2014 CONTENTS

An Art Links Original
“Sleeping Lady”
by Carol

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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,

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,

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

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.

“Amazing in helping provide quality care and resources that make this journey easier. No matter what happens you are there to assist…”
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 cites: 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.
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.*
<table>
<thead>
<tr>
<th>CONTRIBUTORS TO PROGRAMS AND SERVICES</th>
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<tbody>
<tr>
<td>July 1, 2013 through June 30, 2014</td>
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<tr>
<td>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</td>
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<tr>
<td><strong>Martha Irvin Society ($10,000 +)</strong></td>
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<td>Oil &amp; Gas Supply</td>
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<td><strong>Benefactors League ($5,000 - $9,999)</strong></td>
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<td>Jackie Brunton</td>
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<td>Timothy Troll</td>
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<td><strong>Remembrance Club ($2,500 - $4,999)</strong></td>
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<td>Alaska Adventure Media</td>
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<td>Lynden Incorporated</td>
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<td>Harry “Bing” Prichard</td>
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<td><strong>Caregiver’s Alliance ($1,000 - $2,499)</strong></td>
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<td>Ken Acton</td>
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<td>Kathleen Driscoll Braun</td>
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<td>First National Bank Alaska</td>
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<td><strong>Supporter’s Circle ($100 - $499)</strong></td>
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<td>AARP No. 533 Anchorage Sourdough Chapter</td>
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<td>J. T. Adzima</td>
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<td>Dorka De LaRosa-Fickes</td>
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<td>Matt Desalerno</td>
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Alice Devine
Sandra Dewey
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Mary E. Digney
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Northwest Landscape, Inc.
Boneta O’Connor
O.E.S. Far North
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Peggy O’Keefe
Susan Oliver
Valerie Oviatt
Jean M. Paal
David & Dianne Parnow
Houston & Houston, PC
D.L. Peral
Wanda Perdue
Pioneers of Alaska
Women’s Igloo #8
Pioneers of Alaska
Women’s Igloo #4
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Barbara L. Powell
Ray & Marjorie Prichard
Mary Ellen Rafferty
Glennenne Ralls
Kelly Redmond
Verena Redmond
Billy J. Reed
George Rhynear & Marilyn McKay
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Archie B Sharretts
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Bill & Annette Sims
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Gary & Alice Smith
Magna Sneed
Vikki J Solberg
Ida & Arve’ Solomon
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Jackie Tanghe
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Mary Walton
Lisa & Rich Wawrzonek
Steven M Weaver
Cheryl Westley
Mary & Jim Weymiller
Michael Whalen
Dewey & Louise Whetsell
The Wilson Agency
John Withers
To unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.