

# 2015

## ANNUAL REPORT



**Alzheimer's  
Resource  
of Alaska**



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**Alzheimer's  
Resource  
of Alaska**

# LEADERSHIP MESSAGE

## From The Board President:

On the behalf of the Board of Directors, I would like to express the appreciation and joy that we feel in marking the 30th anniversary of our organization. In 1984 the newly minted President of what was then called The Alzheimer's Disease Family Support Group, Becky Clement, received a check from the State of Alaska for \$28,838. This first substantial infusion of funds had a momentous effect on the scope of Alzheimer's Resource of Alaska's mission. What once was a support group became a statewide mission to educate and support fellow Alaskans no matter where they lived. Our organization has improved the lives of thousands of families over the years and every new day our door is open to Alaskans who turn to us for expertise and care. I and my fellow board members, the staff and volunteers of Alzheimer's Resource of Alaska are all custodians of an organization whose cause is both essential and enduring in nature: to ensure the highest quality of life possible for our most vulnerable citizens. It is with gratitude and pleasure that we look forward to continuing to grow in strength through the coming years.



Sincerely,

A handwritten signature in blue ink, appearing to read "Mike Courtney".

Mike Courtney  
FY15 Board President

## From The Executive Director

Our history is the bedrock upon which we stand in meeting the challenges of the future. New federal regulations for Conflict Free Case Management (CFCM) will significantly impact our organization. The new rules prohibit any agency from providing both In-Home Services and Care Coordination. We have provided both of these services for many years to the benefit of thousands of Alaskans. The decision to choose between the two was difficult, and after extensive deliberation, the Board decided that we will continue our Care Coordination Program and discontinue our In-Home Services Program, effective January 1, 2016.



As we move forward, we will look to serve more Alaskans. Our Education Program is more robust than ever in both reach and variety of offerings for those affected by ADRD. Alaskans across the state have attended hundreds of classes and support groups. We also plan to expand our Care Coordination Program to more areas of the state for those with ADRD, frail elders and other vulnerable Alaskans including those challenged by developmental disabilities. Throughout this expansion and time of change we will continue our mission to ensure quality of life for those with ADRD.

On behalf of our Board, staff and volunteers, we are honored to continue a legacy of uniting and caring for Alaskans who need us most.

Sincerely,

A handwritten signature in blue ink, appearing to read "Karl Garber".

Karl Garber  
Executive Director

# MISSION & OVERVIEW

## Alzheimer's Resource of Alaska is

the leading source of information, support and services in the State of Alaska for Alzheimer's disease and related dementias (ARD).

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

## 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.

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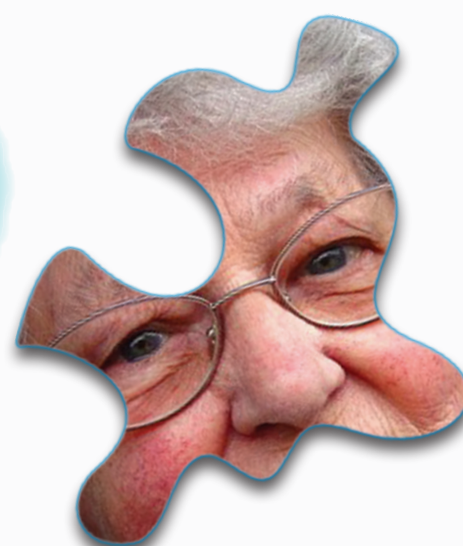
Jonell Snook-Holmes

Ida Solomon

Lynn Van Vactor

#### Member-at-Large

Cindy Vanden Berg





# FY2015 HIGHLIGHTS

**3,365**

Clients, Caregivers, Family Members & Professionals served by our highly trained staff

**128**

Communities served and positively impacted throughout Alaska

**999**

Classes, Support Groups and Activities dedicated to educating and serving the needs of caregivers, clients and thier loved ones

**406**

Lives Touched and Improved through person centered Care Coordination

**63,961** hours of

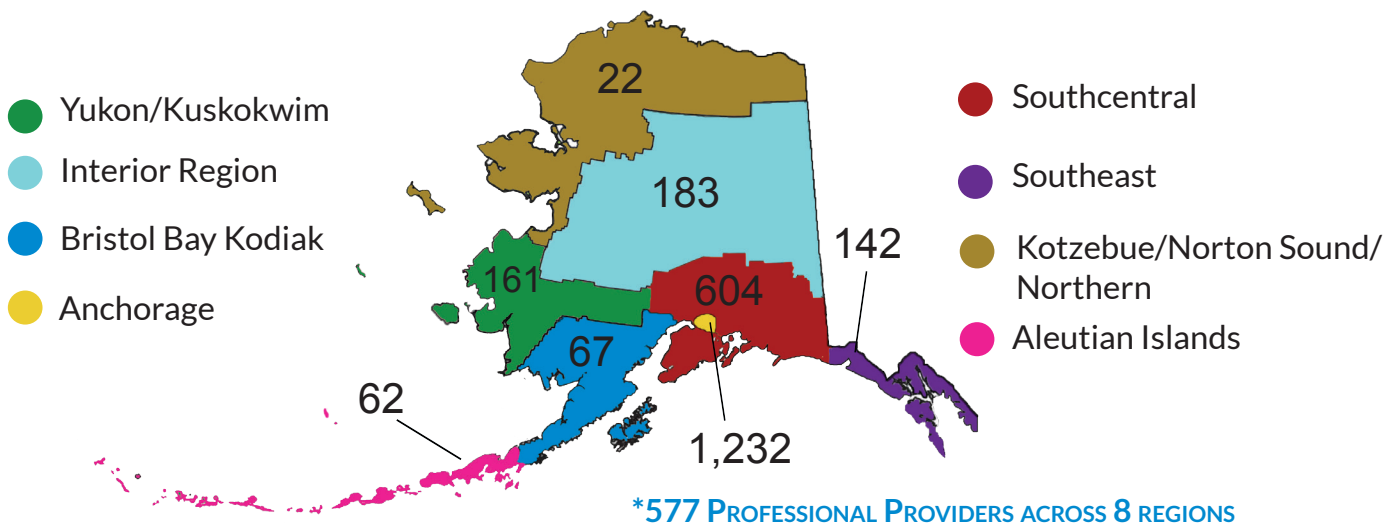
Respite, Chore & Personal Care

**30 Years of Uniting Alaskans**

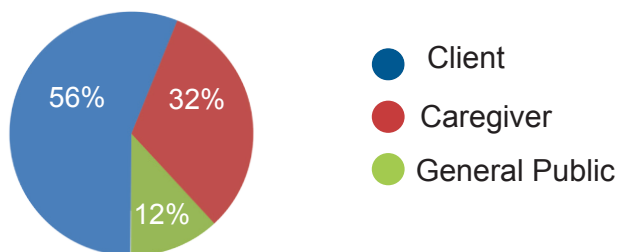
# SERVICE RECIPIENTS

**3,365** family caregivers, loved ones, frail elders, individuals living with ADRD and professional providers turned to us for help this year. Each of their journeys has been unique - and yet some challenges are universal. The numbers below represent only a part of their story. In cities, towns and villages throughout the state, we have sought to consider the whole person and to reassure each that they are not alone. As the needs of our most vulnerable neighbors expand, so does our mission to provide vital information, education and support to our fellow Alaskans.

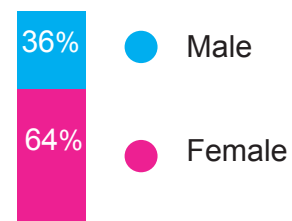
## RECIPIENTS BY REGION\*



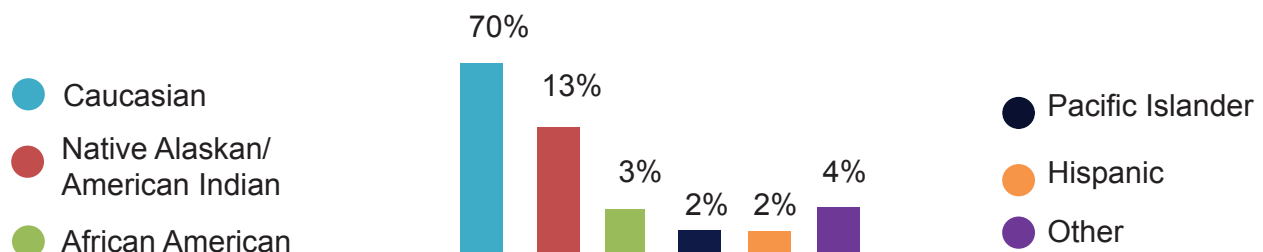
## RECIPIENTS BY CATEGORY



## CLIENTS BY GENDER



## RECIPIENTS BY ETHNICITY

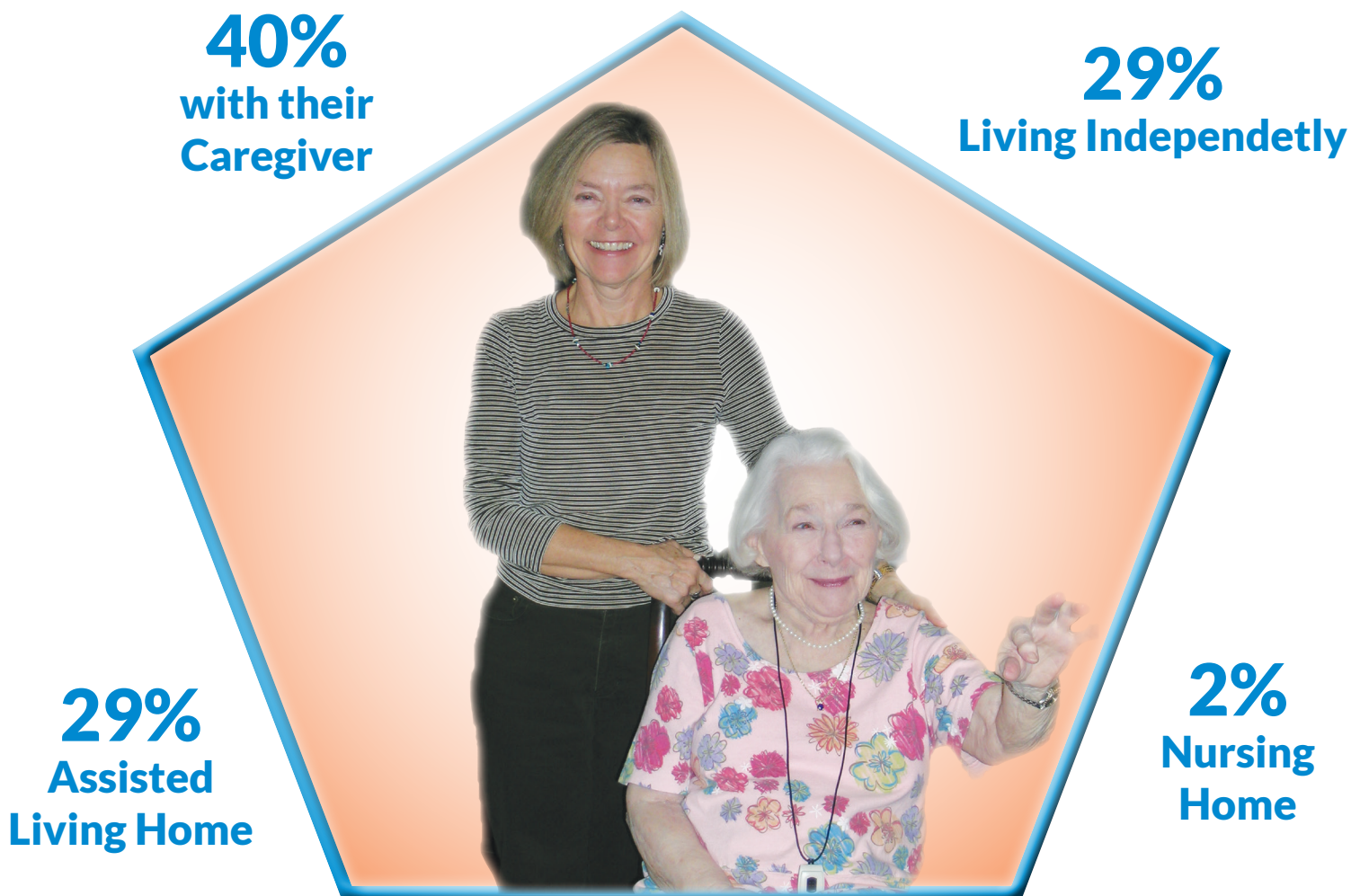


# CARE COORDINATION

**406** lives touched. Navigating the maze that is care coordination is no easy task. Family members and loved ones are often overwhelmed in their quest to identify and locate providers best able to meet short and long term needs. All of our frail elders deserve to maximize their independence and be assured of a safe living environment. Our staff of care coordinators are inclined to think of their clients in terms of their quality of life and individual needs. But when pressed, the most important metric in their profession is the number of lives touched.

*“In truth, my mom would not be receiving any of the care and help she needs if we had to find and figure out senior assistance services on our own. ”*

## Living Status of Our Clients



# EDUCATION

**2,808** Alaskans sought information, education, support and assurance from our Education Program.

*“Patient, kind and knowledgeable about what families go through in the experience of caring for someone with Alzheimer’s.”*

**917**  
**Intake &  
Referral Calls**

**639**  
**Consultations**

**130**  
**Awareness &  
Outreach Events**



**308**  
**Classes &  
Trainings**

**449**  
**Support Groups**

**242**  
**Client Activity  
Events**

Is it Alzheimer’s? Is it dementia? For many of the 8,000 Alaskans living with ADRD, their journey began with just such a question. Loved ones, caregivers, family and friends - all are connected and confronted by a fear of not knowing what lies ahead. For thirty years we have been at the forefront of educating our fellow Alaskans in how best to ensure the highest quality of life possible for all those affected by ADRD.

## For Individuals with ADRD

**Art Links** is an art program that provides a vehicle of self-expression for the memory impaired person.

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

**Time Slips** creative storytelling exercises that utilize visual clues and enable individuals with dementia to employ both imagination and experience in a collaborative, safe environment.



# EDUCATION

## 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 discusses emotions and decision making, gives a thorough overview of ADRD and focuses on improving the practice of caregiving.

**Support Groups** allow family caregivers and friends an opportunity to meet regularly for mutual support.

**New Programs** are offered in an effort to innovate ways to improve the lives of our clients and their loved ones. In fiscal year 2015 we were proud to introduce *The Gentleman's Cooking Club* and *Mrs. Fix-It* - separate classes designed to aid those who may be taking on unfamiliar tasks around the house in support of their loved one.

## For Professionals & Dementia Care Workers

**Savvy Professional, Dementia Care Workshop, Virtual Dementia Tour** and customized trainings were made available for professionals and family members who take care of persons with dementia. Many of these classes are accredited and offer continuing education credits.

**Our 2015 Vision to Reality Conference** afforded **246** attendees the opportunity to expand their professional practice in learning person centered approaches in caregiving from keynote speaker Dr. Bill Thomas, international authority on geriatric medicine and eldercare.



# IN-HOME SERVICES

**63,961** Hours caring for **371** Alaskans.

Alaska leads the nation with the highest rate of senior population growth in the country. A majority of Alaskans possess a deep and natural desire to “age in place,” to grow old in proximity to the people, places and memories that have come to define their lives. The challenges that come with living in Alaska at any age can pose real hurdles to our senior population.

***“Bathing, feeding, cleaning, dressing, and repeat. Every day. The more and more - and more - process of caregiving is gradual and exhausting.”***

## ***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 Attendants***

For individuals on Medicaid who require a helping hand with daily hands-on care.



## ***Senior Solutions***

This option is 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

It is worth noting that Alzheimer's Resource of Alaska began as a support group - an effort to build community during a time when the loved ones of those living with ADRD had almost nowhere to turn. On founding our organization 30 years ago, sisters Rebecca Clement and Beverly Tallman emphasize the importance of forming connections and building partnerships within the community. Rebecca puts it this way: "The whole success of the organization is because of the grassroots we always had - a connection in our hearts. We found the right people with the right answers who shared a personal connection."

In fiscal year 2015 we were proud to continue our tradition of fostering new relationships and nurturing established ones in hopes of creating a more caring, knowledgeable and supportive community.



**30th Celebration and Silent Auction  
at the Alaskan Native Cultural Center**



**364 participants contributed to our  
11th annual Amblin' for Alzheimer's Walk**



**Alaska's Roadmap to Address  
Alzheimer's Disease and Related  
Dementias was completed with  
significant contributions from our  
organization.**



**Furthering our commitment to awareness  
- we partnered in promoting the ADRD  
films *Alive Inside* and *Backing Out of Time* at  
the Beartooth Cinema Pub in Anchorage.**



# COMMUNITY GRANTS

## 287 Mini Grants

Awarded Statewide for a total of  
**\$237,630**

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.

**\$144,408** in supplies

**\$53,814** in adaptive assistance

**\$15,097** in accessibility needs

**\$10,272** in dental care

**\$6,900** in hearing solutions

**\$4,954** in medical care

## 31 SAFE Grants for \$2,832

Senior Assistance for Essentials (SAFE) grants enable us to make a real and immediate impact on the lives of our clients. A ride across town, a new pair of shoes, a haircut or perhaps a fresh supply of adult undergarments - the SAFE grants are modest expenditures (limited to \$250 per individual) that go a long way toward improving the lives of our most vulnerable elders. The strains that come with aging in place can sometimes seem overwhelming. We are gratified to be able to step in when our clients need a helping hand and provide swift relief. Our SAFE grants are generously funded by First National Bank Alaska.

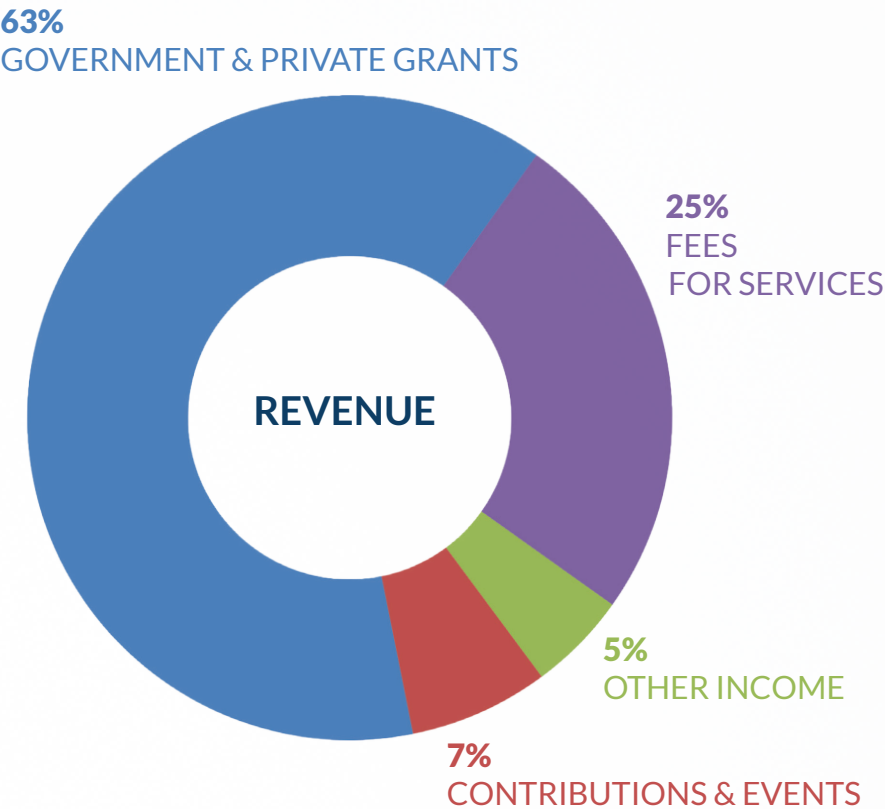


# FINANCIAL SUMMARY

## Fiscal Year 2015

### Revenue - \$3,986,644

Fees for Service.....	\$992,759
Grants.....	\$2,513,941*
Contributions & Events.....	\$284,817
Other Income.....	\$195,127

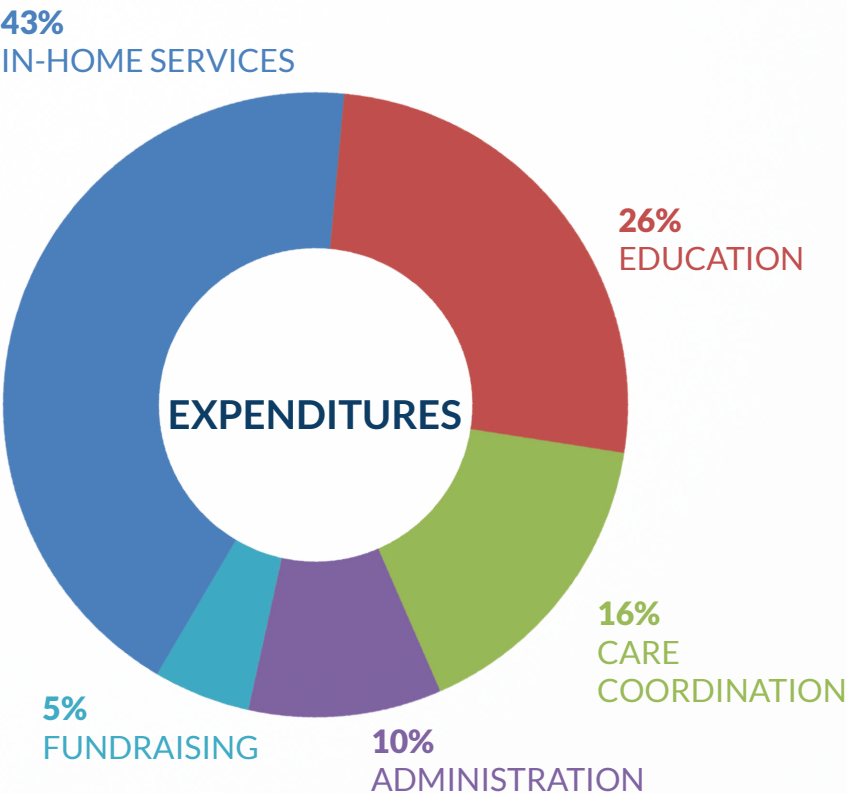


### Expenses - \$3,935,386

In-Home Services.....	\$1,699,715
Education.....	\$1,037,402
Care Coordination.....	\$636,871
Administration.....	\$388,498
Fundraising.....	\$172,900

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.



# CONTRIBUTORS TO PROGRAMS AND SERVICES

July 1, 2014 through June 30, 2015

*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](http://AlzAlaska.org)*

## **Martha Irvin Society (\$10,000+)**

John & Jackie Brunton  
Edmund J. McMahon  
Tubular Solutions Alaska, LLC

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

Grand Aerie Fraternal Order  
of Eagles  
Johnson & Johnson  
Last Frontier Mediactive  
Ohana Media Group

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

First National Bank Alaska  
Lynden Incorporated  
Rhonda S. Scott  
Jonell M. Snook-Holmes

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

Ken Acton  
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All About Care, Inc.  
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**Toll-free within Alaska 1-800-478-1080**

**[www.AlzAlaska.org](http://www.AlzAlaska.org)**

# 2015

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

# ANNUAL REPORT

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