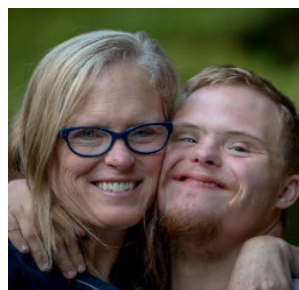
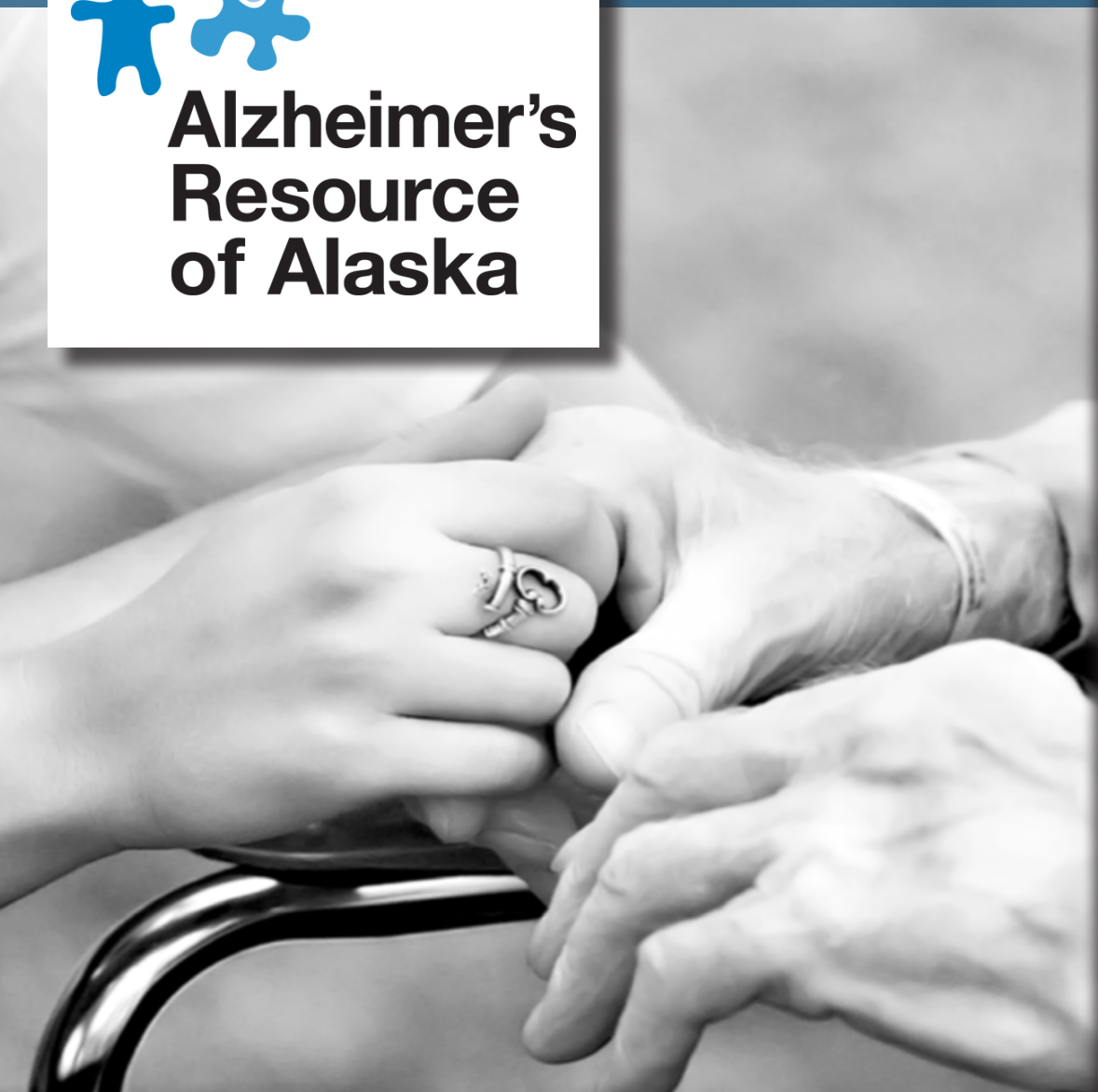




**Alzheimer's
Resource
of Alaska**



Annual Report

Fiscal Year 2018



Contents

Leadership Message	03
Mission and Overview	04
Fiscal Year 2018 Highlights	05
Service Recipients	06
Community Grants	07
Education	08
Care Coordination Resource of Alaska	10
Community Support	12
Financial Summary	13
Contributors	14

Leadership Message

From The Board President & The Executive Director

A Message from Leadership



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,

A handwritten signature in black ink that reads "Patty C. Miller".

Patty Miller
Fiscal Year 2018 Board President

A handwritten signature in black ink that reads "Pamela Kelley".

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:

President Patty Miller

Vice President Ken Acton

Treasurer Sharon Gratrix

Secretary Mike Lajoie

Member-at-Large Lawrence K. Duffy

Members:

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Dawnia Clements
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Rhonda McLeod
Jonell Snook-Holmes
Rori Van Nortwick

For a list of current Board Members and staff, please visit www.Alzaska.org

Fiscal Year 2018 Highlights

“The staff at ARA became our partner, knew what we didn’t and couldn’t even understand. They are amazing.”
– Caregiver

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.



Service Recipients

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 Ethnicity:

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

Recipients by Gender:

Male - 32%
Female - 68%

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.

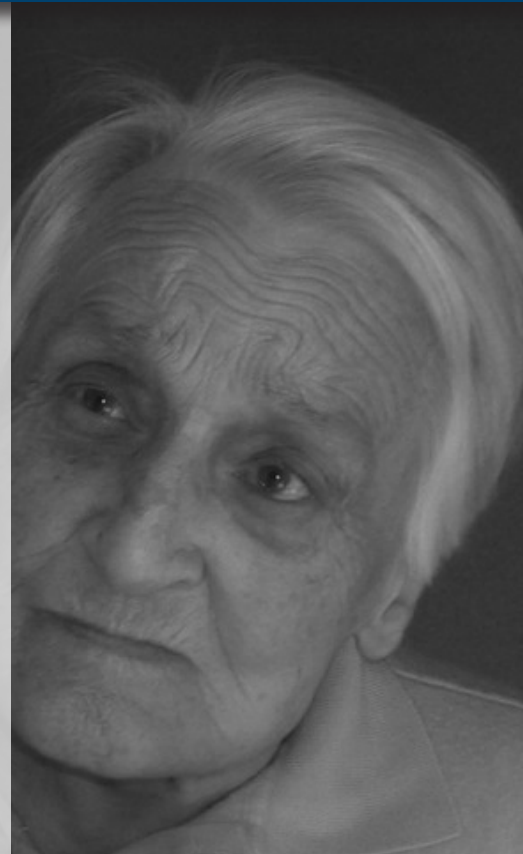
“The safe grant was such a small thing and it made my mother so happy. Thank you.” - J. R.

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.



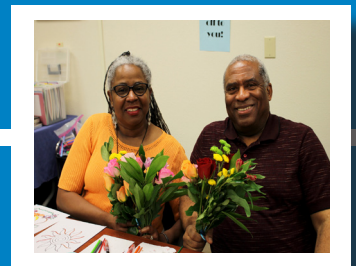
Education

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.



Care Coordination Resource of Alaska

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

A Letter from a CCRA 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.

“...The agency stuck with me and got me through those dark days.” - S. C.



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 care coordinators and the administration. I have always been treated with the ~~utmost~~ ^{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 to 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 those dark days.

Your agency is special because of its dedicated caring staff and a wise board of directors 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.

Community Support

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

Pick.
Click.
Give.

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

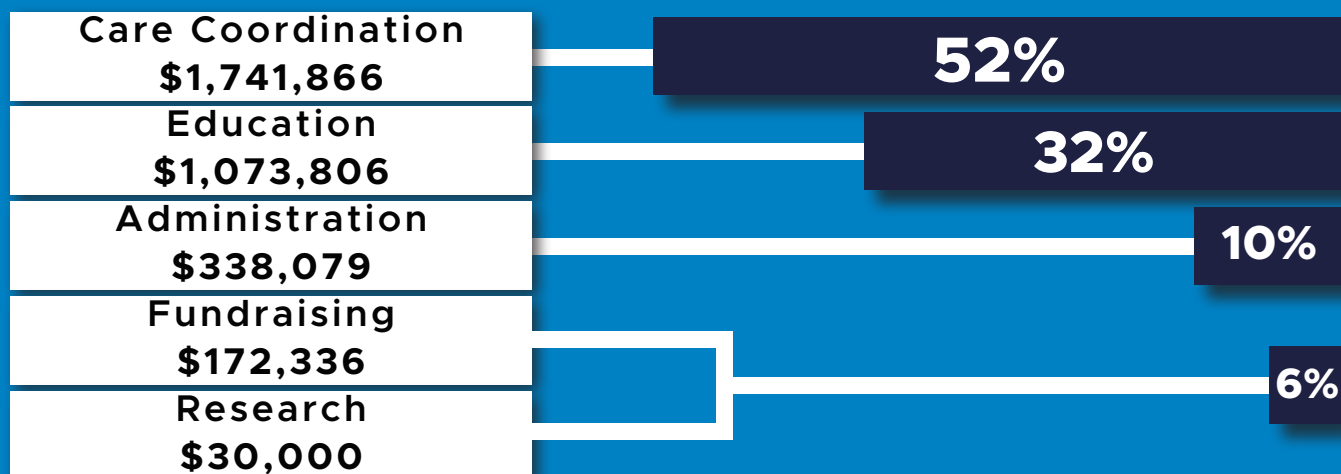
Financial Summary

Fiscal Year 2018

Revenue - \$3,313,564

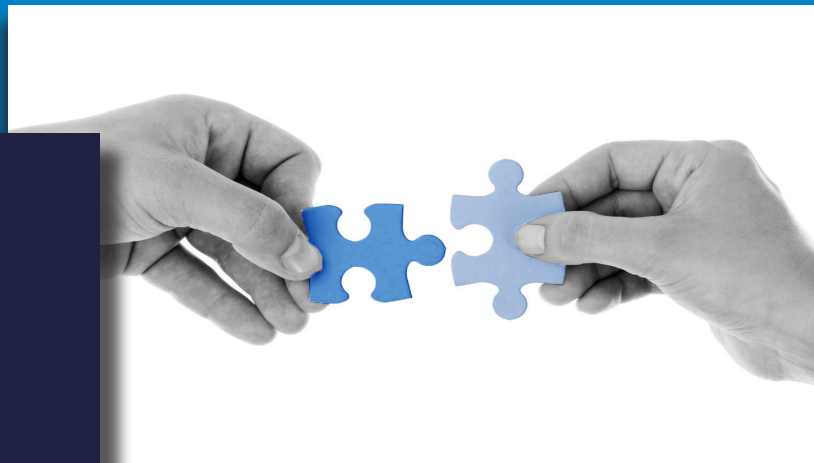


Expenses - \$3,356,087



* 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.

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

Alaska USA Federal Credit Union
Anchorage Hillside Rotary Club
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Fairbanks North Star Borough School District
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2 Friends Gallery
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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)

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**Alzheimer's
Resource
of Alaska**

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Toll-free within Alaska 1-800-478-1080
www.AlzAlaska.org

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

Annual Report

Fiscal Year 2018

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