Wrangell Senior Resource Directory

Hospice of Wrangell

2016

⁕ Contact Information ⁕

Don't know where to start? One of the following people may be able to help you.

Alaska Island Community Services	
Senior and Disability Service Office	907 874-3375
Brooke Reynolds, Care Coordinator	
AICS Medical Clinic	907 874-4700
Kara Helgeson, Case Manager	
Wrangell Medical Center	
Mary Campbell, Social Worker	907 874-7191
Sheila Mathews, Social Worker	907 874-7169
Wrangell Ministerial Association	907 874-2244
Wrangell Public Health Center	907 874-3615
Ty Esposito, Public Health Nurse	
Wrangell Senior Apartments	907 874-3944
Gail Rilatos, Manager	
Wrangell Senior Center	907 874-2066
George Joseph, Site Manager	

Thank you to Wrangell Medical Center for their generous donation toward the costs of printing and distributing free copies of this publication.

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For any corrections or additions to this Directory, please contact Alice Rooney, rooney@aptalaska.net, 907 305-0007

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⁕ EMERGENCY AND SAFETY ⁕

Ambulance	911
Police	911
Fire Department	911
Search and Rescue	911

ADULT PROTECTIVE SERVICES 800 478-9996 or 907 269-3666
www.dhss.alaska.gov/dsds/Pages/aps/

Anyone with reason to suspect abuse or neglect of a vulnerable adult may call to report, or go online to complete a report and initiate an investigation. For immediate action, contact Wrangell Police.

"We are here to help you. Our services are voluntary. We will not force you to move or do anything against your own will. We are here to help you live in a safe and healthy environment and receive the services you need."

AWAIC CRISIS LINE 907 272-0100

The Abused Women's Aid in Crisis program in Anchorage operates a 24-hour crisis line and support services for women.

COMFORT ONE PROGRAM
Contact your physician to discuss and get forms

A person with advanced or terminal illness may not wish to have resuscitation services (such as CPR or other forms of medical intervention to prolong life) provided. Emergency medical responders are required to resuscitate, even at end of life, unless a Comfort One order is in place. Completion of Comfort One forms by a patient and physician documents the patient's or family's wishes and allows emergency medical responders to provide services such as oxygen or transport to the hospital without resuscitation

HANDICAPPED PARKING PERMIT
http://doa.alaska.gov/dmv/plates/type-disability.htm

To obtain a disability parking placard to allow parking in disabled parking areas, you must meet one of the following requirements:

Cannot walk 200 feet without stopping
Cannot walk safely without using a brace, cane, crutch, another person, prosthetic device, wheelchair, or other assistive device
Are restricted by lung disease
Use portable oxygen
Have a cardiac condition classified by Class III or IV by standards of the American Heart Association
Are severely limited in your ability to walk due to an arthritic, neurological, or orthopedic condition.

Form 860 is available at the Wrangell Division of Motor Vehicles (DMV) office upstairs in the Public Safety Building. It must be filled out by a health care professional and returned to the DMV. Call 874-3304 for local information.

MEDIC-ALERT PROGRAMS

Wrangell Medical Center's Call Care program was discontinued in 2015. Hospice of Wrangell volunteers are able to assist people to find an affordable option for a system that allows them to call for help with the press of a personal alert button. Call 305-0007.

POISON CONTROL 800 222-1222

This 24-hour line can quickly answer your questions about poisons and mis-use of medications.

WOMEN IN SAFE HOMES (WISH)
www.wishak.org 800 478-9474

24-hour crisis line, plus services to women in southern Southeast Alaska, including a shelter in Ketchikan where women and children may stay, counseling, support groups, and legal assistance for women and family members affected by domestic violence.

WRANGELL POLICE DEPARTMENT
(Non-emergency) 907 874-3304

You can request a police officer to make a 'welfare check' on someone who may be at risk of harm, such as an older person who fails to answer their phone or someone wandering the streets. Notify police to report someone you feel may be driving unsafely.

⁂ EDUCATION ⁂

www.seniorresource.com

Many schools set reduced fees for seniors, or allow free auditing privileges. Taking a class in just about any subject can improve your cognitive abilities, rejuvenate your memory, and provide enjoyment!

www.uaa.alaska.edu

The University of Alaska's College of Health operates the Alaska Geriatric Education Center (AKGEC).

www.roadscholar.org

Formerly called Elderhostel, this program offers thousands of travel and learning opportunities for people 55+ in more than 90 countries around the world

⁕ FINANCIAL ⁕

ALASKA HEATING ASSISTANCE PROGRAM
dhss.alaska.gov 800 470-3058

Assistance for lower-income homeowners or renters to defray some winter heating costs. 2016 income guidelines:

1 person monthly gross income $2758
2 people monthly gross income $3735

ALASKA MARINE HIGHWAY
www.ferryalaska.com

Discount fares are available for persons 65+ on sailings within Alaska. Senior fares are automatically calculated when booking online; they may not offer the maximum available savings when compared to other special offers.

ADULT PUBLIC ASSISTANCE
www.dhss.alaska.gov 907-874-2373, fee agent

This state program furnishes financial assistance to needy aged, blind, and disabled persons. If a person 65+ has a low retirement income, they may qualify for a monthly check in addition to the Alaska Senior Benefits listed below. They may qualify for the state to pay their Medicare Part B premiums. Contact Alaska Island Community Services and ask for a fee agent* who assists with the application process, or go to the website above to download an application.

**Note: Wrangell has no public assistance office, but there are several trained fee agents who assist with the completion and submission of applications for cash, Medicaid, and food stamp benefits. There is no charge for their help:*

*Stephanie Cook * Rachel Harris * Jessica Whittaker*

ALASKA SENIOR BENEFITS PROGRAM
www.seniorbenefits.alaska.gov 888-352-4150

People 65+ with a low to moderate income may receive monthly payments of $125 to $250, the amount tied to Alaska Federal Poverty Guidelines for income only. Assets are not considered. As of 3/1/2015, the gross annual income limit was $14,720 for a single person and $19,920 for a couple. Go to the website above or call to start the application process.

ELDERLY EMERGENCY ASSISTANCE PROGRAM
Tlingit & Haida Central Council
www.cchita.org/services/elderly/hss/index.html
800 344-1432, ext. 7131 or 7168
Wrangell office 874-3482

Provides emergency financial assistance to tribal citizens 65 years of age and older who have urgent personal needs due to disastrous events such as fire, death, illness or an extenuating circumstance such as utility shut-off notices, emergency medical need, or burial expenses.

FOOD STAMPS
www.dhss.alaska.gov 907 874-2373, fee agent

The amount a household receives each month depends on its countable income. Food Stamps are used to buy food products from authorized stores, using an Alaska Quest card. Effective through 9/30/16 the monthly gross income limit is $1595 for one person, $2158 for two in the household. Apply through the fee agent at Alaska Island Community Services or download an application.

GENERAL RELIEF FOR ASSISTED LIVING CARE
dhss.alaska.gov

This program pays for short-term assisted living placement of a vulnerable adult. It requires an application by a social worker or care coordinator.

HUNTING AND FISHING LICENSE EXEMPTION

Alaska Department of Fish and Game 907 465-2376
www.adfg.alaska.gov/index.cfm?adfg=license.seniors

Alaska residents who are 60 years of age or older and meet the Department of Fish and Game's residency definition are eligible for a senior identification card in order to hunt, sport fish, or trap for free. Also, you are not required to purchase a king salmon stamp to fish for king salmon or an Alaska state conservation stamp to hunt waterfowl.

LIFELINE PHONES

Lifeline is a government benefit program that enables qualified low-income consumers to receive discounted service on either a wireless or landline phone. Both GCI and Alaska Power and Telephone (APT) offer Lifeline services. Go to their offices in downtown Wrangell to apply.

LOCAL DISCOUNTS

Ask if your store offers a senior discount on purchases. Some start at age 60, others at 65.

MEDICAID

There are two levels of Medicaid eligibility and service to cover most medical and prescription costs.

I. *Low-income seniors 65+ with assets below $2,000 (one person) or $3,000 (couple), excluding one house, a vehicle, and burial fund may qualify for Medicaid benefits.* Contact a fee agent at 874-2373 to start the application.

2. *People who meet the level of care for nursing home admission may qualify for Medicaid to cover their long-term care costs once they have spent down available resources ($2,199 for an individual, $119,220 allowed for an at-home spouse). Monthly income above the eligibility limit may be*

paid into a Miller Trust account to establish eligibility. Work with a social worker at Alaska Island Community Services (874-3375) or Wrangell Medical Center (874-7000) to start an application.

MOTOR VEHICLE REGISTRATION AND TAX EXEMPTION
Division of Motor Vehicles 907 874-3304

If you are an Alaskan resident 65+. you may register one noncommercial motor vehicle once every two years without paying the state registration fee and motor vehicle tax. The office is located upstairs in the Public Safety Building.

SENIOR PROPERTY TAX EXEMPTION
Wrangell City Hall 907 874-2381

Citizens 65+ or qualified surviving spouse 60+ is allowed a $150,000 exemption on payment of property tax on their primary residence.

SOCIAL SECURITY
www.ssa.gov 800-772-1213
Juneau office 907 586-7070

Contact one of the local resource people (listed on page 1) if you need assistance contacting Social Security for help with retirement or disability benefits.

TLINGIT & HAIDA SOCIAL SERVICES 907 874-3482

Administers financial support programs for qualified Native applicants.

⁕ HEALTH AND HOME CARE RESOURCES ⁕

ALASKA CENTER FOR THE BLIND AND VISUALLY IMPAIRED,
Rural Outreach Services
www.alaskabvi.org 902 248-7770

Staff reach out to Alaskans with sight loss across the state to provide training and low vision services in their own homes and communities. They are able to provide up to $100 in recommended devices such as magnifiers, sunglasses, etc. at no cost.

ALASKA DIABETES PREVENTION AND CONTROL PROGRAM
www.dhss.alaska.gov/dph/Chronic/Pages/Diabetes/default.aspx

Provides education and information to the public and links to diabetes resources.

ALASKA ISLAND COMMUNITY SERVICES (AICS)
Website: www.akics.org 907 874-2373

I. DENTAL CLINIC 907 874-3731
AICS maintains a full service dental practice located at the corner of Front and McKinnon Streets, downtown. They accept and bill Medicaid and third party insurance. There is a sliding fee scale in place for private pay coverage of many services.

II. CARE COORDINATION 907 874-3375
Alaska Island Community Services Senior and Disability Services Office

Care Coordinators make regular phone and home visit contact with clients and their families to arrange and oversee services to help a frail person safely remain as independent as possible. Funding for care coordination is covered by a Medicaid CHOICE (Home and Community-Based) Waiver, through grant funding, or by private pay.

III. CHOICE MEDICAID WAIVER 907 874-3375
Alaska Island Community Services Senior and Disability Services Office

The state of Alaska recognizes that providing specialized home and community supports to people with high levels of care need allows them to remain at home and avoid the high cost of institutional long term care. Once determined by a state nurse to meet medical eligibility, a plan of care is developed that may include special equipment, home modifications, and care services. Ongoing care coordination is an important part of each plan.

IV. AICS MEDICAL CLINIC 907 874-4700

The AICS Tideline Clinic is a federally-recognized Community Health Center, with physicians and nurse practitioners on staff. The clinic is open Monday-Friday with some extended evening hours during the week. AICS providers make home visits when necessary. There is a sliding fee schedule in place for clinic visits, as well as billing for Medicare, Medicaid, and third party insurances.

V. SENIOR IN-HOME PROGRAM 907 874-3375
Alaska Island Community Services Senior and Disability Services Office

AICS administers a grant-funded program that provides some chore and respite care hours to help qualifying seniors in their homes, at no charge.

ALASKA MENTAL HEALTH TRUST AUTHORITY 877 266-4357

24-hour Hotline for suicide prevention. The agency shares resource information on behavioral health issues.

ALZHEIMER'S DISEASE RESOURCE AGENCY
www.alzalaska.org

Offers a variety of supports for those coping with Alzheimer's Disease or related dementias, including training, online resources, support groups, and grant programs.

ASSISTED LIVING

The goal of an assisted living home is to provide residents with assistance with the activities of daily living, in a homelike environment. An assisted living home is not a medical or nursing facility. Homes are licensed and monitored by the state Department of Health and Social Services to ensure that they are clean, safe, and sanitary, with acceptable meals and activities.

Costs of assisted living care are paid either privately by a resident or with state assistance through the General Relief Assisted Living Program or a Medicaid CHOICE Waiver. Aside from $200/month for personal needs, a resident's remaining income goes towards their cost of care.

Wrangell and Petersburg each have one state-licensed assisted living home:

I. BJORGE HOUSE 907 874-2766 (Wrangell)
Charlotte Robinson-Neff, Administrator

II. MOUNTAIN VIEW ASSISTED LIVING 907 772-2445 (Petersburg)

ALASKA PIONEER HOMES

www.dhss.alaska.gov/daph 907 465-4416

Located in Anchorage, Fairbanks, Juneau, Ketchikan, Palmer, and Sitka, these facilities for Alaskans (65+ with minimum one year of in-state residency) offer several levels of care, from mild assisted living to nursing home care. Many current applicants experience Alzheimer's disease or related dementias. The cost is covered by private pay, Medicaid waivers, or by a state program that subsidizes payments.

ALASKA STATE SENIOR AND DISABILITIES SERVICES

www.dhss.alaska.gov/dsds/Pages/default.aspx

Website with links to state programs and services for seniors and disabled.

CONSUMER DIRECT
www.consumerdirectak.com 907 220-9461

Provides personal care attendant (PCA) services to help a client with daily living activities such as bathing, toileting, dressing, transfers, and eating. They also help with instrumental activities such as errands, light housework, and laundry. Most PCA services are provided through Medicaid payment, with a state nurse visiting the home to assess the need and determine hours. Some PCA clients pay privately for their services. Most PCAs are hired, trained, and supervised by their clients and paid through the agency.

DEATH, DYING, AND BEREAVEMENT

Ketchikan Mortuary serves Wrangell through its representative, Beth Comstock, available at 907 305-0076.

Free copies of the Hospice of Wrangell booklet, "Wrangell Community Final Arrangements & End of Life Information" are available in the lobby of Wrangell Medical Center, providing comprehensive information about end of life planning.

HEALTHY ALASKANS INFORMATION LINE 800 478-2221

For information on health and human services available in Alaska, Monday-Friday, 8 am-9 pm.

Financial assistance
Family support services
Counseling
Emergency/crisis intervention
Substance abuse services
Speech and hearing
Health screening/diagnostic services
Health education
Health care referrals
Specialty medicine

Outpatient care facilities
Alternative health care
Medical equipment/supplies

HOSPICE OF WRANGELL 874-4340 or 305-0007

Trained volunteers are available to support seriously ill and terminally ill people and their loved ones with a variety of practical, non-medical services.

LOAN CLOSET
Call 874-7000 (the front desk at Wrangell Medical Center) during business hours to be given the name and number of a contact person.

Hospice of Wrangell maintains a variety of durable medical equipment items available at no charge for use by anyone in the community. Items include wheelchairs, commode and bath chairs, toilet seat raisers, walkers, crutches, hospital beds, and some speciality items. Volunteers will arrange delivery.

SENIOR INFORMATION & CAREGIVER RESOURCE CENTER
Toll-free 866 746-6177 or Juneau 907 463-6177

In 2000, through the National Family Caregiver Support Program, services became available to provide information, assistance, support, respite and supplemental services for family caregivers. This program recognizes the value of family caregivers and the reality that they carry the bulk of the load for long term care in our country. The services provided are managed through the Southeast Senior Services office in Juneau.

SOUTHEAST ALASKA INDEPENDENT LIVING (SAIL)
www.sailinc.org 800 478-7245

SAIL is a designated Aging and Disability Resource Center (ADRD). With offices in several Southeast communities, this agency provides a variety of free services and information for all ages and disabilities to help people to live more independently. Representatives make periodic visits to Wrangell for information and referral and provision of ongoing support. Some funds are available for environmental modifications to homes and other services.

WRANGELL HEALTH CENTER 907 874-3615

Located downtown in the Kadin Building on Front Street, a state-funded public health nurse is available for a variety of services, including immunizations. Medicare covers the costs of influenza and pneumonia vaccines; there is a sliding fee scale to reduce costs of other services. Senior home visits can be arranged when necessary.

WRANGELL MEDICAL CENTER
www.wrangellmedicalcenter.org 907 874-7000

Wrangell Medical Center is a 22-bed critical access hospital including 14 Long Term Care (LTC) beds and 4 acute care beds. The remaining 8 beds are 'swing beds' that can be used as needed, primarily for skilled rehabilitation services.

I. Bingo: A long-time Wrangell tradition, held every Tuesday and Saturday at 2 pm in the day room, for LTC residents and visitors.

II. DIetary Counseling: By appointment and with a physician's referral. See under "Nutrition"

III. End of Life Care: WMC makes every effort to put terminally ill patients and residents in a private room, providing palliative care for relief of pain and supports for loved ones.

IV. Health Fair: This large community event provides low-cost blood screenings and other services for participants, with a variety of local and

regional agencies setting up educational displays on the first Saturday of April.

V. Long Term Care Unit: People who need 24-hour nursing care may qualify for admission to move into the unit for permanent or temporary stays. Each
resident has an individualized plan of care to address their dietary, social, nursing, and therapy needs. Physician visits are monthly or more if needed

VI. Oxygen and other medical supplies: The hospital will refill oxygen bottles. Some medical supplies, but no durable medical equipment, may be purchased.

VII. Rehabilitation Services: WMC employs physical, occupational, and speech therapists available for inpatient or outpatient treatment. A doctor's referral is required.

VIII. Skilled Care: For recovery from a serious illness, stroke, surgery, orthopedic injury, or other cause, there is a period of rehabilitation to regain a prior level of function. WMC provides nursing and rehabilitation services, with physician visits weekly or more if needed. Medicare covers up to 100 days of skilled care if criteria are met.

WRANGELL SENIOR CENTER
George Joseph, Site Manager 907 874-2066

I.. Qualifying Native seniors can receive chore service hours in a program administered here.

II. A handicapped accessible van provides rides for seniors 65+ on weekdays, 9 am-3 pm, with a donation of $1 per ride.

WRANGELL VOLUNTEER FIRE DEPARTMENT 907 874-3223

WFDV volunteers will help transport a frail person in or out of their home, or pick someone up if they have fallen to the floor.

⁕ HOUSING ASSISTANCE ⁕

ALASKA COMMUNITY DEVELOPMENT CORPORATION
www.acdc.org 800 478-8080

Alaska CDC is a non-profit corporation dedicated to improving the lives of Alaskans by working with communities, individuals, and other organizations to improve housing and conserve energy, and to further economic development throughout the state.

I. Weatherization Assistance Program

Provides work to increase a home's energy efficiency. Eligibility is determined by the resident's income and family size.

II. Housing Accessibility Improvement Program (HAIP)

Funds for modifications or improved accessibility for people 55+ who need them in their owned or rented housing.

III. Home Opportunity Program

Financial help for first-time home buyers.

ALASKA HOUSING FINANCE CORPORATION
Greg Wood, www.ahfc.us 907 874-3018 or 800 478-2432

Several apartments in Wrangell's state housing complex are safe and affordable handicapped-accessible units for low-income applicants. The Wrangell office also works with Section 8 vouchers, subsidizing costs of rent in community living units.

Senior and Accessible Housing projects are available in Anchorage, Cordova, Fairbanks, Juneau, Ketchikan, Seward, Sitka, and Wasilla for low-income Alaskans 62+ or with disabilities.

ALASKA STATE VETERANS HOME PALMER
www. dhss.alaska.gov/daph 907 745-4241

Part of the Alaska Pioneer Home network, this home is open only to veterans 65+ who have lived in Alaska at least one year.

ASSISTED LIVING and ALASKA PIONEER HOME
See in Health and Home Care Resources Section

SALVATION ARMY 874-3753

Administers some funds for emergency housing and payment of expenses to keep someone in existing housing.

TLINGIT & HAIDA HOUSING AUTHORITY
www.regionalhousingauthority.org

Download an application for rental housing or subsidized purchase of homes in Wrangell's project.

WRANGELL SENIOR APARTMENTS
Gail Rilatos, Manager 907 874-3944

The facility on Bennett Street has 23 one-bedroom units for adult disabled or senior residents, with rent based on income. There are some informal activities but residents are otherwise independent.

⁕ MEDICAL COST RESOURCES ⁕

The following resources may help when a person has travel costs related to a serious medical condition. Hospital social workers and clinic care coordinators can assist with accessing these.

ANGEL FLIGHT
Contact the AICS Clinic 874-4700 OR Wrangell Medical Center 874-7000.

Provides free airfare to medical care when there are no other payment sources.

CANCER CONNECTION
www.cancerconnectionak.org 866-376-2273

Based in Juneau, this program serves Southeast Alaska residents going through cancer treatment with reimbursement of expenses and an apartment in Seattle near medical centers.

FIRST CITY COUNCIL ON CANCER
www.firstcitycounciloncancer.org 907 228-8140

This Ketchikan program initially reimburses up to $2,000 of travel, lodging, and uncovered medical bills, with the ability to provide more help every 6 months for up to 3 years.

MEDICARE INFORMATION OFFICE
www.dhss.alaska.gov/dsds/Pages/contact.aspx 800-478-6065

Provides one-on-one counseling to Medicare beneficiaries and their families, to better understand and utilize their Medicare benefits.

WRANGELL MEDICAL CENTER FOUNDATION
www.wrangellmedicalcenter.org 907 874-7000

Reimburses up to $1000 per year for travel costs related to cancer when receipts for airfare, lodging, rental car, taxis, etc. are submitted.

⁜ LEGAL AND EMPLOYMENT RESOURCES ⁜

ABSENTEE BALLOTS
City Clerk 907 874-2381

Contact the city clerk to obtain an absentee ballot in advance of any election. She can schedule a home visit to assist homebound people needing help to read or mark their ballot.

ADVANCE DIRECTIVES

*A **Living Will** tells medical providers and loved ones your wishes in the event you are unable to speak for yourself.*

*A **Durable Power of Attorney for Health Care** names the person you want to speak and act on your behalf if you are incapacitated.*

Printed forms are available at the Health Information Management (HIM) office in the lower level of Wrangell Medical Center OR
Forms may be downloaded at
www.alaskalawhelp.org/resource/alaska-advance-health-care-directive.

Local social workers and Hospice volunteers can help you understand and complete these documents.

Filing a copy of the forms with the HIM office at the hospital ensures they are readily accessible in the event of a medical crisis

ALASKA COMMISSION ON AGING
www.dhss.alaska.gov/acoa/Pages/default.aspx

The Alaska Commission on Aging (ACoA) advocates for state policy, public and private partnerships, state/federal projects and citizen involvement that assists each of us to age successfully in our homes, in our communities or as near as possible to our communities and families.

ALASKA DIVISION OF MOTOR VEHICLES
http://doa.alaska.gov/dmv/reg/senior.htm

Information for Seniors
Driver's licenses are renewed every five years (mail-in every other cycle). Vision test required at in-person renewal. Minimum 20/40 in one eye for unrestricted license, 20/40 to 20/100 needs report from an eye specialist. Bioptic lenses may be used under certain conditions.

No renewal by mail for drivers age 69+ and to those whose prior renewal was by mail. At age 60, a free identification card is issued. A 66-year-old may register one vehicle for free.

ALASKA JOB CENTER NETWORK
www.jobs. alaska.gov

Website of job listings and resources for job seekers.

ALASKA LAW HELP
www.alaskalawhelp.org

This website offers extensive information to Alaskans on a variety of legal issues, including those of particular interest to seniors.

ALASKA LEGAL SERVICES
www.alsc-law.org

This private, nonprofit corporation provides free legal assistance and representation to seniors and low-income Alaskans in civil (non-criminal) matters.

Juneau Law Office	800 789-6426
Ketchikan Law Office	907 225-6420

Alaskans 60+ are generally provided assistance without regard to income, although a priority is placed on helping seniors in social or economic need.

ALASKA STATE HUMAN RIGHTS COMMISSION
www.gov.state.ak.us/aschr/ 800-478-4692

Staff members investigate discrimination complaints and help resolve disputes in these areas:

Employment
Places of Public Accommodation
Sale or Rental of Real Property
Financing and Credit
Practices by the State or its Political Subdivisions

ALASKA STATE OMBUDSMAN
www.ombud.alaska.gov 800 478-2624

This office investigates complaints against state government agencies and employees. They are neutral and non-partisan, taking no sides in a dispute. If a problem is found, the Ombudsman may recommend a solution.

DISABILITY LAW CENTER OF ALASKA
www.dlcak.org 800-478-1234

An independent, non-profit law firm providing free legal services to protect the legal, civil, and human rights of persons with disabilities.

FAMILY GUARDIAN PROGRAM
http://courts.alaska.gov/shc/guardian-conservator/index.htm

This state program provides information and support to private individuals who are, or who are considering becoming, a guardian or conservator for a family member or friend. There are links to training materials, including a video, from this site.

Guardianship and conservatorship are legal arrangements in which a petition is filed in the court alleging a person's inability to make decisions about their housing, medical care, legal issues, or financial matters. The court calls an independent 'court visitor' to investigate, then holds a hearing to hear evidence regarding the person's capacities.

LEGISLATIVE INFORMATION OFFICE
www.wrangellakleg.gov 907 874-3013
Sarah Whittlesey-Merritt

Many helpful services are provided in this Wrangell office:

Track State legislation for you
Help you testify at hearings
Send public opinion messages to your legislator
File your Permanent Fund Dividend Application
Certify your birth certificate or passport for the PFD office
Notarize State documents
Navigate State government issues

LONG TERM CARE OMBUDSMAN
www.akoltco.org 800 730-6393

This office identifies, investigates, and resolves complaints for people in institutional settings such as nursing homes. They make occasional spot checks on facilities around the state.

MATURE ALASKANS SEEKING SKILLS TRAINING (MASST)
www.labor.state.ak.us/masst/ 907 465-4872

This program places adults 55+ into community service positions, with job training to help them become self-sufficient, provide support to the community
service organizations in which they work, and thereby strengthen the communities.

VOCATIONAL REHABILITATION EMPLOYMENT ASSISTANCE
800 478-2726

This state agency helps Alaskans who have trouble getting or keeping a job because of a mental or physical problem. Clients receive evaluation, training, and necessary supports to obtain and maintain employment.

⁂ MISCELLANEOUS ⁂

AARP ALASKA
www.states.aarp.org

Organization working to enhance the quality of life for those 50+.

ALASKA 2-1-1
www.alaska211.org 800-478-2221

Call M-F for a one-stop resource to connect with a wide variety of vital resources in your community including emergency food and shelter, disability services, counseling, senior services, healthcare, child care, drug and alcohol programs, legal assistance, transportation needs, educational opportunities, and much more.

ALASKA OFFICE OF VETERANS AFFAIRS
www.veterans.alaska.gov

Links to a variety of veterans support services and agencies.
VETERANS CRISIS LINE 800 273-8255, press 1

IRENE INGLE LIBRARY 907 874-3535

Wrangell's library offers large print books and audio books for 2-week checkout. Staff can assist with use of their computers, can help you download ebooks onto your Nook/Kindle/iPad, and can refer you to talking books programs.

OLDER PERSONS ACTION GROUP (OPAG)
www.seniorvoicealaska.com 800-478-1059 Senior Information Line

OPAG is a nonprofit membership organization dedicated to improving services, developing programs, educating, promoting and implementing changes to help Alaska seniors live healthy, productive lives. The group publishes the monthly Senior Voice newsletter and a statewide senior resource directory.

ORGAN DONATIONS 907 874-7124

Contact Wrangell Medical Center Health Information Management office for information pamphlets or laminated organ donor cards. You can also obtain an 'organ donor' sticker for your driver's license/ID card.

WHITE HOUSE GREETINGS OFFICE
www.whitehouse.gov

Arrange for a greeting for birthdays, civilian 80+ or veterans 70+, anniversaries 50+ years, or retirement.

WRANGELL PARKS AND RECREATION
www.wrangell.com/recreation 907 874-2444

Exercise is important for health and mobility! Ongoing pool programs include an Arthritis Aquatics class MWF 9 am and Water Aerobics MWF 10 am. Call for information about available exercise activities, many of them tailored for seniors. The cost is $3/admission for those 65+, $5 for others (save by purchasing a long-term pass.) Some classes cost more.

⁂ NUTRITION ⁂

COMMODITIES PROGRAMS
www.fns.usda.gov
Seventh Day Adventist Church 907 874-3039 and leave a message

Eligibility is for those 60+, low income, resources not counted. Once a month, usually the third Wednesday from 10-5, a 30# prepared box of packaged food items (beans, rice, cereals, juice, etc.) is given to each participant at the Seventh-Day Adventist Church. Distribution is concurrent with the federal commodities program, which distributes surplus food items each month to people under 60.

DIETARY COUNSELING: 907 874-7159
Wrangell Medical Center

Registered dietician Karen Van Hoose visits quarterly and is available for private consultations regarding eating and dietary challenges. Ask your physician for a referral.

SALVATION ARMY FOOD BANK 907 874-3753

The Salvation Army distributes food boxes and emergency assistance. Call for the current schedule of Food Bank hours.

SENIOR NUTRITION PROGRAM
Wrangell Senior Center 907 874-2066

A balanced hot meal is served at noon each weekday at the Wrangell Senior Center, located at the corner of McKinnon and Church Streets. The suggested donation is $3 per meal for seniors 60+ and $8 for others. There is no charge for delivery of meals to those unable to leave their homes.

Call the Senior Center by 10:00 am on meal days to reserve a meal. Extra meals may be arranged when available for reheating on non-meal days.

⁂ SUBSTANCE TREATMENT ⁂

Because seniors experience many health changes and may be taking multiple medications, they need to be aware of the potentially enhanced effects of combining their medications with other drugs or alcohol.

ALASKA ISLAND COMMUNITY SERVICES
www.akics.org 907 764-2373

Offers substance abuse evaluations, outpatient counseling, and referrals to inpatient treatment programs.

ALCOHOLICS ANONYMOUS

Look each week on page 2 of the Wrangell Sentinel under 'Continuing Meetings' for an up-to-date listing of meetings in the community.

www.aa-intergroup.org
Find online AA meetings, chat rooms, and forums through this site.

QUIT LINE
800 QUIT-NOW 800 784-8669
www.alaskaquitlline.com

Available 24-7, free, confidential coaching and support services to stop smoking or chewing tobacco, including free nicotine replacement therapy for those eligible.

Hospice of Wrangell
PO Box 894
Wrangell, Alaska 99929