

Alaska has the fastest growing population of seniors in the United States – sometimes referred to as “the Silver Tsunami.” Today, nearly 8,000 Alaskans are affected by Alzheimer’s disease and related dementias – a number that is on the rise. Alzheimer’s Resource of Alaska has been the state’s most vital source of information, education and support for those affected by ADRD for thirty years. In Fiscal Year 2014, we reached 3,576 individuals - more Alaskans than in any time in our history – a vital and continuing trend.

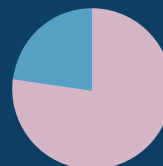
CLIENTS BY GENDER

29% MALE | 71% FEMALE



FAMILY CAREGIVERS BY GENDER

23% MALE | 77% FEMALE



IN-HOME SERVICES

“Couldn’t have kept doing it without the help – helped me be able to be less caregiver and more spouse again.”

“There is no place like home” – an adage with profound meaning for frail elders and families confronted with the possibility of transitioning to a care facility. Alaskans highly prefer to remain living fully, comfortably, and safely at home for as long as possible to improve the quality of their lives. Our In-Home Services seek to help our clients achieve this goal by providing respite, chore, personal care services and senior solutions.

Respite

Offers a short break for caregivers caring for a loved one.

Chore Services

For frail elders who need help with household chores to keep their homes safe and comfortable.

Personal Care

For individuals who require daily help with hands-on care.

Senior Solutions

For seniors and their families who need more flexible or tailored services to meet their individual needs.

In Fiscal Year 2014, services were provided to 420 clients in 55 communities across urban, rural and remote Alaska.

74,478 Total hours of In-Home Services provided in fiscal Year 2014.

Caregivers reported they were able to maintain care in the home 8 months longer than they would have without respite.

“It eases my mind knowing I can continue my life less worried about my future.”

“I didn’t realize how much I needed the break. These services gave me the chance to rejuvenate.”

EDUCATION

“It is scary not knowing what to expect with dementia. With support and information from Alzheimer’s Resource of Alaska I have learned to not be so fearful.”

From the very first of our thirty year history, we have been dedicated to educating Alaskans across the state to increase the awareness and understanding of Alzheimer’s disease and related dementias (ADRD). We produce and disseminate literature, provide consultations, hold memory screenings, offer training, provide referrals and create events that strive to educate and assure those affected by ADRD, they are not alone.

This fiscal year, we provided information, consultations and training to 1,138 health-care professionals and 2,217 individuals and family caregivers seeking services - representing an 11.5% increase over Fiscal Year 2013. Respondents from these trainings, consultations and events reported an over 90% satisfaction rate.

A Sampling of our Unique Services:

For Individuals with ADRD

Art Links is an art program that provides a vehicle of self-expression for the memory impaired person. **67** participants accompanied by **34** Family Caregiver/ Professional Escorts.

Memory screenings are free of charge to anyone concerned about memory loss. **130** screenings were conducted this year.

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 offered participants a chance to bond while engaging in meaningful activities including: writing, volunteering and listening to guest speakers. **74** participants.

The Yup’ik and Tagalog Translation Project is directed toward members of our community too often bypassed or overlooked because of language barriers. Central Yup’ik/English and Tagalog/English translations of ADRD information and caregiving tips continue our mission to reach and unite Alaskans across the state.



EDUCATION

For Family and Friends

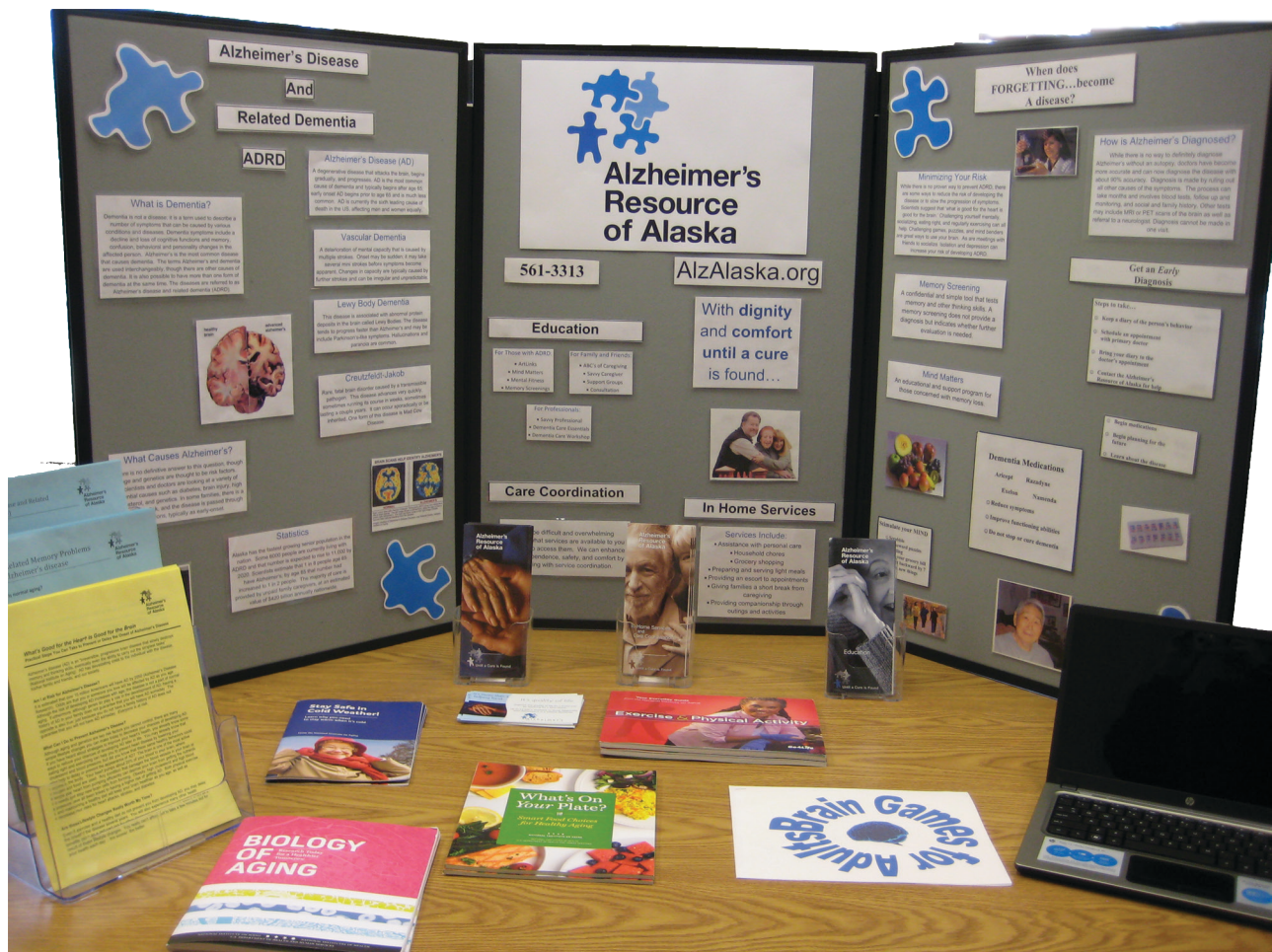
ABC's of Caregiving is a workshop for family members, friends and the public for learning about various caregiving topics. **384** participants.

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 discusses emotions and decision making, gives a thorough overview of ADRD and focuses on improving the practice of caregiving. **108** attending family members.

Support Groups allow family caregivers and friends an opportunity to meet regularly for mutual support. We facilitated **181** educational and support groups.

For Professionals and Dementia Care Workers

Savvy Professional, Dementia Care Essentials, Dementia Care Workshop and customized trainings are available for professionals and those who take care of persons with dementia. Many of these classes are accredited and offer continuing education credits. Alzheimer's Resource of Alaska trained or provided assistance to 861 professionals.



CARE COORDINATION

In Fiscal Year 2014, our care coordinators served 342 clients as well as their many family members.

Effective care coordination is as varied and particular as the individuals, families and communities where it functions. Alaskan landscapes, urban and rural, pose specific challenges in all three of the communities we serve: Anchorage, Bethel and Dillingham. Paramount in our efforts is the formulation of individualized care plans that promote safety, quality of life and the least restrictive environment possible: preferably home. Our Care Coordinators are responsible for finding, obtaining and coordinating services for our clients. An individual plan is developed by assessing the situation of the client and family. Once put in effect, we continue to make certain the services are meeting the needs of our clients and families.

The care coordination staff at Alzheimer's Resource of Alaska continues to uphold their well-earned reputation as Alaska's leading team of experts regarding ADRD. Four of our care coordinators have been awarded Care Coordination Manager (CCM) certificates that demonstrate competency in: aging issues, disabilities issues, community services, chronic disease management, benefit and financing options, legal and ethical concerns, special needs and advocacy, and family and individual support.

"Amazing in helping provide quality care and resources that make this journey easier. No matter what happens you are there to assist..."

SAFE Grants

How much do simple pleasures cost? How much are they worth? After years of homelessness, one of our clients was more than thankful for safe shelter and professional care. But as the weather turned, he was without winter gear and unable to join his fellow residents on their daily stroll. Happily, one of our SAFE grants (Senior Assistance for Essentials) enabled him to purchase a winter coat and warm boots - but rejoining his friends for snowy walks was the real reward. Throughout Fiscal Year 2014 we made an effort to extend the reach of our SAFE grants to include services, activities and items that improve the quality of life for vulnerable members of our community. When meeting basic needs is a struggle, small pleasures can begin to seem like untenable luxuries. SAFE grants contribute to a sense of whole personhood when other funding sources are not available.



Our SAFE grants were generously funded by First National Bank Alaska and Tim Troll in memory of his beloved sister Mary Troll.

ADVOCACY

COMMUNITY COMMITMENT AWARD

Alaska's Adult Protective Services unit of the Department of Health and Social Services presented its Community Commitment Award to Alzheimer's Resource of Alaska for helping Alaskans remain living safely at home for as long as possible.

"We give them our heartfelt thanks for all that they do to support this vulnerable population."

- Duane Mayes director of the Division of Senior and Disabilities Services

GOVERNMENT ADVOCACY

To highlight the challenges faced by the clients of Alzheimer's Resource of Alaska and other vulnerable adults, Governor Sean Parnell designated September as "Vulnerable Adult Awareness Month" and November as "Alzheimer's Awareness Month."

WINTER WORKSHOP

Led by nationally renowned dementia expert Teepa Snow, our Winter Workshops included 211 individuals in three cities: Anchorage, Fairbanks and Sitka. Ms. Snow examines dementia from many perspectives to build a collective understanding of issues and solutions. Participants explored ways to connect and communicate, including techniques to move away from resistance and toward cooperation and participation.

**When one
person
develops
dementia -**



**EVERYONE
around them
is living with
dementia.**

-Teepa Snow

Mini Grants

Mini-Grants are awarded to individuals with ADRD to provide needed equipment, supplies and services to improve their quality of life, increase independent functioning and attain and maintain healthy and productive lifestyles. Funded by the Alaska Mental Health Trust Authority, the Mini Grant program provides up to \$2,500 per year for eligible recipients who have no other resources to cover the cost of needed items or services.

**294 Grants Awarded Statewide
for a total of
\$238,374**

A Mini-Grant at Work

A visit with Deborah Sims and her mother Edith Thomas proves a lesson in love and caregiving. Mother and daughter share a second floor walk-up in an East Anchorage neighborhood. Encouraging smiles, tender touches and a surprising amount of laughter are common - but there is no mistaking the tremendous effort Deborah puts forth in caring for Edith. The long flight of stairs leading from their garage to their living space proved a daily trial for both women. A Mini-Grant award enabled the installation of a stair lift, and with it came a real freedom of movement and ease of living. The grants are quantified in number and dollars, but the impact these awards have on the lives of individual Alaskans is immeasurable.



FINANCIAL SUMMARY

Fiscal Year 2014

Revenue - \$4,058,811

Fees for Service.....	\$1,071,114
Grants.....	\$2,515,152*
Contributions & Events.....	\$218,790
Other Income.....	\$253,755

Expenses - \$3,948,879

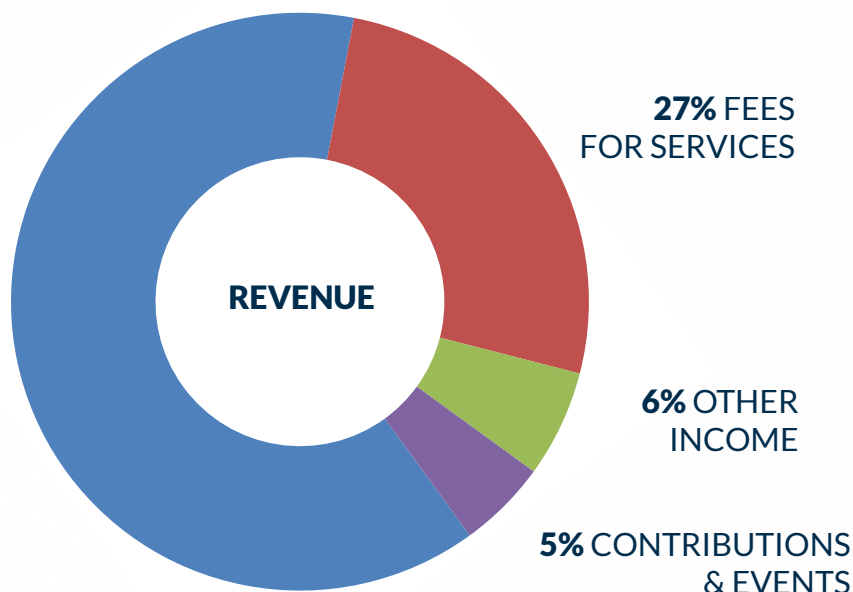
In-Home Services.....	\$1,757,367
Education.....	\$974,917
Care Coordination.....	\$627,076
Administration.....	\$404,315
Fundraising.....	\$156,154
Research.....	\$29,050

85% of expenses are attributed to program costs.

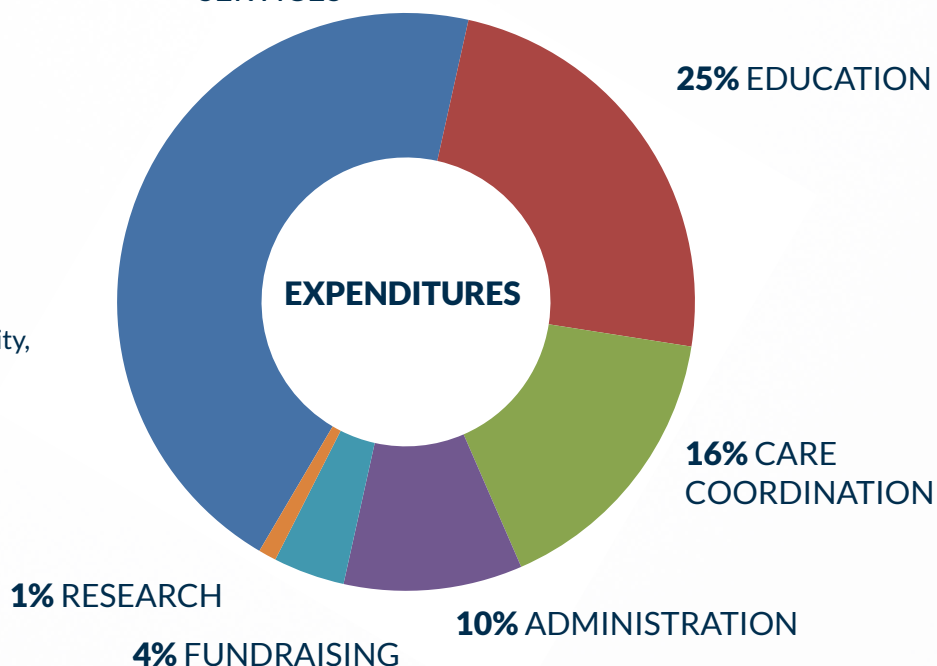
*Grants are funded by:

State of Alaska Department of Health & Social Services, Division of Senior & Disabilities Services, Alaska Mental Health Trust Authority, Mat-Su Health Foundation, Mat-Su Borough, Municipality of Anchorage and Fairbanks North Star Borough.

62% GOVERNMENT & PRIVATE GRANTS



44% IN-HOME SERVICES



CONTRIBUTORS TO PROGRAMS AND SERVICES

July 1, 2013 through June 30, 2014

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 +)

Oil & Gas Supply

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

Jackie Brunton
Timothy Troll

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

Alaska Adventure Media
Lynden Incorporated
Harry "Bing" Prichard

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

Ken Acton
Agassi Foundation
All About Care, Inc.
Chugach Electric
Association
Chugiak Lions Club
ConocoPhillips Alaska
Harold Coutts
Cruz Construction, Inc.
Kathleen Driscoll Braun
First National Bank
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Geneva Woods Health
Care Services
Sandra Hanson
Katie Holmes
IBEW Local 1547
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Providence Horizon
House
Marge Rush
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Totem Ocean Trailer
Express
Cindy & Mitch Vanden
Berg
Walmart Foundation

Ambassador's Circle (\$500 - \$999)

2 Friends Gallery
Anchorage Lodge No.
1534 Loyal Order of
Moose
Richard & Betty Lou
Anthony
Arctic Epoxy Flooring
BP Fabric of America
Fund
BP Foundation, Inc.
Delynn Chambers
Patrick & Marietta
Cunningham
Farthest North Bowling
Council
Paul & Elizabeth Ferucci
Karl & Gail Garber
Sharon K. Gratrix
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Sanders & Jean Hederson
David Howe
Kaladi Brothers
David Lawer
Marsh Creek
Matanuska Telephone
Association
Dean & Judy McKenzie

Northern Skies Federal
Credit Union
Parker Smith & Feek
Charles & Ann Pilch
PIP Printing & Marketing
Mike & Mark Pollock
William Powell
Princess Cruises Community
Foundation
Traci Sanders
Cathie Schumacher & Konrad
Kaltenborn
Sons of Norway Bernt
Balchen Lodge No. 46
Melody Springer
Subway of Anchorage
Janis L. Taylor
Katherine TePas
Thirty Five Plus Singles Club
Michelle Wilson & Sean
Hogan
Vickie Wilson

Supporter's Circle (\$100 - \$499)

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Alaska Adventure Media
Alaska Fur Exchange
Alaska National Insurance Co.
Alaska Railroad Co.
Alaska Travel Industry
Association Fairbanks
Alaska Water Technologies
Brandon & Sandra Allen
James C. Allen
Alpha Iota Chapter #2992
American Legion Post #5
Seward
Michael & Angela Anderson
James C. Anderson
Kathryn Anderson
Linda Anderson

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Kevin & Diane Armstrong
Callie Ashcraft
Robert & Margaret Auth
Susan Banks & Dolores
Brzeczek
Marlene Barnard
Joseph & Dorothy Bear
Shirley A. Bennett
Dennis & Roxann Berry
Nancy Berube
Fred & Louise Bockman
Ellucia & Robert Boswell
Ronald & Teresa Bailey
Joseph & Rachel Baldwin
Walter & Noni Baldwin
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Sylvia Broady
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 Marianne Green
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 Inc.
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 Chapter #4
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 Peggy O'Keefe
 Susan Oliver
 Valerie Oviatt
 Jean M. Paal
 David & Dianne Parnow
 Houston & Houston, PC
 D.L. Perala
 Wanda Perdue
 Pioneers of Alaska
 Women's Igloo #8
 Pioneers of Alaska
 Women's Igloo #4
 Janis & Jorgis Plume
 Barbara L. Powell
 Ray & Marjorie Prichard
 Mary Ellen Rafferty
 Glennenne Ralls
 Kelly Redmond
 Verena Redmond
 Billy J. Reed
 George Rhyneer &
 Marilyn McKay
 Consuelo Rock
 Ray & Ann Rodgers, Jr.
 Lisa A. Rollin
 Steve & Katrina Ryan
 Sal's New York Grill
 Sadler's Home
 Furnishings
 Charles Schumann
 Diann Sewald & Paul
 Roseland
 Kathryn Sexson
 Archie B Sharretts
 Susan Rae Shern-Holta
 Michael & Patricia
 Simmons
 Bill & Annette Sims

Patricia J Skoglund
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 Vikki J Solberg
 Ida & Arve' Solomon
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 Whetsell
 The Wilson Agency
 John Withers



**Alzheimer's
 Resource
 of Alaska**



Alzheimer's Resource of Alaska

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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

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

2014

ANNUAL REPORT

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