



**Alzheimer's
Resource
of Alaska**



2013

ANNUAL REPORT

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MESSAGE FROM LEADERSHIP

From the President:

It is now time to say “goodbye” to one chapter in this fight against the effects of Alzheimer’s in Alaska and “hello” to another. We have been fortunate for many years to have a great champion in Dulce Nobre, Executive Director, who concluded her service with the agency shortly after her 19th anniversary this year. Those who have had the distinct privilege of working with Dulce throughout the past nearly two decades will likely concur that she is one of the state’s leading nonprofit professionals. She lead by example and has marched courageously as an advocate for the organization and more importantly for elderly Alaskans on countless occasions.

Alexander Graham Bell once said, “When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” Many people and organizations have stared upon closed doors while new opportunities pass them by; we can proudly say that this is not so for Alzheimer’s Resource of Alaska. We will continue to remain steadfast to our mission to improve the quality of life for those affected by Alzheimer’s and related dementia as well as their caregivers and families. We will celebrate the accomplishments of our organization and all those who have generously given their support in any form – time and financial contributions alike.



Sincerely,

Natasha Pope
FY13 Board President

From the Executive Director:

Board and staff spent considerable time this past year reflecting on our mission and core values while working on strategic planning and assessing the role this organization will fill as the number of Alaskans affected by Alzheimer’s multiplies. Through this planning process we find renewed spirit and vigor as we stand by frail elders and those affected by Alzheimer’s. Our plan for the next few years focuses on developing internal capacity and enhancing programs to meet the challenges of a growing senior population; through outreach and education, ensuring people know who we are, what we do, and how they can access services; and renewing our commitment to invest in research efforts, which will ultimately bring solutions in the form of treatments and a cure.

This organization finds great strength in its history, its roots and its mission. And, undoubtedly, in the support of so many community friends and partners who join us as champions and advocates as we work together to make a difference in so many lives until a cure is found. We are grateful to all.



Sincerely,

Dulce Nobre
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 dementia (ADRD).

We are a 501(c)(3) nonprofit organization serving individuals of any age with ADRD, 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.

FY13 Board of Directors

President	Natasha Pope
Vice President	Melody Springer
Treasurer	Michael Courtney
Secretary	Nancy Jones
Member-at-Large	Patrick Cunningham
Members	Frank Appel Dawnia Clements Bridget Kline Jane Pallister Danny Preston Gray Ida Solomon Tim Troll

FY2013 HIGHLIGHTS

Alzheimer's Resource of Alaska:

- Served 120 communities
- Awarded 283 ADRD mini-grants
- Trained or provided technical assistance to 879 professionals
- Provided 417 individual & family consultations
- Graduated 93 family members in the Savvy Caregiver education program
- Trained 327 caregivers through ABC's of Caregiving workshops
- Coordinated our first statewide writing contest with 76 entries

Community 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 fund-raising 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.

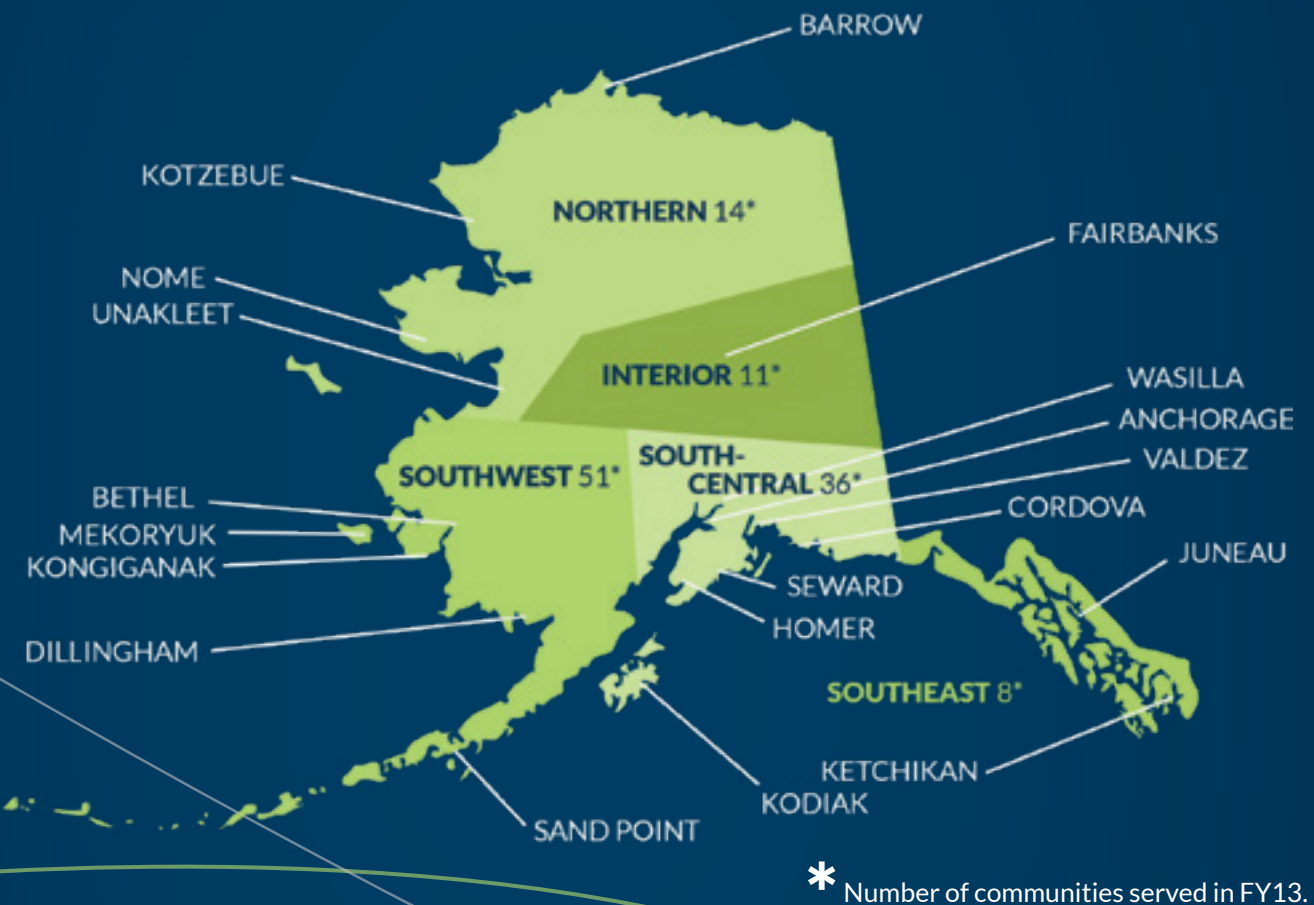
FY13 Events

- Amblin' For Alzheimer's
- Art Showings: Terra Bella Bakery & Café, L'Arma, Rhonda Scott Art
- 2 Friends Gallery February Sponsorship
- Aces Hockey Booth
- Chugach Electric Association Employee Dinner
- Lazy Mountain Triathlon
- The New 35 Plus Singles Club Dance

PROGRAMS & SERVICES

Alzheimer's Resource of Alaska provides programs and services to hundreds of elders and caregivers throughout Alaska. Programs and services extend from Juneau to Barrow and clients represent a diverse population.

Communities Served Regionally



Clients Served Regionally

Northern 47
Interior 285
Southcentral 1,758
Southwest 246
Southeast 108

IN-HOME SERVICES

Services are focused on improving the quality of life for Alaskans across the state. Often In-Home Services allow elders with physical or cognitive limitations to remain in the comfort of their own home when they would have otherwise been placed in a care facility. The services ensure their safety, comfort, and well-being. Just as every elder is unique, so are the services provided to them; services are tailored to meet the physical and financial considerations of each individual.

In FY 2013, services were provided to 366 clients in 46 communities from Anchorage to Unalakleet, Norvik to Kipnuk.

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

Chore Services For seniors who need help with light household chores and grocery shopping.

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

Senior Solutions For independent seniors who need services tailored to meet their specific needs.

64,890 Total hours of In-Home Services provided in FY13.

90% of family caregivers using respite services said the program gave them the break they needed to continue care in the home.

Why Respite Works

Respite simply allows a caregiver to take a break. Respite works because it positively affects a family caregiver's ability to care for their loved one.

Without respite, 62% of caregivers said they would have placed their loved one in a care facility earlier; additionally, family caregivers reported they were able to maintain care in the home 11 months longer than they would have without respite.

CARE COORDINATION

Our care coordinators find, access and coordinate services for clients in order to increase independence, safety and comfort. Care coordinators develop a plan that ensures clients receive the best possible care and that their caregivers have the resources they need to provide it. This plan is developed by assessing the situation of the client and family. Once the plan is put into effect, care coordinators work to make sure the services are meeting the needs of the family and client.

In FY 2013, our care coordinators served 293 clients.

“Our Care Coordinator is most excellent at taking care of Mom and our family and the institutions of service for her. If there is a problem or hiccup anywhere, she is right on top of it. She is like a mama bear with her clients and the family and does everything she can to make sure my Mom is well and as happy as possible plus being looked after in the best possible manner. You have great care coordinators! May God’s blessings be upon you all and the Alzheimer’s organization! Thanks so much for everything.”

– Anonymous Caregiver

SAFE Grants

Too often seniors are making a choice between groceries and medications or groceries and incontinence supplies. Although the staff at Alzheimer’s Resource of Alaska are experts in securing diverse funding to meet the needs of our seniors, some items are not immediately provided through other programs and are part of what we call “gap” areas. The SAFE grant program enables seniors to purchase gap area items.

These grants are most often for one time, low cost items.

First National Bank Alaska generously funded our SAFE grants in FY13.

EDUCATION

Our education program is extensive in its offerings and reach. We provide information, consultations, memory screenings, trainings, referrals and events throughout the state to increase awareness and understanding of Alzheimer’s disease and related dementia.

In FY 2013, we provided information, consultations and training to 879 health-care professionals and 1,580 individuals and family caregivers seeking services.

For Individuals with ADRD

Art Links is an art program that provides a vehicle of self-expression for the memory impaired person. The program had 74 participants in FY13.

Memory screenings are free of charge to anyone concerned about memory loss; 104 screenings were conducted in FY13.

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 bond while engaging in meaningful activities including writing, volunteering and listening to guest speakers. The program had 31 participants in FY13.

For Family and Friends

ABC’s of Caregiving is a workshop for family members, friends and the public to learn about various caregiving topics. Participants numbered 327 in FY13.

Savvy Caregiver is a program for people who are caring for a loved one with dementia. It is a six-week, two hour each week class that discusses emotions and decision making, gives a thorough overview of Alzheimer’s disease and related dementia and focuses on improving the practice of caregiving. In FY13 there were 93 attending family members.

Support Groups allow family caregivers and friends an opportunity to meet regularly for mutual support. We facilitated 161 educational and support groups in FY13.

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. In FY13 Alzheimer’s Resource of Alaska trained or provided assistance to 879 professionals.

Winter Workshop

Our 2013 workshop entitled, “Making Connection” featured Joanne Rader, RN, MN, PMHNP and Karen Stobbe, entertainer and author. The workshop focused on applying a person-centered approach to care while putting less emphasis on drugs. Thank you to our partner and generous sponsor, Trust Training Cooperative.

ADVOCACY

Education & Support for Alaskans affected by ADRD continued as our number one priority.

Alaska has the nation's fastest growth rate in the senior population and the number of people with ADRD is increasing proportionately. In the last 20 years the number of people affected by ADRD has almost tripled to about 6,000 and by the end of the decade this number will almost double. Alaskans statewide need information, support and adequate programs as they learn to live with a progressive dementia.

As a result of advocates' efforts in 2012, a \$230,000 funding increase for ADRD Education and Support was included in the Governor's FY14 budget and approved by the Legislature.

Silver Alert

Our advocates, board and staff wrote letters, testified at hearings and explained wandering behaviors related to ADRD which often lead to negative, sometimes fatal consequences. Advocacy during FY13 led to the passing of HB 179 which implemented a missing vulnerable adult prompt response and notification plan—"Silver Alert". Governor Parnell signed the bill into law July 10, 2013.

A new Alaska State Plan for Persons with Alzheimer's Disease and Related Dementia

is being developed in partnership with the Alaska Commission on Aging, the Alaska Mental Health Trust Authority and Division of Senior and Disabilities Services. The purpose of this plan is to raise public awareness, reduce social stigma and encourage early diagnosis so that Alaskans affected get connected with services as early as possible. This plan will help identify any gaps in services and offer recommendations to enhance services for Alaskans with ADRD and their family caregivers, improve safety and strengthen dementia care. The success of this effort will be of significant importance to Alaskans with Alzheimer's disease, their families, policy makers, and health and social service providers.

"More than **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** and nearly **triple over the next 20 years.**"



FINANCIAL SUMMARY

End of fiscal year 2013

Revenue - \$3,639,118

Fees for Service.....	\$1,092,202
Grants.....	\$2,148,608
Contributions & Events...	\$173,525
Other Income.....	\$224,783

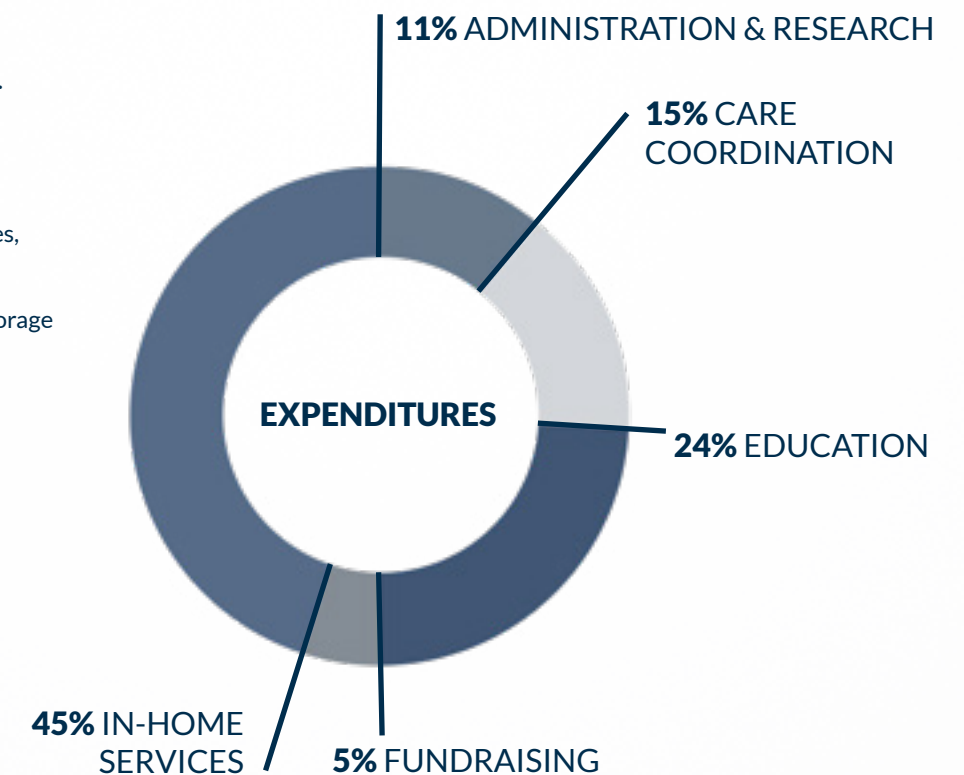
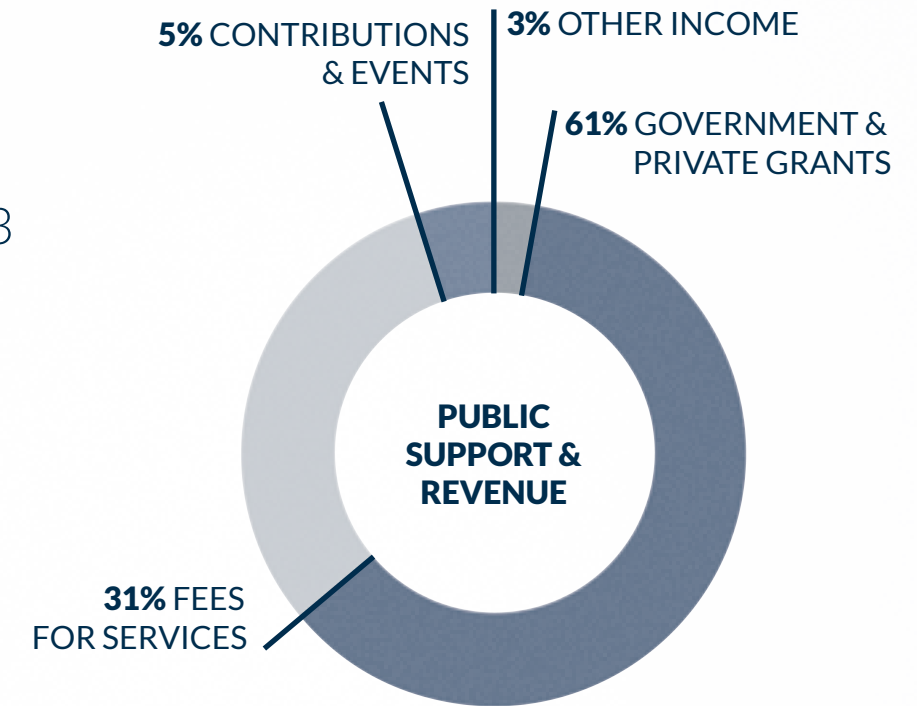
Expenses - \$3,614,472

Education.....	\$861,735
Care Coordination.....	\$553,993
In-Home Services.....	\$1,615,980
Research.....	\$30,000
Administration.....	\$383,846
Fundraising.....	\$168,918

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.



SERVICE RECIPIENTS

48% FRAIL ELDERLY & THOSE WITH ADRD

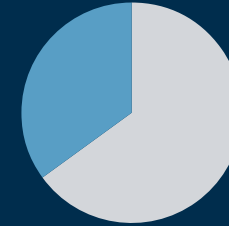
35% FAMILY CAREGIVERS

17% GENERAL PUBLIC*

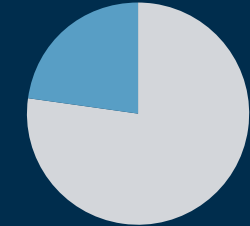


*Those seeking information without a current ADRD diagnosis.

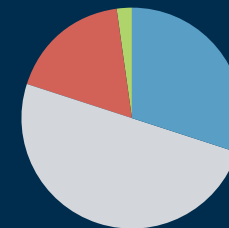
CLIENTS BY GENDER
35% MALE | 65% FEMALE



FAMILY CAREGIVERS BY GENDER
23% MALE | 77% FEMALE

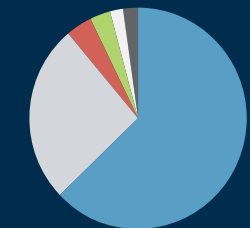


LIVING SITUATION OF CLIENTS



30% ALONE | 50% WITH FAMILY
2% NURSING HOME | 18% ASSISTED LIVING FACILITY

CLIENT ETHNICITY



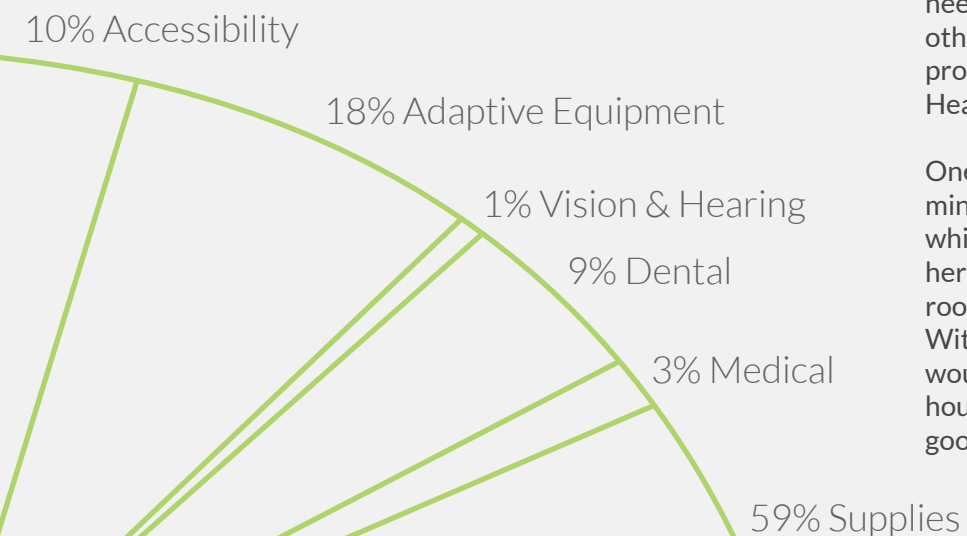
26% AK NATIVE/AMERICAN INDIAN | 63% CAUCASIAN
4% AFRICAN AMERICAN | 3% ASIAN/PACIFIC ISLANDER
2% HISPANIC | 2% OTHER

Mini Grants – Awarded 283 statewide

In FY13 we served more people than ever before.

With a continually growing population of those with Alzheimer’s disease and related dementia (ADRD), we are faced with a great challenge; to unite with Alaskans affected by ADRD to ensure quality of life until a cure is found.

This challenge is our mission as an organization but thankfully we do not work towards this alone. We are honored to have partners all across Alaska, like you, who believe in this mission and join us by volunteering, by sharing, and by contributing financially. Your partnership has helped make a difference in the lives of thousands of Alaskans across the state; Alaskans with a diverse array of cultural and ethnic backgrounds, living situations, age, and needs. Because ADRD affects all types of Alaskans, so do our programs and services.



We awarded \$216,593 in grants to individuals diagnosed with ADRD for needed items and services not covered by other funding sources. This is a statewide program funded by the Alaska Mental Health Trust Authority.

One recipient said, “Thank you for the mini-grant to help pay for my mom’s bed which she enjoys, her recliner that helps her to lay back and relax, and her dining room set which she is especially proud of. Without your kindness and help, my mom would still be worrying about getting her house updated with new furniture and a good bed to rest in... Quyana (Thank you).”

CONTRIBUTORS TO PROGRAMS AND SERVICES

July 1, 2012 through June 30, 2013

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 Integrated Media
Oil & Gas Supply

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

Bankston Gronning
O'Hara P.C.
Jackie Brunton
Lynden Incorporated

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

Alaska Adventure Media
First National Bank
Alaska

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

Ken Acton
Alaska Airlines
The Alaska Club
AlaskaUSA Federal
Credit Union
Aleutian Pribilof Islands
Association
All About Care, Inc.
Anchorage Lodge No.
1534 Loyal Order of
Moose
Architects Alaska, Inc.
BP
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CIS-AK
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Providence Horizon House
Mary Ellen Segelhorst
Jonell M. Snook-Holmes
Totem Ocean Trailer Express
USPS P&DC Postal Workers
Debra Fay Vanderbilt

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

35+ Singles Club
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American Legion Post #5
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Benton Bay Athletic
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Susan Luey Holland
Marlow Manor Assisted
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Mat-Su Health Foundation
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Swagelok Northwest/
Alaska Valve and Fitting
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Vickie Wilson

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Alaska Sales & Service
Alaska Stairlift & Elevator
Association Fairbanks
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Frank & Linda Appel
Arctic Roadrunner Local
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Cheryl Babbe
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Robert Barr
Wendy & Tony Barton
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B Frederica Billingslea
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BP Foundation, Inc.
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Robert Brouillette
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Mongeau-Marshall
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Pioneers of Alaska
Women's Igloo #8
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(\$1 - \$99)**

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 Kathleen Grace
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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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