



**Alzheimer's
Resource
of Alaska**

2011 Annual Report

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A Message from Leadership

At this time last year, it was estimated that every 72 seconds someone in America was developing Alzheimer's disease. Now it's every 69 seconds. More than 6,000 of our fellow Alaskans suffer from Alzheimer's disease or a related dementia (ARD) and we know that for each of them, so many others are affected.

Advocacy and Public Awareness are areas that our organization, both through staff and board, puts at the top of its jobs list. We want to ensure that individuals are educated about the disease and the resources that are available. The stigma of a diagnosis of ARD is nothing like it once was and this is in no small way attributable to the education we provide throughout the State. Although it can be a heartbreaking diagnosis it is no longer perceived as something to be ashamed of and so individuals concerned with cognitive impairments are more likely to get an early diagnosis. Just like with any disease, early diagnosis is essential to management, care and treatment. It is also important to understand that this not only affects our aging seniors but those in their 50's and 60's who are experiencing the early onset of Alzheimer's.

To raise public awareness we conduct events, presentations and training programs throughout the state. We go into communities, workplaces and churches. Some might feel more comfortable attending these types of events with fellow parishioners. Wherever we need to be, we can be there. Our staff and board members work with local and state representatives educating them on the issues that are important to our clients and their family members. We are the voice for those who cannot speak for themselves.

The generosity of our donors, partners, and volunteers make this work possible. The words "Thank you" do not always seem to be enough to convey our gratitude. So, we demonstrate our appreciation through our daily commitment of ensuring quality of life for those we serve until a cure is found.



Jackie Brunton
Board President 2011

A handwritten signature in purple ink that reads "Jackie Brunton".



Dulce Nobre
Executive Director

A handwritten signature in black ink that reads "Dulce Nobre".

Our Mission

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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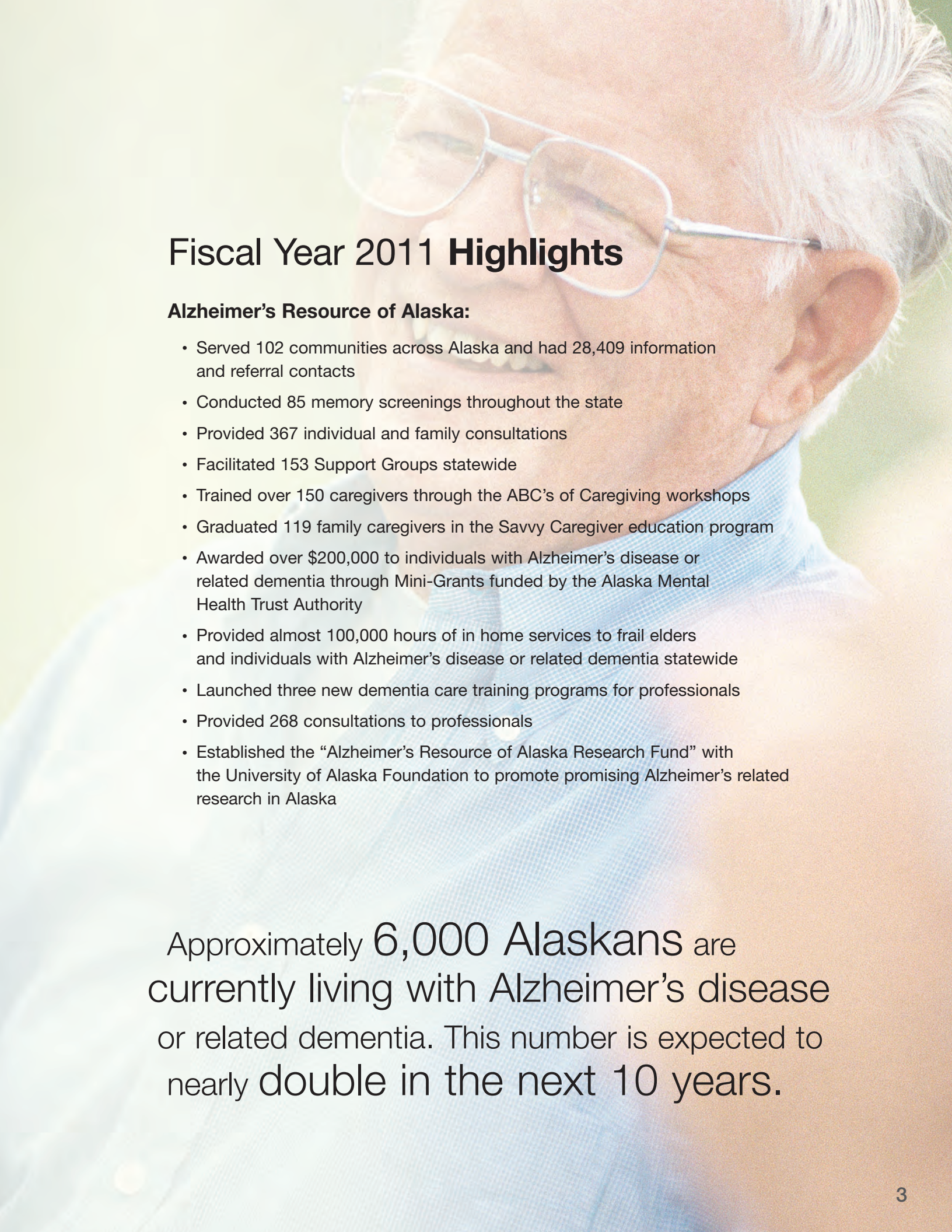
Ida Solomon

Melody Springer

Tim Troll

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 dementia (ARD). We are a 501(C)(3) non-profit organization serving individuals of any age with ARD, frail elders and their caregivers since 1984.



Fiscal Year 2011 Highlights

Alzheimer's Resource of Alaska:

- Served 102 communities across Alaska and had 28,409 information and referral contacts
- Conducted 85 memory screenings throughout the state
- Provided 367 individual and family consultations
- Facilitated 153 Support Groups statewide
- Trained over 150 caregivers through the ABC's of Caregiving workshops
- Graduated 119 family caregivers in the Savvy Caregiver education program
- Awarded over \$200,000 to individuals with Alzheimer's disease or related dementia through Mini-Grants funded by the Alaska Mental Health Trust Authority
- Provided almost 100,000 hours of in home services to frail elders and individuals with Alzheimer's disease or related dementia statewide
- Launched three new dementia care training programs for professionals
- Provided 268 consultations to professionals
- Established the "Alzheimer's Resource of Alaska Research Fund" with the University of Alaska Foundation to promote promising Alzheimer's related research in Alaska

Approximately **6,000 Alaskans** are currently living with Alzheimer's disease or related dementia. This number is expected to nearly double in the next 10 years.

Programs and Services

In-Home Services

Available for elders with physical or cognitive limitations, these services enable an individual to remain safely at home in the comfort of family and familiar surroundings. Every service is uniquely designed to meet the health and financial considerations of each individual. In-Home Services are provided in Northwest, Southwest and Southcentral Alaska.

In FY 2011 the In-home Services program served 372 clients in 68 communities throughout Alaska.

In-Home Services include:

- Assistance with personal care
- Household chores
- Grocery shopping
- Preparing and serving light meals
- Providing an escort to appointments
- Giving families a short break from caregiving
- Providing companionship through outings and activities



Elsie is a caregiver to her husband Ivan in the small village of Nunapitchuk. The couple receives In-Home services from Alzheimer's Resource of Alaska so they can continue living independently in their own home and community.

**“They really, really help me.
I thank God for them.”**

– Elsie (referring to her in-home workers)

programs and services include **Care Coordination, In-Home Services, Education and Support**

Care Coordination

Care Coordinators assess the abilities and needs of their clients and families to access resources and services in their community. In partnership with the individual and family members, care coordinators develop and monitor a plan to enhance the independence, safety and comfort of the individual. Care Coordination served 392 clients in the Anchorage area in FY 2011.

Types of services we coordinate:

- Housing options
- Transportation
- Financial and legal services
- Home delivered meals
- Personal care services
- Household chores and grocery shopping
- Adult day services
- Respite
- Support groups
- Medical equipment and supplies

Carmen has been receiving Care Coordination services from Alzheimer's Resource of Alaska since 2004. Mary Jordan has been her Care Coordinator since 2009. Mary has been able to help coordinate doctors, schedule physical therapy, navigate the Medicare system and help Carmen transition to an assisted living facility. Carmen will be turning 99, February 14th 2012.



Education and Support

Our Education Specialists increase public awareness and understanding of Alzheimer's disease and related dementias (ARD) through a variety of programs and services. We teach best practices in dementia care to family caregivers as well as professionals. In FY 2011 Alzheimer's Resource of Alaska launched three new programs to train professionals and paraprofessionals across the state in the field of dementia care.

In FY 2011, we provided education and support services in 102 communities across Alaska.

For those with ARD:

- Memory Screenings: Free memory screenings and consultations for those concerned with memory loss.
- Mind Matters: An educational and support program for those experiencing memory loss.
- Art Links: A weekly creative painting session to enhance self-expression for the memory impaired person. Family and friends are invited to participate.
- Mental Fitness: An ongoing social and mentally stimulating program to help improve or maintain mental activity.

For Family and Friends:

- ABC's of Caregiving: Workshops for family members, friends and the general public to learn about various caregiving related topics.
- Savvy Caregiver: A six week, two-hour class and discussion that focuses on improving the practice of caregiving when caring for someone with dementia.
- Support Groups: For family members and friends to meet regularly for mutual support.

“The smartest move I've ever made in my life was taking that Savvy Caregiver Class.”

– Jim Clark, family caregiver

“This is the best dementia workshop I have ever had in my fifteen years of caregiving.”

– *Dementia Care Workshop participant*

For Professionals:

- **Savvy Professional:** A one-day workshop that shares essential knowledge, practical skills and outlook in dementia care. For those whose roles require dementia capable leadership.
- **Dementia Care Essentials:** A five week, two-hour training program for direct service workers wanting to improve their skills when caring for individuals with dementia.
- **Dementia Care Workshop:** A four-hour workshop designed for staff in long-term care facilities to increase proficiency in the fundamentals of dementia care.
- **Customized Trainings:** We design specialized programs for facilities on a variety of topics related to Alzheimer’s disease or related dementias.

Mind Matters is a support program for individuals with memory loss. The group meets once a week to connect with others experiencing similar challenges and engage in activities that connect them to the community.



“Meetings are about learning what other people are doing and how they deal with it... picking up pieces of information here and there to help.”

– *Tim Neale, Mind Matters Participant with Parkinson’s*

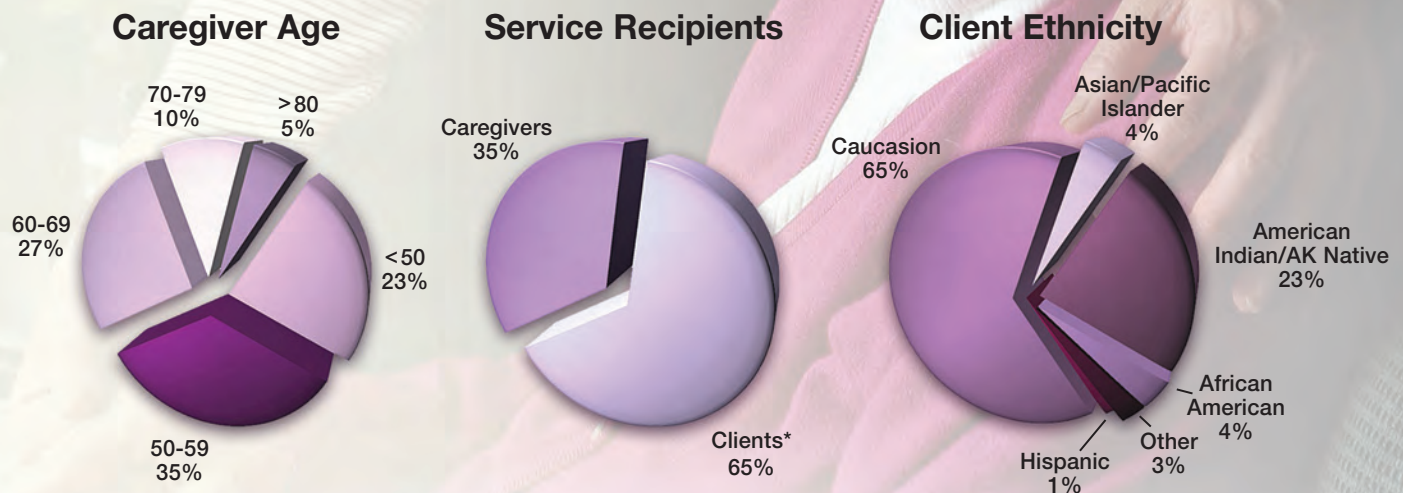
Advocacy

In 2011 Alzheimer's Resource of Alaska participated in a Juneau Fly-In coordinated by Agenet (Alaska Geriatric Exchange Network) and partnered with other service providers and consumers in advocacy for the following two legislative priorities:

- A funding increase for the Division of Senior and Disability Services for congregate and home-delivered meals for home bound seniors throughout the state.
- Support of Governor Parnell's FY12 budget proposal within the Department of Health & Social Services which provided the state match to the federal Medicaid funds needed to fund the second step of rate increases for home and community based services.

Alzheimer's Resource of Alaska also advocated for funding increases to the Human Services Matching Grant (HSMG) in Fairbanks, Mat-Su Borough and Anchorage, and the Community Initiative Matching Grant (CIMG), which provides essential services in rural communities.

Alaska has the fastest growing aging population in the nation.

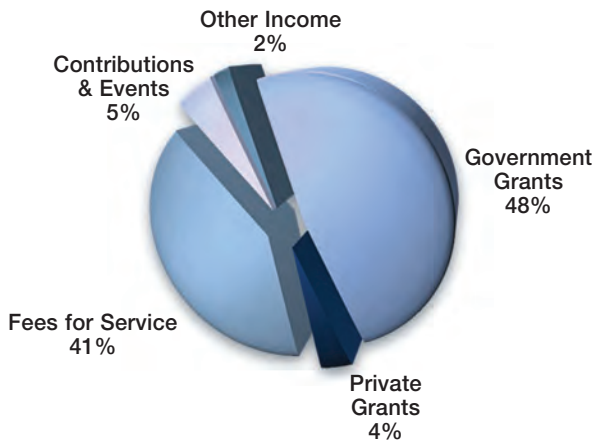


*Clients – Individuals of any age with Alzheimer's disease or related dementia and frail elders

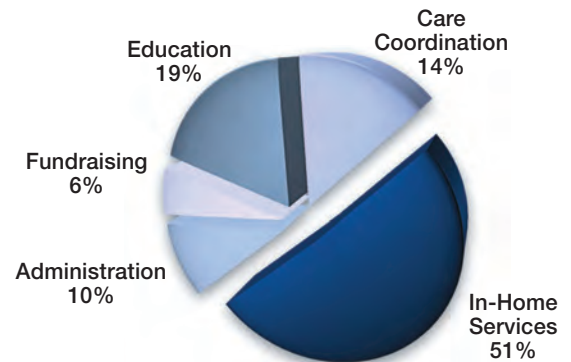
Financial Summary

The Alzheimer's Resource of Alaska ended its fiscal year 2011 with revenues of \$4,072,327. Expenses were \$3,898,471 with 84% attributed to program costs.

Public Support and Revenue



Expenditures



Government funds include grants from the Department of Health & Social Services, Division of Senior & Disability Services, the Alaska Mental Health Trust Authority, the Matanuska-Susitna Borough and the Fairbanks North Star Borough.

Audited financial statements for the year ending June 30, 2011 were prepared by Mikunda, Cottrell & Co., Inc. The independent audit report is available on request.

The Alzheimer's Resource of Alaska Research Fund

The "Alzheimer's Resource of Alaska Research Fund" was set up with the University of Alaska Foundation to support the work of our research partners here in Alaska. This year the fund provided financial support to the Alaska Basic Neuroscience Program to further explore causes and potential therapies for Alzheimer's and related dementia.



Contributors to Programs and Services

FY 11 – July 1, 2010 through June 30, 2011

Due to space limitations we cannot list all our community supporters and volunteers.

We do thank all those who contributed generously and helped further our mission.

Martha Irvin Society (\$10,000 +)

Alaska Integrated Media
Alaska Mental Health Trust Authority
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Community Events and Support

There are a number of ways to show support and get involved with Alzheimer's Resource of Alaska. Whether you volunteer, join a class, donate or participate in fundraising events, you are making a difference. Your contribution makes it possible for us to continue our work and provide education, support and services to individuals with Alzheimer's disease, frail elders and their families throughout the state.



“I just came to see what it was like and it was really interesting. I feel like I have a bond, a trust with the people here.”

– Mind Matters Program participant

with **dignity** and **comfort**
until a cure is found





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to ensure quality of life until a cure is found.

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Fax 457-3376

Juneau

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Mile 2.2 Palmer-Wasilla Hwy
PO Box 4406
Palmer, AK 99645
907-746-3413
Fax 746-3412

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

Programs are funded in part by:
State of Alaska Senior & Disability Services, Alaska Mental Health Trust Authority,
Mat-Su Health Foundation, Mat-Su Borough, Fairbanks North Star Borough