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From its inception, Alzheimer’s Resource of Alaska has been committed to providing services for individuals who have Alzheimer’s disease and their caregivers. The resolve to meet the needs of Alaskans coping with dementia requires diligence, creativity, determination, and compassion -- the hallmarks of this organization.

We have experienced substantial growth since 1984 as we expanded classes, trainings, support groups, and social engagement activities to support Alaskans affected by dementia. Our care coordination program grew along with the demand for more high quality care coordination for Alaskans living with a broad range of disabilities. Our dedicated team continues to promote the well-being of those in need. In fiscal year 2018, we served 3,536 individuals in 78 communities across the state.

While the social, economic, and demographic environment has changed, our focus has remained constant. The Board and staff continue advocating for supports necessary to meet the needs of Alaskans throughout the state. We adapt to change and prepare for the future with well-designed and imaginative programming.

What makes this possible is the generosity of our donors, partners, and volunteers. We would like to acknowledge all those who have contributed to our successes and supported us to meet our challenges during fiscal year 2018. To our Board, volunteers, staff members, and other partners, we thank you for your expertise, generosity, and passion. We acknowledge the critical role you play in assuring that Alaskans affected by Alzheimer’s disease, related dementias, and other disabilities can turn to Alaskan professionals to maintain their best quality of life.

Sincerely,

Patty Miller
Fiscal Year 2018 Board President

Pamela Kelley
Executive Director
Mission and Overview

Our Mission:
Support Alaskans affected by Alzheimer’s disease, related dementias, and other disabilities to ensure quality of life.

We Believe In:
- Person centered service
- Maximum well-being
- Caregiver support
- Compassion and hope
- Adapting to changing needs

Who We Serve:
- Alaskans with Alzheimer’s disease and other dementias
- Elders needing assistance
- People with disabilities
- And their families

Alaskans serving Alaskans since 1984.

FISCAL YEAR 2018 BOARD OF DIRECTORS:

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Patty Miller</td>
</tr>
<tr>
<td>Vice President</td>
<td>Ken Acton</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Sharon Gratrix</td>
</tr>
<tr>
<td>Secretary</td>
<td>Mike Lajoie</td>
</tr>
<tr>
<td>Member-at-Large</td>
<td>Lawrence K. Duffy</td>
</tr>
<tr>
<td>Members:</td>
<td></td>
</tr>
<tr>
<td>Nicki Addonisio</td>
<td></td>
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<tr>
<td>Dawnia Clements</td>
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<tr>
<td>Rebecca Hanson</td>
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<td>Mellisa Heflin</td>
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<tr>
<td>Nancy Jones</td>
<td></td>
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<tr>
<td>Rhonda McLeod</td>
<td></td>
</tr>
<tr>
<td>Jonell Snook-Holmes</td>
<td></td>
</tr>
<tr>
<td>Rori Van Nortwick</td>
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</tbody>
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For a list of current Board Members and staff, please visit www.Alzlaska.org
Fiscal Year 2018 Highlights

“We visited 78 Alaskan communities, serving 3,536 caregivers, clients, the general public, and professionals across the state.

The Care Coordination team expanded its reach, serving 965 individuals.

In an effort to accommodate individuals unable to attend in-person trainings, our education specialists hosted webinars for 190 participants during fiscal year 2018.

“The staff at ARA became our partner, knew what we didn’t and couldn’t even understand. They are amazing.”
– Caregiver
Since 1984, tens of thousands of family caregivers, frail elders, persons with disabilities, individuals living with Alzheimer’s disease and related dementias, and professional providers have turned to us for help. While each journey is unique, our mission to provide support to our fellow Alaskans across the state has remained unbroken.

The numbers below represent only a part of our shared stories. The needs of our most vulnerable neighbors are expanding and with them, our commitment to the whole person and to reassure each that they are not alone.

Recipients by Area:
- Anchorage - 1605
- Southwest - 39
- North Slope and Interior - 289
- Southcentral - 862
- Southeast - 233
- Yukon and Kuskokwim - 28
- Professionals Statewide - 480

Recipients by Gender:
- Male - 32%
- Female - 68%

Recipients by Ethnicity:
- African American - 3%
- American Indian and Alaska Native - 11%
- Asian and Pacific Islander - 3%
- Caucasian - 77%
- Hispanic - 2%
- Unidentified - 4%

Recipients by Category:
- Client - 40%
- Caregiver - 47%
- General Public - 13%

“The ABC’s are a great opportunity for myself and fellow participants to learn how to better care for our loved ones.” - Attendee of an ABC’s of Caregiving: Communication Tips for Caregivers
Community Grants

Mini-Grants are awarded to individuals with Alzheimer’s disease and related dementias to provide needed equipment, supplies and services to improve their quality of life, increase independent functioning and attain and maintain healthy and productive lifestyles.

The Mini Grant program provides up to $2,500 per year for eligible recipients who lack resources to cover the cost of needed items or services.

- **$118,375** in grants for adaptive assistance and accessibility needs
- **$39,893** in grants for essential living supplies
- **$13,031** in accessibility needs
- **$6,376** in medical, dental, hearing, and vision care

Totaling **$244,981.00** in mini-grants awarded

Mini-Grants are funded by the Alaska Mental Health Trust Authority.

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“*The safe grant was such a small thing and it made my mother so happy. Thank you.*” - J. R.

Senior Assistance for Essentials (SAFE) grants are utilized to make an immediate impact on the lives of our clients. 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.

- **9** grants for adaptive assistance and accessibility needs
- **6** grants for medical supplies
- **2** grants for essential living supplies

Totaling **17** grants and **$1,592.00**

Our SAFE grants are generously funded by First National Bank Alaska.
Education

The education program showcases best practices in dementia care by offering an assortment of services, including support and education resources for caregivers, individuals, and professionals. Throughout the state, our education department reached 3,177 individuals.

Spanning over 78 communities in the state, our education department presented 253 public awareness events, educational trainings, and presentations, which reached 1,536 individuals.

Outside of our in-person offerings, we accommodated 190 individuals through our distance delivered webinars.

Our quarterly newsletter, distributed through hard copy and electronically, reached 3,697 individuals quarterly.

For Family and Friends

ABC’s of Caregiving:
90-minute presentations that teach family members, friends, and the general public about various caregiving-related topics.

Savvy Caregiver:
A six-week, twelve-hour interactive course that focuses on improving the practice of providing care for a family member or friend living with dementia.

Support Groups:
For family members and friends to meet regularly for mutual support.

For those with ADRD

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 people experiencing memory loss. Family and friends are invited to participate.
Education for Professionals

Savvy Professional:
A one-day workshop that shares essential knowledge, practical skills, and outlook for those whose roles require dementia-capable leadership.

Dementia Care Essentials:
A five-week, ten-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 and related dementias.

“Excellent class. Gave us information and tools that were invaluable as a caregiver of a dear loved one with Alzheimer’s.” - Savvy Caregiver Attendee

Positive Approach to Care®

We teach using the Positive Approach to Care® (PAC) technique pioneered by Teepa Snow. PAC teaches caregivers to respond to an individual’s cognitive abilities in a way that does not hurt or offend the individual. As certified independent PAC trainers, our Education Specialists are able to teach techniques that give caregivers the ability to know how to meet care needs and minimize distress. As of fiscal year 2018, we have a total of five PAC certified Education Specialists statewide.
In fiscal year 2018, Care Coordination Resource of Alaska, a program of ARA, served 965 Alaskans of all ages and their family members.

Our Care Coordinators are responsible for finding, obtaining, and coordinating services for our clients. Assessing each individual’s situation, our Care Coordinators make certain the services received meet the needs of our clients and families.

Each day, the Care Coordination staff demonstrates their competency in: aging issues, disability issues, community services, chronic disease management, benefits, legal and ethical concerns, and special needs.

In short, we provide care coordination so that those needing support can live as safely and independently as possible in the home of their choice.

The People We Serve Include:

- Elders needing assistance
- Alaskans with Alzheimer’s disease and other dementias
- People with intellectual and developmental disabilities
- Children with complex medical conditions
- Adults with physical disabilities

“Thank you for making this time less difficult for our family. We couldn’t have made it through without our Care Coordinator.” – Daughter of a Care Coordination Client
In the last five months of 2017, I was hospitalized at Providence for one hundred days. Issues included total respiratory failure after a severe asthma attack, mental confusion and memory loss for several weeks caused by medication prescribed for several years, and life - threatening edema due to congestive heart failure and chronic renal insufficiency.

That call was the best thing I have ever done! It led me to your amazing staff. All are special, from the receptionist to the case coordinators and the administration. I have always been treated with the utmost respect and have been shown extraordinary kindness and concern. Every effort has been made to solve any problems I was having from obtaining the proper Medicaid forms to finding a grant so that a podiatrist could visit me in the hospital to provide much needed foot and nail care since I am an insulin dependent diabetic. So providing a grant to help pay for my medication while waiting for a decision from Medicaid. The Medicaid waiver process was extremely protracted due to a second hospitalization from 10/30/17 to 01/04/18. Medicaid won't process paperwork while a client is hospitalized. The agency stuck with me and got me through these dark days.

Your agency is special because of its dedicated caring staff and a wise blend of discretion to guide them. It’s never easy to balance budgets and provide dedicated care in a non-profit setting. Continue to provide your amazing assistance to this community. There are hundreds out there like me. We need you. It is worthwhile when you help even one of us. You have certainly done that for me. Thank you.

“A Letter from a CCRA Client...” - S. C.

“...The agency stuck with me and got me through those dark days.” - S. C.
Our work is made possible through the investment of caring, dedicated people, including our donors. Individuals across the state and beyond have provided the financial support to help keep Alaska’s vulnerable individuals in their chosen home for as long as possible.

Our donors have a broad range of gifting opportunities through which to contribute. A sampling of fiscal year 2018 activities included:

**Special Events:**
- Amblin’ for Alzheimer’s
- Midnight Sun Lazyman Triathlon
- The Dating Game Live!
- The New 35 Plus Singles Club Dance
- Rhonda Scott Art Benefits
- Stand up for a Cause featuring Anji Stubbs
- So You Think You Can Give

**Shopping Campaigns:**
- Amazon Smiles
- American Express
- Bagoys Florist
- Fred Meyers Rewards

**Other Ways to Give:**
- Alaska Share Campaign
- Anchorage School District Campaign
- Annual Year End Appeal
- Combined Federal Campaign
- Good Search
- Network for Good
- Pick. Click. Give.
- United Way
Financial Summary

Fiscal Year 2018

Revenue - $3,313,564

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<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
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<tr>
<td>Grants</td>
<td>$1,686,584</td>
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<tr>
<td>Fees for Service</td>
<td>$1,220,870</td>
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<td>Contributions &amp; Events</td>
<td>$274,492</td>
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<td>Other Income</td>
<td>$132,618</td>
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Expenses - $3,356,087

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<tr>
<td>Care Coordination</td>
<td>$1,741,866</td>
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<tr>
<td>Education</td>
<td>$1,073,806</td>
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<td>Administration</td>
<td>$338,079</td>
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<td>Fundraising</td>
<td>$172,336</td>
<td>6%</td>
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<tr>
<td>Research</td>
<td>$30,000</td>
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* Grants are funded by:
  - State of Alaska Department of Health & Social Services, Division of Senior and Disability Services
  - Alaska Mental Health Trust Authority
  - Fairbanks North Star Borough
  - Municipality of Anchorage
  - United Way Mat-Su
Contributors - July 1, 2017 to June 30, 2018. Due to limited space, we are unable to list each and every donor.

Representative Institutions

Martha Irvin Society ($10,000+)
BNC Trust & Wealth Management
John & Jackie Brunton
Wayne Holmes & Jonell Snook-Holmes
United Way of Anchorage

Benefactors League ($5,000 - $9,999)
Katie D. Holmes
LIVE NATION
United Way of Matanuska-Susitna Borough

Remembrance Club ($2,500 - $4,999)
Walter E. & Barbara A. Bauke Foundation, Inc.
Sharon K. Gratrix
Johnson & Johnson Loyal Order of Moose Anchorage Lodge No. 1534
Rhonda S. Scott
Mary Ellen Segelhorst
TRUIST

Caregivers Circle ($1,000 - $2,499)
Accurate Hearing Systems
Ken Acton

Ambassador’s Circle ($500 - $999)
2 Friends Gallery
Alfonse, Noreen, Salvatore & Shoshana Addonisco
Alaska Travel Industry Association
Fairbanks Apokrisis & Thrively Digital
ASD Charitable Giving Campaign
Ronald & Teresa Bailey
BDO USA, LLP
Cruz Construction, Inc.
Denali Alaskan Federal Credit Union
Kathy deSchweinitz
John & Carol Ellis Fairbanks Emblem Club
Karl & Gail Garber
Craig Graff
Tim & Michele Hansen
Rebecca M. Hanson
Debbie & Dave Hestes
Homewell Senior Care
Bradley House
Joel & Katie Kadarauch
William Magette
Marlow Manor Assisted Living
MTA

Greg & Joan Mattson
Anchorage Sand & Gravel Co.
Angela Anderson
Jim Anderson
Joyce M. Anderson
Kathryn Anderson
Philip W. Anderson
Vicki Anderson
The Reverend Betty Lou Anthony & Col (Ret) Richard D. Anthony
Kevin G. Armstrong
JoAnn Asher
Liz Ashlock
Jeanette Aushra
Grace Becker
Dixie Belcher
Estol & Elizabeth Beilflower
Shirley A. Bennett
Judy Bickford
Jackie & David Bloom
K. C. & K. L. Borgan
Bernadette Bradley
Betty J. Branson
Wiley Brooks
Robert Brouillette
Donald Callahan & Angela Brouilette-Callahan
Jody Brunton
Susan & David Brunton
Helene Brust
Charles Burnette
Buster’s Upholstery
Walmart
Mary & Jim Weymiller
John & Margaret Wolfe
Georgia & Millard Woodson

Supporters Circle ($100 - $499)
John Thomas Adzima
Brenda Aiken
Alaska Fur Exchange
Alaska Referral Network
Jeffrey Albright
John & Kay Alley

“This is a great class that made such a huge difference in the quality of the relationship between my mother and myself. The tools I learned gave me a way to understand and respond positively. I will be forever grateful for the people at Alzheimer’s of Alaska.”

– Savvy Caregiver Attendee
Contributors (continued)

Rebecca Clement
Dawnia Clements
Clinton D. & Lynn M. Ernst
Ms. Jen Coffey
Jerome Colding
M. David Cole
Richard W. Colf
ConocoPhillips Alaska
Julia Coster
Gerald & Sandra Covey
Bailey M. Crawford
Eric & Joanna Croft
Maria Crouch
Carolyn A. Keil & Kirk Currey
Donna Davidson
Charlene F. Davis
Louise P. Dawson
Dorka De La Rosa-Fickes
Norm & Susan Denison
Dennis J. & JoAn Kelly
Terry Dennison
Alice Devine
Dick & Joyce Bruns
Dorothy & Gary Bonin
Mike & Liz Dunn
Roger & Ann Dyer
Ruth McHenry & Cliff Eames
Cornelius Eastman
Vincent & Barbara Engerer
Charles & Ruth Fahl
Ann Fallico
Patricia Ferucci
Jerry & Janet Flodin
Heather Flynn
Fresh Ale Pubs, LLC & Moose's Tooth
Pub & Pizzeria
Josh Frommer
John Gaguine
Lindsey Galin
Ms. Kristin L. George
Tom & Scharre Gerretcy
Hailey J. Gill
Kevin H. Gill
Sharon Pusich Gill
Ronald & Deirdre Ginter
Angelyn Ray Gipson
Bill & Kate Goodell
Kathleen Grace
Larry & Dahna Graham
Grassroots
Katie Jo E. Gatrix
Jay Green
Nancy P. Grotah Jan Gruhn
Scott & Carrie Gruhn
Robin & Lorraine Guyer
Larry & Barbara Hagen
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Lisa Hanson
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Kathryn Hawkins
Pamela Heady
Peter J. Henderson
Abigail Hensley
Suzanne Hickel
Mark J. & Jean A. Hindermann
Florine Hirsch
Michelle Wilson & Sean Hogan
Stephanie Holthaus
Stacey C. Horn
Morris & Lorrie Horning
Courtnei Husmann
IBEW Local 1547 - Unit 101
Wende S. Irick
Image Consultant
Peggy Jackson
Barry & Joyce Johnson
Dr. Paul H. Johnson & Leiza O. Johnson
Michael Jones
Nancy K. Jones
Ronald Jovanovich
Carol Gay Kane
Marylee & Allan Kauffman
Pamela Kelley
Dan & Janet Kennedy
Ms. Diane Kennedy
G.W. Keyl
John T. Kline
Kathy Klos
Theodoros Kouris
Mrs. Dawn Kowal
KPMG
Leslie Kramer
Phyllis Kruger
Stroud Kunkle
Mark & Robin Langlie
Marijo & Wayne Larson
James Laubenstein
Keith & Lillian Lauwers
Eleonore Lawson
Mrs. Mary Margaret LeBon
Holly Lee
Joyce Lofgren
Carol Lohmann
Jerry & Denise Lutton
Manley & Brautigam, P.C.
Don and Bridjette March
Rebecca Marinelli
Linda Masolini
Leslie Matura
Patti McBride
Laura McDonough
Heather McIntosh
Rhonda McLeod
Thomas Mego
Shannon Metrokin
Jean R. & Linda L. Michele
Robyn Middleton
Midnight Sun Home Care
Richard & Ann M. Mize
Judith S. & George A. Moerlein
Steven Moffitt
Jean Moran
Ms. Catherine J. Morgan
John Mouw
NARFE Chapter 2076
James D. Noeldner
Peggy O‘Keefe
Susan Olsen
Samuel Ouellette
Valerie C. Oviatt
The Oswepyan Family
Nancy Pearson
Debra L. Perala
Mark & Mike Pollock
Billy & Joy Potts
William Powell
Steven J. Price
Harry “Bing” Prichard
Ray & Marge Prichard
Providence AK Medical Center Laboratory Caregivers & Lisa Robinette
Raoul A. Pursell
Lynn Ragle
Marsha Ramsey
Marilyn L. Read
Rory & Julie Redick
Michael R. & Susan M. Reed
Allan J. & Ann Renfroe
Richard H. Garvin
Jim Richardson
Sherri Roberds
James Robinson
Karen Rudd
Michelle R. Sass
Julie Schmidt
Edward Shanley
Mr. James Sherwonit
John E. Sherwonit
Mr. James Sherwonit
Edward Shanley
Mr. James Sherwonit
John E. Sherwonit
Teri Sherwonit
Kay Siira
Ms. Sherrie Simmonds
Michael & Patricia Simmons
Mark & Mae Ann Smith
Thetus Smith
Magna Sneed
Ida & Arve’ Solomon
Dr. & Mrs. Spencer Brandon Spoerhase
Heinrich Springer
Niesje Steinkruger
Alice Stickney
Linda J. Stiffler
Dennis Patrick Stock
Jerry & Sharon Story
Leif & Edel Strand
Fred & Laurel Strutzner
Karn & Philip Stutzner Ronni & Lonnie Sullivan
Mr. & Mrs. Raymond & Polly Sund
Gerald R. & Sandra P. Swafford
Annette Swanson
Thirty Five Plus Singles Club
Diane M. Thomas
Jane S. Thomas
William & Carol Thomas
Mr. Robert M. Thorpe
Kristin Tichenor
Trudi Totemoff
Timothy Troll
David & Dianne Tydings
United Way of Tanana Valley
Upper One Studios, Inc.
Bob and Chris Urata
Bruce Vadla
Cindy Vanden Berg
Scott Von Gemmengen
Kaitlyn Wagner
Katherine Walker
June Walton-Adams
Steven Weaver
Mr. David L. Webb
Nellie Weiss
Cheryl R. Westley
Dewey & Louise Whetsell
Dorothy B. Widmann
David & Carla Wight
Delana Wilks
Mr. Gene Williamson
The Wilson Agency
Jerry & Sue Zentmire
Anchorage, AK
Permit No. 537

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

Annual Report
Fiscal Year 2018

Our Mission: Support Alaskans affected by Alzheimer's disease, related dementias, and other disabilities to ensure quality of life.