

# Alzheimer's Resource of Alaska

Spring 2020  
Volume 40  
No. 4

## Fraud Alert: COVID-19 Scams

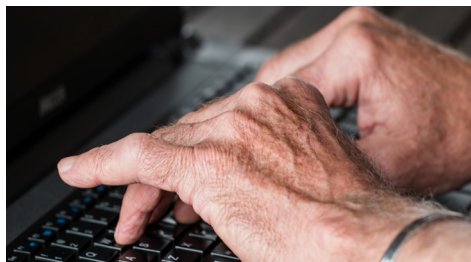
Issued March 23, 2020 from <https://oig.hhs.gov>

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate.

Fraudsters are targeting beneficiaries in a number of ways, including telemarketing calls, social media platforms, and door-to-door visits.

These scammers use the coronavirus pandemic to benefit



themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

### Protect Yourself

Beneficiaries should be cautious of unsolicited requests for

their Medicare or Medicaid numbers.

Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.

Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.

A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline (866) 720-5721

or email at [disaster@leo.gov](mailto:disaster@leo.gov)

<https://oig.hhs.gov/coronavirus/fraud-alert-covid19.asp> ★

## Amblin' for Alzheimer's Facebook Group

Amblin' for Alzheimer's is different this year and you'll read more about it on page 2, spoiler alert: it involves posting pictures on Facebook and on Instagram that bring joy, because we really need it right now. Here's a great post on our Amblin' for Alzheimer's Facebook Group by Jackie Brunton:

"This is a picture of my beautiful mother, Dorothy, long before this wretched Alzheimer's disease took hold. She loved being at Big Lake

and in the boat.

Mom suffered with this disease for almost 20 years before she passed.



*Pictured: Jackie Brunton with her beautiful mother, Dorothy*

support groups, training classes. They certainly provided me with the tools I needed to be a better caregiver!"

Thank you, Jackie, for sharing this beautiful story with us! ★

I could not have gotten through it had it not been for all the services provided by this incredible organization,



Goes *virtual*

Join us this year in exploring new ways to Amble and bring joy, because we need it now more than ever! Details on page 2

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Classes & Groups .....	pg. 7



## Offices & Contact Information

### Anchorage

1750 Abbott Rd.  
Phone (907) 561-3313

### Fairbanks

565 University Ave., Ste. 2  
Phone (907) 452-2277

### Juneau

3225 Hospital Dr.  
Phone (907) 586-6044

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

Stay connected via Facebook & Instagram @AlzAlaska

### Mat-Su Valley

777 N. Crusey St., Ste.  
B101  
Phone (907) 746-3413

### Copper River Basin

(907) 822-5620

### Statewide

Toll Free within Alaska  
(800) 478-1080

## Board of Directors

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## Applying for Disability with Alzheimer's

By Cendy Moliere

[Alzheimer's](#) normally occurs in adults eligible for standard Social Security retirement benefits. When Alzheimer's is diagnosed before the age of full retirement it qualifies for disability benefits from the Social Security Administration (SSA). With early-onset Alzheimer's you can potentially receive benefits through either or both of SSA's disability

programs: Social Security Disability Insurance ([SSDI\\*](#)) and Supplemental Security Income ([SSI\\*](#)). These programs provide income and funds for some health- and supportive-care costs.

### Medically Qualifying for Benefits with Early Onset Alzheimer's

- Early-onset Alzheimer's meets SSA's medical eligibility requirements for receiving

disability benefits. You must complete the application with sufficient medical records, but medical approval is almost certain. Approval takes a long time (5 months to 4 years).

SSA maintains standard disability listings to determine medical eligibility. The listings are in the [Blue Book](#),\* because

*(Cont.) page 4*

## Amblin' for Alzheimer's Goes Virtual

Amblin' for Alzheimer's, our fundraising walk normally held in Anchorage has to be different this year (obviously). We've turned it into a "Virtual" campaign where people "amble" where they are (to stay safe) and how they want. They can amble inside or outside, walking or in a wheelchair, in a group (6 feet apart from each other), swimming, on a motorcycle or dog sled, in a boat, amble through a knitting project... be creative! We don't care how you amble as long as you're having fun.

You may register to Amble here: [https://www.alzAlaska.org/amblin-](https://www.alzAlaska.org/amblin-for-alzheimers-2020)

[for-alzheimers-2020](https://www.alzAlaska.org/amblin-for-alzheimers-2020), then join our "Amblin'" Facebook Group" and share photos/videos of you amblin': <https://www.facebook.com/groups/881878355557640>

Prizes will be given....airfare for two anywhere Alaska Airlines flies for the team captain whose team raises the most money, an apple watch for the team captain whose team raises the second most money, and an apple watch for the team captain with the most registered amblers!

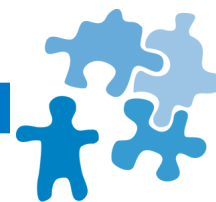
We will also be giving prizes for the photos posted on the Facebook

Group. Early bird posters on the Facebook page's names will be put in a hat and three will be drawn for gift certificates for 10 Breakfast Burritos from Sal's New York Grill (You'll have to schedule their pick-up date with Sal if you win). We'll have a "people's choice" prize and others as we get closer to the end of the campaign. 🌟

Contact Francie Bennett at [fbennett@alzAlaska.org](mailto:fbennett@alzAlaska.org) if you have questions!

[Register/Donate](#)

## Letter From The Executive Director



Dear Friends,

What a challenging, worrying time we're experiencing together. I hope all of our friends are well, are adjusting to the mandates that have us hunkered down and staying at home. But importantly, I also hope that each of you knows we at Alzheimer's Resource of Alaska are continuing to conduct our work from one end of our great state to the other. Dementia, and the need for long term services and supports among all whom we serve, doesn't ease up even in the face of a pandemic.



Our staff are primarily working from home, where they are on the phone or video conferencing from their computers. In this way, they conducting classes, engaging in one-on-one consultations, providing caregiver coaching, delivering excellent care coordination, and facilitating support groups. Rest assured, if you or someone you know needs our help, we are here.

Not only have our programs gone live online, but our annual fundraising walk, Amblin' for Alzheimer's, has changed into a virtual campaign. We invite you to do something that brings you joy for Amblin' in lieu of the actual walk. You can get the whole story on page 2.

Some of our staff are involved in assisting clients navigate the Social Security (SS) process in the face of a difficult, disabling diagnosis. Cendy Moliere, a SS Outreach specialist, offers tips to make the process as streamlined as possible, acknowledging it can take from 5 months to years for approval for benefits. You'll find her article on page 2.

We also recommend to you Rachel Bylsma and Carrie Keil from Senator Dan Sullivan's office. They are part of Senator Sullivan's Constituent Services team, dedicated to helping Alaskans navigate Federal agencies like Social Security, VA, Medicaid, and Medicare among others. They can submit an inquiry with a federal agency on your behalf, help you communicate with them, request a reconsideration for your case and help you get basic information. You can find their services through [www.sullivan.senate.gov/contact/locations](http://www.sullivan.senate.gov/contact/locations).

With heartfelt wishes for your safety and health,

Pamela Kelley  
Executive Director

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## Care Coordinator, Liz Smith, Honored



Our outstanding Care Coordinator Liz Smith has been selected to receive the award as the Direct Service Professional of the Year in the Alzheimer's Disease and Related Dementias /Elder Services category for this year's Full Lives Conference! Her clients have been lucky to have her advocating on their behalf for many years. Our team has valued her assistance as an excellent mentor with a wealth of knowledge. As one who nominated her said "This lady is an angel, always happy and smiling, helpful, caring. It is obvious that she loves her job and her clients. We consider ourselves very lucky and blessed that Liz Smith has been assigned as my mom's care coordinator."

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# Celebrating Life's Great and Small Moments

by Jimmy Yap

I quit my job to take care of my mom and I'm proud of it. To me, it was a service to my mother's dedicated support to her siblings, and I found the right moment to give back for what she had done for us, her children.

My mother was diagnosed with early-onset Alzheimer's Disease. We observed some changes for quite some time, but ignored those times

when she would repeat herself, or when she forgot what she was cooking and the food burned. Her forgetting where she had kept her hearing aid, and later finding it wrapped in a napkin and thrown in the trash.

I wept when I heard my mother's diagnosis. Will she still remember my name? Maybe not. Her long-term memory was good, and she remembered moments in

my childhood. Oh, we had a great time reliving the memories when I was a child. "Your Papa bought you a toy that squeaked, and when he was asleep you hit his head with the toy, and he freaked out, jumping out of the bed!" my mom told me so vividly. We laughed about it.

Months passed by, every hour I spent with my mom, I discovered  
*(Cont.) page 6*

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## Applying for Disability with Alzheimer's *(Cont. from page 2)*

Alzheimer's usually affects people over the age of full retirement you won't find a disability listing for the disease. You can still get benefits.

Instead, you'll qualify through SSA's Compassionate Allowances (CAL) program. Have your doctor review the [CAL medical evidence requirements](#)\* and send your records to SSA promptly. SSA needs a report from your primary doctor, psychiatrist, or neurologist documenting your diagnosis and the progression of the disease. Disease progression must be rated through a standardized testing method, like Clinical Dementia Rating.

SSA also needs a "functional report" completed by you, a family member or caregiver, describing how the disease affects your daily life and abilities. The application for benefits asks for the name of the person who SSA can contact about the functional report. This person will receive a questionnaire covering the information necessary for SSA to make an evaluation.

**Applying for Benefits** - Disability benefits may include SSDI and/or SSI, dependent on your situation. SSDI is a program for disabled workers, while SSI is available to

applicants with limited income and other financial resources, regardless of work history. Here are the applications:

SSDI applications can be made [online](#) or at the [local SSA office](#).

<https://www.ssa.gov/disabilityssi/>  
SSI applications require a personal interview, which typically happens at a [local SSA branch](#).  
<http://www.disability-benefits-help.org/social-security-disability-locations>

A friend, family member, social worker, Social Security advocate, or attorney may help you file for benefits.

### **Negotiating The Application**

**Process** - First, fill out the application then wait 3 to 5 months for SSA to determine your eligibility for disability. Only 35% of applicants are approved in the first filing. The rest may [file for reconsideration](#), which takes 3-5 months and only 17% are approved.  
<https://www.ssa.gov/forms/ssa-561.html>

If that doesn't work, present your case in front of a judge at a disability hearing. It may seem daunting, but it's your best bet for approval. Over 50% of all

applicants are approved during a hearing. You will be questioned by a judge, a disability examiner, and a vocational expert. You may be represented by a disability advocate or attorney at any stage of the process, but it should be most beneficial here. It can take a very long time to schedule a hearing, it takes two years on average.

We don't recommend pursuing a claim after a hearing. If denied, you can appeal a case to an appeals council, but this just sends you to another judge, which could take years to schedule. If denied by the appeals council you can go to federal court, but the approval rate is abysmal and you must hire legal help for federal court claims.

**Tips For Approval** - Because the disability approval rate is so low at the initial application, you're likely wondering how to speed it up. There's no sure-fire way to get approved, but the following tips may increase your odds:

**Never leave a field blank on the application form.** Some questions may not seem relevant but being as descriptive as possible helps. This is especially important when it comes to the final page of the application,

*(Cont.) page 6*





## Individual & Business Contributors

*These contributions received between January 1 - March 31, 2020*

Acuff Associates	Frontier Health Services	Ruth McHenry	Harvey & Ida Solomon
Jimmy Adames	Lindsey Galin	Chanda Mines	Miles Sumida
Oscar Alexie	Sapphire Healthcare	Andrea L Morris	Rich & Sue Symes
Helen Allen	Transportation	Bob & Helen Morris	Maria Terch
Allstate Foundation	Susan Guers	Mike & Anita Moseley	Billy L Thompson
Anchorage Lodge	Gutso Express	MTA Foundation	Chris Thornlow
#1534 Loyal Order of Moose	Robin & Lorraine Guyer	Bernard & Inge D Nelsen	Timothy Troll & Leanne Goetchius
ASD Charitable Giving Campaign	Michael D & Kathleen M Hall	Lance Nielsen	United Way of Anchorage
Audiology Associates	Thomas J & Nancy Hallinan	Pioneers of Alaska Women Igloo #8	Charlene Walker
Shirley A Bennett	Shirley M Henley	Greg M Porter	Michael & Maria Elena Walsh
Edward L Bray	Cliff & Kathy Heus	Providence Health & Services	Glen Williams
John & Jackie Brunton	Ronald S Horvath	Providence Horizon House	Richard & Debborah Wright
Robert Burke	David Howe	RoseMarie Raiano	Barbara Yanoshek
Larry A & Marie D Burton	Catherine N Irwin	Brigitte M Ressel	Janis T Yeagan
David Anthony & Patti Ann Cole	Peggy A Jackson	Joan B Ricca	Marta Zamiska
Carolyn L Coller & Jeff R Stone	Bobby & Sharon Janeway	Patrick Rumley	
Catherine Coon	Gregory A & Sally A Jerich	Karen E Ruud	
Eric & Joanna Burke Croft	Olivia Jewell	Nicole Shettleroe	
Sandra K Desmond	Frank J & C Kathleen Johnston	Sarah Sledge	
Julian Drady	Joseph Paul Josephson	Charles Sneeringer	
Lawrence K & Geraldine A Duffy	Rosemary A Karish		
Greg & Shari Durocher	John J & Eleanor J Kelley		
Roger & Ann Dyer	Virginia Kelly, Rep Payee for Maria Lourdes Navarro		
Dr. Charlotta Eaton	Larry J or Roxann Kopischke		
J D Edge & Susan Baxted-Edge	Peter C & Kathleen Unks Kozup		
Tom & Ann W Farris	Margaret Kugel		
Brian Fay	William F & Theresa P Lorkowski		
Fraternal Order of Eagles #1037 *	Lynden, Inc.		
Fairbanks	Lynn's Pulltabs		
Fraternal Order of Eagles Ladies	Donald M & Bridjette P March		
Auxiliary #1971	Mat Su Plastic Surgery		
		Alaska Legal Services	GCI
		Alaska Long Term Care Ombudsman	Kyle Lindsey
		Anchorage Opera	Long Nights Moon
		Anchorage Senior Activity Center	Mat-Su Health Foundation
		Gwendolyn Bennett	Mat-Su Senior Services
		Diane Burtch	Rebecca Miranda
		Debbie Chulick	James "Jim" M Powell
		Rebecca Clement	Providence Hospice
		Kathryn R Curry	Karl W & Diane L Pyle
		Kevin & Sara Early	Mae Ann Smith
		Feral Cats Band	Hannah Yoter



## Volunteer & In-Kind Contributors

## Celebrating Life's Great and Small Moments *(Cont. from page 4)*

something new about her: like any lady her age, she was still worried about her looks and the wrinkles on her face. Mom took good care of herself and had a great fashion sense.

But more importantly, I found out that she was thankful that we spent time together. That is something she missed for a long time. A visit after work is truly different from spending time with her from the moment she wakes up and finds me cooking lunch for her.

When her memory faded, I told her she couldn't cook anymore because we were afraid for her safety. When we went to Alzheimer's Resource of Alaska my mother's energy seemed more vibrant, she gained the zest for life. She was always excited to go to her group classes. She is also thankful for the assistive devices ARA provided for her via a mini-grant.

What I have now are not just memories, but moments I celebrated the joy of living with

my mom. One day, she held my hand, looked into my eyes and said, "Thank-you, anak (son)." That moment more than compensates for everything. Looking back, those months I fully assisted mom, count as the best moments in my life. When I grow old, I know I have done something that few children had the opportunity to do for their parents- to serve and show them how we love them. ★

## Applying for Disability with Alzheimer's *(Cont. from page 4)*

called "Notes." It's a blank page for you to go into details about how the disease affects your ability to work.

List more than one disability. While Alzheimer's may be your primary disability, mentioning other illnesses you've been diagnosed with and are seeking treatment for is important. Conditions like obesity or high blood pressure should be listed, as they'll factor into your case.

Ask your doctor to fill out a [Residual Functional Capacity](https://secure.ssa.gov/apps10/poms/images/SSA4/G-SSA-4734-U8-1.pdf) (RFC) <https://secure.ssa.gov/apps10/poms/images/SSA4/G-SSA-4734-U8-1.pdf> evaluation for you. The SSA often uses the RFC to determine the extent to which someone is physically disabled.

Keep in contact with the SSA. Check your claim's status by making a MySSA account at [www.ssa.gov](http://www.ssa.gov),

call SSA every two weeks to check for changes in your application's status and ask if they have everything they need to make a decision.

Update the SSA on changes to your condition at any point in the application process before the hearing. If your condition worsens, the SSA needs to know because it may increase the likelihood of approval. You can submit new medical information by phone.

In general, the more specific you are when describing how your disability prevents you from performing work you're qualified to do, and have done in the past, the higher your likeliness of qualifying. Once you are through the process, you can focus on what is important: your health.

Cendy Moliere is an Outreach

Specialist for the Social Security Administration to help you understand the process

### Resources:

Alzheimer's Resource of Alaska: <https://www.alzalaska.org/>  
SSDI: <https://www.disability-benefits-help.org/ssdi/qualify-for-ssdi>

SSI: <https://www.disability-benefits-help.org/ssi/qualify-for-ssi>

Blue Book: <https://www.disability-benefits-help.org/glossary/social-security-blue-book>

Evidence Requirements: <https://secure.ssa.gov/poms.nsf/lnx/0423022385>

Apply Online: <https://www.ssa.gov/benefits/disability/>

Local SSA Branch: <https://www.disability-benefits-help.org/social-security-disability-locations> ★

## In Honor & Memory of

**Art Carroll**

William F & Theresa P Lorkowski

**Arthur Lionel Carroll**

Sandra K Desmond

**John & Jackie Brunton**

Dorothy Magette

**Audry Roberts**

Pamela R. Kelley

**Ronald A Jackson**

Peggy A Jackson

**John Owens Jr**

Carolyn L Collier & Jeff R Stone

**Wesley Pruitt**

Bobby & Sharon Janeway





## Caregiver Support Groups

### Statewide

Every 1st Saturday, 1-2 pm  
Every 3rd Wednesday, 1-2 pm  
Dial-in using [1-877-216-1555](tel:1-877-216-1555),  
Code 927989#. For additional  
information, contact Gay Wellman,  
[822-5620](tel:822-5620) or [800-478-1080](tel:800-478-1080)x5

### Anchorage

Every 4th Thursday, 5:30-7 pm  
CONTACT: Debbie Chulick, [561-3313](tel:561-3313)

### Eagle River

Every 2nd Thursday, 5-6:30 pm  
CONTACT: Debbie Chulick, [561-3313](tel:561-3313)

### Fairbanks

Every 2nd Tuesday, 4:30-6 pm  
Every 3rd Tuesday, 1:00-2:30 pm  
CONTACT: Joan Adams, [452-2277](tel:452-2277)

### Homer

Every 2nd & Every 4th Thursday,  
2:30-3:30 pm  
CONTACT: Pam Hooker, [235-7655](tel:235-7655)

### Ketchikan

Call for current schedule.  
CONTACT: Bernice, [255-8080](tel:255-8080)

### Kodiak

Every 4th Thursday, 12:30-1:30 pm  
CONTACT: [486-6181](tel:486-6181)

### Mat-Su Valley

Every 2nd Tuesday, 1:30-3 pm  
CONTACT: Janice Downing [746-3413](tel:746-3413)

Every 1st Friday, 10-11:30 am  
CONTACT: Kim Jung, [746-3413](tel:746-3413)

### Seward

Every 4th Thursday, 1-2 pm  
CONTACT: [244-5604](tel:244-5604)

### Sitka

Call for current schedule  
CONTACT: [747-4600](tel:747-4600)

### Soldotna

Every 2nd and Last Tuesday, 1-3 pm  
CONTACT: Judy Warren, [262-1280](tel:262-1280)

Every 1st Tuesday, 1-2 pm  
CONTACT: Judy Warren, [262-1280](tel:262-1280)

### Talkeetna

Every 1st Monday, 10-11:30 am  
CONTACT: Kim Jung, [746-3413](tel:746-3413)

### Willow

Every 1st Monday, 1:30-3 pm  
CONTACT: Kim Jung, [746-3413](tel:746-3413)

Classes and events being offered online via Zoom and are available to attend statewide. All classes listed below require registration.

### CAREGIVING 101 - Formerly ABC's of Caregiving

#### Facebook Live

#### "Pop-up" Memory Café

Monday, 4/20  
12-12:30 pm

#### Communication

#### Tips for Caregivers

Monday, 4/27  
12-1:30pm or 5:30-7pm

#### Savvy Caregiver

Tuesday's, 5/5 - 6/9  
5:30-7:30 pm

#### Honoring Connection

#### Communication and Dementia

Monday, 5/11, 1-2:30 pm

#### Overview of Dementia

Monday, 5/18  
10-11:30a or 5:30-7pm

#### Downsize & De-clutter

Monday, 6/1  
10-11:30 am

#### Vascular Dementia

Monday, 6/8 1-2:30pm

#### Choices, Options and Opportunities

Monday, 6/15  
10-11:30a or 5:30-7pm

#### Healthy Body

#### Healthy Brain

Tuesday, 6/16, 5:30-7pm

#### Activities of

#### Daily Living

Monday, 6/22, 1-2:30pm

#### Driving & Dementia

Monday, 6/29

12-1:30pm  
or 5:30 - 7pm



Alzheimer's  
Resource  
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#### Mind Matters

Wednesdays, 5/27-7/14  
10:30am-12:00 pm

#### Mind Matters

Thursdays, 5/28-7/16  
1-2:30 pm

#### Brain Works I

Wednesdays, 5/27-7/14  
1:30 pm - 2:30 pm

#### Brain Works II

Thursdays, 5/28-7/16  
10:30 am - 11:30 am

#### Memory Café

An opportunity for persons living with dementia and their care partners to socialize and enjoy entertainment with peers.

**No registration required.**

Thursday, 5/14 1pm  
Thursday, 6/11 1pm  
Thursday, 7/9 1pm

## Statewide Caregiver Webinars

Connect via [Zoom](#); please register for link.

To register, contact Gay Wellman: [822-5620](tel:822-5620) or [gwellman@alzalaska.org](mailto:gwellman@alzalaska.org)

#### Intro into Dementia

Wednesday 5/6 10:30-Noon  
or Saturday 5/9 1-2:30pm

#### Being a Friend

Wednesday, July 8, 10:30-Noon  
or  
Saturday, July 11, 1:00 pm - 2:30 pm

#### Honoring Connection:

#### How to Improve Communication

Wednesday, 6/10 10a-12pm  
or  
Saturday, 6/13 1-2:30pm

## Professional Webinars

Connect via [Zoom](#); please register for link.

To register, contact Amber Smith: [586-6044](tel:586-6044) or [asmith@alzalaska.org](mailto:asmith@alzalaska.org)

#### Supporting Caregiver Well-Being

Tuesday, April 21  
Noon - 1:00 pm

#### Reliable Health Information

#### Is the Best Medicine

Tuesday, June 16 Noon - 1:00pm

#### Using Plain Language:

#### Tools for Making Health

#### Information Clear and Effective

Tuesday, May 19 Noon - 1:00pm

#### Behaviors that Challenge Us

Tuesday, May 26 Noon - 1:00 pm






Alzheimer's  
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Anchorage, AK 99507

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AK



# Amblin'

## for Alzheimer's 2020

*Where you are*  
*How you want*



REGISTRATION & DETAILS: [WWW.ALZALASKA.ORG](http://WWW.ALZALASKA.ORG)