



Wrangell Artist Brenda Schwartz-Yeager

**WRANGELL
SENIOR
RESOURCE
DIRECTORY**

2022 Edition

Directory created by:

Hospice of Wrangell
"Harriet's Helpers"

PO Box 894

Wrangell, Alaska 99929



Hospice booklets online at
www.hospiceofwrangellweebly.com:

2022 Wrangell Senior Resource Directory
Wrangell Final Arrangements and End of Life Information

We gratefully acknowledge the donation of our cover artwork from

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www.marineartist.com

For any corrections or comments regarding this directory,
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EMERGENCY and SAFETY

911 to reach Ambulance
 Police
 Fire Department
 Search and Rescue

24-Hour CRISIS LINES

907 272-0100 AWAIC, Anchorage Women's Crisis Line

877 266-4357 Careline Alaska, Alaska Suicide Prevention

800 273-8255 National Suicide Prevention Line, also
 Lifeline Chat suicidepreventionlifeline.org/chat/

800 222-1222 Poison Control national line

877 294-0074 SEARHC Helpline

800 613-1560 SEARHC Nurse Advice Line

800 273-8255, ext 1 Veteran's Crisis Line

800 478-9474 Women in Safe Homes, Ketchikan

Consider giving a spare house key or your lockbox code to the Wrangell Volunteer Fire Department (907 874-3223), particularly if you live alone and/or keep your doors locked. In an emergency, responders can get into your house to help you much more quickly. Keys are securely stored.

NIXLE ALERT SYSTEM

NIXLE alerts notify local residents via cell phone text and/or email for critical situations such as severe weather events or evacuation alerts, as well as community notices for road closures or scheduled power outages.

Register via wrangell.com, “Nixle Registration” or by texting 888777 and entering the zip code “99929”.

ADULT PROTECTIVE SERVICES
www.dhss.alaska.gov/dsds/pages.aps.

800 478-9996
907 269-3666

Where the risk of harm is serious and imminent, contact Wrangell Police at 911. Otherwise, anyone with reason to suspect abuse or neglect of a vulnerable adult should report by phone call or by online reporting form to initiate an investigation. Reporters may remain anonymous and face no liability for good-faith reports.

Medical providers, home care workers, bank employees, and others are mandatory reporters, legally required to report within 24 hours any situations in which they suspect harm.

ABANDONMENT is the desertion of a vulnerable adult by a caregiver.

ABUSE is the intentional, knowing, or reckless non-accidental, non-therapeutic infliction of pain, injury, mental or emotional distress, or fear, including coercion and intimidation, and sexual assault.

EXPLOITATION is the unjust or improper use of another person or another person’s resources for one’s own profit or advantage, with or without the person’s consent.

NEGLECT is the intentional knowing or reckless failure by a caregiver to provide essential care or services or access to essential care or services, including food, clothing, shelter, medical care, and supervision.

SELF-NEGLECT is the act or omission by a vulnerable adult that results, or could result, in the deprivation of essential services necessary to maintain minimal mental, emotional, or physical health and safety.

AWAIC CRISIS LINE

907 272-0100

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

CARELINE carelinealaska.com

877 266-4357

Alaska’s Careline provides 24-hour crisis intervention for individuals considering suicide or experiencing crisis, isolation, or depression. Careline supports survivors of suicide by providing crisis intervention, education, and referral. This is operated by the Alaska Mental Health Trust Authority. Resource information is available on behavioral health issues.

COMFORT ONE PROGRAM

search online “alaska comfort one”

Some individuals who are very frail or terminally ill may not wish to have life-saving measures such as cardiopulmonary resuscitation (CPR) performed on them if their breathing and heartbeat stop. A frank discussion with your physician may lead to completion of a Comfort One document. This is shared with emergency responders and displayed in the home to restrict them from otherwise mandatory

resuscitation. In addition, a doctor may complete a POLST form (see below), considering your wishes.

PHYSICIAN ORDERS FOR LIFE SUSTAINING TREATMENT

(POLST). search “Alaska POLST” online for information

Physicians complete this form only after a conversation with their patient or the patient’s representative. The POLST decision-making process is for patients who are at risk for a life-threatening clinical event because they have a serious life-limiting medical condition, which may include advanced frailty. POLST forms are not made available to emergency responders unless special efforts are made, so a Comfort One declaration (see above) is also advised for those at home.

HANDICAPPED PARKING PERMIT

907 874-3304

doa.alaska.gov/dmv/plates/type-disability.htm

To obtain a disability parking placard to allow parking in disabled parking areas, you must meet at least one of the following requirements, either short-term or permanently:

Cannot walk 200 feet without stopping

Cannot walk safely without using a brace, cane, crutch, another person, prosthetic device, wheelchair, or other device.

Are restricted by lung disease and/or 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.

You must obtain state Form 861, (at the DMV office or by downloading from the state website above) have it filled out by a health care professional, and then return it to the DMV office upstairs in the Public Safety Building. There is no charge. You can also apply for disability license plates for your vehicle.

MEDIC-ALERT PROGRAMS

"I've fallen and I can't get up!" Technology has developed a variety of systems to support elders in the home. Some require ongoing payments while others are a one-time purchase. Hospice of Wrangell volunteers can help you find and evaluate options to see what system is best to meet your needs.

POISON CONTROL

800 222-1222

Call this 24-hour state hotline for quick answers to your questions about poisons and mis-use of medications.

SEARHC AFTER HOURS NURSE LINE:

800 613-0560

Call the After-Hours Nurse Advice Line to reach a Registered Nurse for answers to your health questions. Callers with life-threatening symptoms should call 911 or visit the nearest emergency room.

SEARHC HELPLINE

877 294-0074

Are you feeling lost, sad, lonely, confused or need advice from a non-biased or judgment-free source? Do you need help with someone in your life for prevention or crisis resources?

This number is available 24 hours a day, seven days a week to residents of Southeast Alaska. The crisis call center is staffed with a team of master's degree level mental health therapists who will listen and provide effective, compassionate and confidential care.

WOMEN IN SAFE HOMES (WISH)

800 478-9474

wishak.org

24-hour domestic violence crisis help serving southern Southeast Alaska, including shelter services in Ketchikan; counseling, support groups, and legal assistance for those 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 a person wandering the streets. Notify police to report someone you feel may be driving unsafely.

EDUCATION

Alaska State Library. lam.alaska.gov/digitalliteracy/home

A comprehensive collection of online tutorials on computer-related topics such as how to use Facebook, Twitter, and other social media; parts of a computer and how they work; tips on keyboard shortcuts; digital photography; how to buy a computer; and much more!

IRENE INGLE LIBRARY

907 874-3535

www.wrangell.com/library/library-services

Wrangell's public library offers a variety of services: Public wireless (WiFi) / Public computers with internet access, word processing, and scanning capabilities / Access to the Alaska Digital Library, with thousands of ebooks and audiobooks available / Desktop and wireless printing Photocopier / KIC Knowledge Imaging Center / Microfilm-Microfiche reader/printer / Conference Room (Accommodates 10) / An extensive catalog of books with new releases being added regularly, in regular print and large print / Thousands of DVDs / Approx. 60 magazine and periodical titles / Hundreds of Music CDs.

Staff members can assist with use of library computers, can help you download ebooks onto your device, and can refer you to Talking Books programs.

seniorresource.com

Worth a look! An online 'e-cyclopedia' of senior options and information

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, including grandparent-grandchild travel.

FINANCIAL

SEARHC Patient Health Benefits

907 968-8662

Susan Briles

Susan assists SEARHC patients with enrollment, questions, and problems related to Medicare, particularly Medicare D prescription drug plans. No charge for this service, open to all.

Wrangell has no public assistance office, but trained fee agents assist with the submission of applications for State of Alaska public assistance benefits, free of charge. Call 907 874-5000 to start an application.

*Adult Public Assistance * Child Care * Chronic and Acute Medical Assistance (CAMA) * Denali KidCare * Family Nutrition * Food Stamps * General Relief Assistance * Heating Assistance * Medicaid * Senior Benefits * Temporary Assistance*

ALASKA ADULT PUBLIC ASSISTANCE

907 874-5000

dhss.alaska.gov

This state program furnishes cash 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 a fee agent who assists with the application process, or go to the website above to download an application. Adult Public Assistance recipients are also eligible for Medicaid.

ALASKA FOOD STAMPS / SNAP
www.dhss.alaska.gov

907 874-5000

SNAP (Supplemental Nutrition Assistance Program) is federally funded but administered by the state of Alaska. Recipients receive credit on their Alaska QUEST card to purchase eligible food products from authorized stores. 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.

ALASKA HEATING ASSISTANCE PROGRAM
dhss.alaska.gov

907 874-5000

One payment per winter season goes to heating vendors for low-income homeowners or renters to defray some home heating costs.

FY 2022 Income Guidelines

#people in the home	Monthly Gross Income
1	\$2,011
2	\$2,721
3	\$3,431
4	\$4,141
5	\$4,851
6	\$5,561

ALASKA MEDICAID

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

I. Low-income seniors 65+ or disabled adults. Contact a fee agent at 874-5000 to start the application.

II. Alaska Long Term Care Medicaid People who meet the medical 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 such as savings or extra property. Monthly income above the eligibility limit may be paid into a Qualifying Income Trust account to establish eligibility. An at-home spouse may retain a home, vehicle, some savings, and a significant monthly income.

Start an application through SAIL Program Coordinator Margaret Mimnaugh at 800 478-7245 or Wrangell Medical Center social worker Gloria Benson 907 874-7000.

ALASKA SENIOR BENEFITS PROGRAM

907 874-5000

www.seniorbenefits.alaska.gov

People 65+ with a low to moderate income may receive monthly payments of \$76 to \$250, the amount tied to Alaska Federal Poverty Guidelines for income only. Assets such as savings are not considered.

ALASKA 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.

ALASKA MARINE HIGHWAY

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.

ELDERLY EMERGENCY ASSISTANCE PROGRAM 907 874-3482
cchita.org/services/elderly/hss/index.html ext. 7131 or 7163

Grant funding through Tlingit & Haida Central council 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.

HUNTING AND FISHING SENIOR LICENSE 907 465-2376
adfg.alaska.gov/store/

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 seniors and disabled to free (may have to pay taxes and fees) cellphone service, one per household. Both GCI and Alaska Power

and Telephone (APT) offer Lifeline services. Call or go to their offices in downtown Wrangell to apply.

LOCAL DISCOUNTS

Some Wrangell stores offer a senior discount on purchases. Some Wrangell stores start at age 60, others at 65. Just ask!

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

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 907 874-2381

Apply at Wrangell City Hall. A citizen 65+ or qualified surviving spouse 60+ is allowed an exemption on annual payment of property taxes on the first \$150,000 assessed value of their primary residence.

SOCIAL SECURITY

ssa.gov

National # 800-772-1213

Juneau office 907 586-7070

Susan Briles of SEARHC is available to help with concerns.

907 966-8662

TLINGIT & HAIDA SOCIAL SERVICES

907 874-3482

Administers financial support programs for qualified tribal applicants.

HEALTH AND HOME CARE RESOURCES

SEARHC AFTER HOURS NURSE LINE:

800 613-0560

Call the After-Hours Nurse Advice Line to reach a Registered Nurse for answers to your health questions.

ALASKA 211

800 478-2221

alaska211.org or dial "211"

Call here for one-on-one help to find resources on a wide variety of health and human services available in Alaska. This United Way agency operates M-F, 8:30-5:30 closed 12-1.

ALASKA CENTER FOR THE BLIND AND VISUALLY IMPAIRED,

Rural Outreach Services

alaskabvi.org

902 248-7770

The Alaska Center for the Blind and Visually Impaired is the only vision rehabilitation and training center for blind and visually impaired people in Alaska. Staff reach out across the state to provide specialized training and low vision services in clients' own homes and

communities. They will provide up to \$100 worth of recommended devices such as magnifiers, sunglasses, etc. at no cost.

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

This state program promotes diabetes self-management education and support services, plus links to diabetes resources.

ALASKA PIONEER HOMES
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 five levels of care, from assisted living to nursing home care. Many current applicants experience Alzheimer's disease or related dementias. The monthly cost ranges depending on the level of care required. There is a long waiting list, so early application is advised.

ALASKA STATE SENIOR AND DISABILITIES SERVICES
dhss.alaska.gov/dsds/Pages/default.aspx

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

ALZHEIMER'S DISEASE RESOURCE AGENCY
alzalaska.org or 800-478-1080

907 586-6044
(Juneau office)

Compassionate staff offers training, online resources, support groups, and grant programs for those with Alzheimer's Disease or related dementias and their care providers. Mimi-grants can help pay costs of equipment or support services such as respite care.

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. Wrangell has no home at this time. Petersburg has one state- licensed assisted living home:

MOUNTAIN VIEW MANOR ASSISTED LIVING 907 772-2445
ci.petersburg.ak.us

This facility offers 8 retirement units and a 12-unit assisted living home in Petersburg, with 24-hour awake staff.

ASSISTIVE TECHNOLOGY OF ALASKA. 800 732-2852
atlaak.org

ATLA is a non-profit organization, Alaska's only comprehensive assistive technology (AT) resource center. ATLA provides demonstrations, information, and loans of devices to help Alaskans make informed decisions and select the devices that best meet their needs. They work to provide accessible and cost-effective technology

solutions to promote independent living and success. The website shows many available devices.

COMMUNITY FIRST CHOICE and MEDICAID CHOICE WAIVER

diss.alaska.gov/dsds or

907 470-9996

Mary Shilts

907 874-5000

These are state programs for those who qualify for Medicaid under Long Term Care financial limits and are assessed to meet the criteria for institutional care. Care coordinator Mary Shilts helps develop and carry out a person-centered support plan to keep clients in their own homes. Providing specialized home and community supports to people with high needs for care allows them to remain at home and avoid the high cost of institutional long term care. Once determined to meet medical and financial eligibility, a plan of care may include special equipment, home modifications, and care services. Ongoing care coordination is an important part of each plan.

CONSUMER DIRECT

907 220-9461

consumerdirectak.com

Provides personal care attendant (PCA), chore, and respite care services to help a client with daily living activities such as bathing, toileting, dressing, transfers, and eating. PCAs can also help with some 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 clients pay privately for their services. A PCA, hired by the client, may be a family member or other person who can pass a background check.

GENEVA WOODS PHARMACY
genevawoods.com

800 478-0005

Statewide business meeting a wide range of home healthcare needs including medications, medical equipment, specialty rehab, home infusion, respiratory and other services. They will set up blister packs of your medications by color and dosage time plus send weekly reminders of refills to help with medication compliance.

HOSPICE OF WRANGELL
www.hospiceofwrangellweebly.com

907 305-0007

I. HARRIET'S HELPERS A service of Hospice of Wrangell, local trained volunteers support seriously ill and terminally ill people and their loved ones with some practical, non-medical supports such as respite care, errands, and light chores.

II. LOAN CLOSET Hospice of Wrangell maintains a variety of durable medical equipment items available at no charge for temporary use by anyone in the community. Items include wheelchairs, commode and bath chairs, toilet seat raisers, walkers, crutches, hospital beds, and some speciality items. Call 907 874-7000 during business hours to be given contact information for a loan closet volunteer, or call or text 907 305-0007 or 907 305-0063 at any time.

III. DOVE TREE An annual ceremony held around December 1 offering comfort for those mourning lost loved ones during the holiday season. The Dove Tree, decorated with names of the deceased, remains up until the New Year in the Nolan Center lobby.

IV. PUBLICATIONS Periodically updated, the Wrangell Senior Resource Directory, and Wrangell Community Final Arrangements and End of Life Care booklets are free to the public.

KETCHIKAN ROESEL MORTUARY 907 225-4550
roeselmortuary.com

This full-service mortuary serving southern Southeast Alaska includes a crematorium. Prices and services are listed on their website.

NORTHLAND AUDIOLOGY 907 789-6780
northlandaudiology.com

An audiologist visits monthly from Juneau to diagnose and prescribe remedies for hearing loss. They accept Medicare, Medicaid, and most private insurances.

PRISM OPTICAL of ALASKA 800 478-5510
prismoptical.com

An optometrist travels to Wrangell to provide Medicaid-approved eye exams and glasses.

REACH 907 586-8228
reachak.org

A one-stop location for information, referrals, supports and services for children, adults, and families experiencing developmental delays or disabilities.

SEARHC is Southeast Alaska Regional Health Consortium

OUTPATIENT SERVICES

SEARHC Wrangell BEHAVIORAL HEALTH 907 874-5000

Counseling and psychiatric services are available to address mental health and substance abuse issues. Payment is by private insurance, Medicaid, private pay, and Medicare, with some sliding fee discounts.

SEARHC DENTAL CLINIC 907 874-5002

SEARHC 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. They are open 7 am to 6 pm Monday-Thursday.

SEARHC PHARMACY SERVICES 907 874-5005

The SEARHC pharmacy is located off the lobby of Wrangell Medical Clinic and is open Monday-Friday 8:30-1:00 and 2:00-5:30.

WRANGELL MEDICAL CENTER PRIMARY CARE 907 874-7000

The SEARHC Clinic is a federally-recognized Community Health Center, with physicians and nurse practitioners on staff. The clinic is open Monday-Friday . There is billing for Medicare, Medicaid, and third party insurances. Patients may apply for reduced charges on a sliding-fee scale by completing an application at the front desk.

SEARHC WRANGELL MEDICAL CENTER
AND LONG-TERM CARE

searhc.org/location/wrangell-medical-center/

907 874-7000

EMERGENCY ROOM SERVICE 24 hours a day

ACUTE CARE

Hospitalization and medical treatment for an illness or injury.

SWING BED CARE

The Swing Bed program offers care to patients who require extra time to heal or become stronger before returning home. Up to 100 days covered by other payers, private insurance, and Medicaid for treatment of illness or rehabilitation of an injury.

LONG TERM CARE

An award-winning nursing home experience for 14 residents with chronic physical or mental conditions who require medical, personal and social care on a recurring or continuing basis.

REHABILITATION SERVICES

Physical, Occupational, and Speech Therapy services for patients and residents of WMC as well as outpatients.

IMAGING SERVICES

On call 24 hours a day, providing x-rays, mammograms, ultrasounds, and CT scans.

LABORATORY SERVICES

907 874-7000

On call 24 hours a day to carry out a wide-array of tests and services.

HEALTH PROMOTION

907 874-5139

Tobacco Cessation to quit smoking

Wise Woman (ages 18-64) services reduced fee women's health care

OTHER

Primary care clinic staff can help make arrangements to obtain durable medical equipment or oxygen from other sources when needed.

End of life care and pain management are provided at WMC when ordered by a medical provider.

AGING AND DISABILITY RESOURCE CENTERS (ADRC)

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites.

ADRCs are part of a federal effort to help people more easily access the long-term services and supports available in their communities. That might include transportation, assistive technology, or in-home

The two agencies listed below are both good starting places to learn about resources to meet needs for in-home care.

Southeast Alaska's ADRC is SAIL, SE Alaska independent Living.

I. SOUTHEAST ALASKA INDEPENDENT LIVING 800 478-7245
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 provide information and referral and provision of ongoing support. They help access funds for environmental modifications to homes and services such as lifeline systems, specialized equipment, and are involved in the application process for Medicaid waivers. SAIL combines with the VA to provide financing for in-home support services to veterans through the VOICE Program. (see in 'Veterans' section)

II. SENIOR INFORMATION & CAREGIVER RESOURCE CENTER

Toll-free 866 746-6177 or Juneau 907 463-6177

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. Denise Darby provides Information, assistance, respite and chore funds, and some supplemental grants for unpaid caregivers of people 60+. The services provided are managed through the Southeast Senior Services office in Juneau.

TRAUMATIC AND ACQUIRED BRAIN INJURY

alaskabraininjury.net/ 907 274-2824

Advocacy, education, and support are provided to Alaskans 18+ diagnosed with traumatic or acquired brain injuries. Mini-grants up to \$2,500 per year pay for supplies or services not covered by other sources.

WRANGELL HEALTH CENTER

907 772-4611

Located downtown in the Kadin Building on Front Street, a state-funded public health nurse visits town monthly from Petersburg. Fee

for service is adjusted on a sliding scale based on income. No one will be denied services due to inability to pay.

Services helpful to seniors:

- Immunizations (Immunization schedule)
- School Screenings
- Sexually Transmitted Infection (STI)/Human Immunodeficiency Virus (HIV) screening
- Infectious Disease Investigation
- Health Education
- Community Assessments
- Emergency Preparedness

WRANGELL VOLUNTEER FIRE DEPARTMENT 907 874-3223
(non-emergency number)

In addition to emergency response services, WVFD volunteers will transport a frail person to the hospital, or pick someone up if they have fallen. If lucid, persons can accept or deny transport to the hospital.

HOUSING ASSISTANCE

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

Alaska CDC is a non-profit corporation administering several assistance programs to provide healthy, safe, and energy efficient housing for Alaskans. Eligibility is determined by the resident's income and family size. Of particular interest are the popular Weatherization

Program for owners and renters and the Housing Accessibility Improvement Program (HAIP) to modify or improve accessibility in homes of those 55+.

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

This is Wrangell's state housing project. Several of the apartments in Wrangell's 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.

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

SALVATION ARMY 907 874-3753

The church administers some funds for emergency housing and payment of expenses to keep someone in their existing housing.

TLINGIT & HAIDA HOUSING AUTHORITY. 907 780-6868
www.regionalhousingauthority.org

Programs available in Wrangell:

Home Ownership Assistance Program (HOAP)
Rural Loan Program
Low Income Home Energy Assistance (LIHEAP)
Financial Literacy
Income Tax Preparation
Success Starts with Me Mortgage Program

Some programs serve tribal members only.

WRANGELL SENIOR APARTMENTS

907 874-3944

The facility on Bennett Street has 23 one-bedroom units and one 2-bedroom unit for seniors 62+ or adult disabled residents, with rent based on income. There are some informal activities but residents are otherwise independent. Some residents have privately-paid help or Medicaid-provided personal care attendant services.

MEDICAL COST RESOURCES

The following resources may help when a person has unreimbursed costs related to cancer or other serious medical condition. Hospital social workers Gloria Benson and clinic care coordinators (907 874-7000) can assist with accessing these.

ANGEL FLIGHT

Provides free airfare to necessary medical care outside Wrangell when there are no other payment sources. Get a referral and make arrangements through staff at the Primary Care Clinic 874-7000.

CANCER CONNECTION

866 376-2273

cancerconnectionak.org

email admin@cancerconnectionak.org

Cancer Connection has rented a one-bedroom apartment next to the Virginia Mason and Swedish Medical Centers in Seattle. This apartment is available on a first-come basis for SE Alaska Cancer Connection clients that have qualified for their travel assistance program. Travel grants cover up to \$750 each year for cancer care travel-related expenses such as airfare, hotel or apt costs, taxis, transit, shuttles, and on an individual basis, rental cars.

FIRST CITY COUNCIL ON CANCER

firstcitycounciloncancer.org

email firstcitycouncil@gmail.com

This is a nonprofit Ketchikan organization created to help families dealing with the expenses of cancer treatment. A onetime disbursement of \$1,000.00 is available after you have completed and submitted the online application with your receipts. Subsequent assistance may be available. Receipt of application does not guarantee funding.

MEDICARE INFORMATION OFFICE

800 478-6065

dhss.alaska.gov/dsds/Pages/contact.aspx

Provides appointments for one-on-one counseling to Medicare beneficiaries and their families to better understand and utilize their Medicare benefits. The office also teaches how to spot and report Medicare errors, waste, and fraud.

WMC FOUNDATION CANCER CARE PROGRAM

wmcfoundation.com

email wrangellfoundation@gmail.com

The Wrangell Medical Center Foundation reimburses up to \$1200 per year to cover expenses related to treatment outside your community of residence. The program serves Wrangell and other small SE communities.

WRANGELL BURIAL ASSISTANCE

509 398-3779

wrangellburialassistance.com

This local group raises funds to provide financial relief and support to those responsible for the burial or cremation of loved ones.

LEGAL AND EMPLOYMENT RESOURCES

ABSENTEE BALLOTS.

elections.alaska.gov

Anyone may request a ballot by mail. You do not need a reason.

SPECIAL NEEDS BALLOTS for those who need assistance voting:

For city elections, contact city clerk Kim Lane at 907 874-2381 to provide a 'special needs ballot' for someone to take to a homebound person, assist them with their voting, and return to city hall.

For state or national elections, Sarah Whittlesey-Merritt at 907 874-3013 can provide 'special needs ballots' .

ADVANCE DIRECTIVES

The new POLST (Physician's Order on Life-Sustaining Treatment) program provides a doctor's order that is more binding than the documents below. Discussing your wishes with loved ones and your medical providers and putting things in writing increases the chance they will be clearly followed. See page 4.

A Living Will tells medical providers and loved ones your wishes for end of life care 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 advance directive forms developed by SEARHC are available for free at SEARHC Wrangell Medical Center and can also be printed off the SEARHC website, searhc.org under 'patient support/patient policies and support'. OR a state of Alaska form may be downloaded at www.alaskalawhelp.org/resource/alaska-advance-health-care-directive.

"Five Wishes" is a booklet written in simple language in which a person can name a durable power of attorney for health care and provide additional information about end of life wishes. It also serves as an advance directive.

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

Following signing by a notary public or two witnesses, file a copy of your advance directive documents with your medical providers to insure they are readily accessible in the event of a medical crisis. Give any person designated to be your durable POA a copy as well.

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. This website provides links to a number of governmental and private resources.

ALASKA DIVISION OF MOTOR VEHICLES

907 874-3304

<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.

As an Alaska resident 65 or older, you may be exempt from fees and taxes when registering a vehicle. You are entitled to register one vehicle as exempt, if it meets the following criteria:

Must be a passenger vehicle, motorhome, van, pick-up truck,
motorcycle or trailers / May not be a commercial vehicle
Must be titled in your name

ALASKA LAW HELP

www.alaskalawhelp.org

This valuable website offers extensive information to Alaskans on a variety of legal issues, including those of particular interest to seniors. Some of the many forms available for free download include:

Alaska Advance Health Care Directive / Sample Will
Revocable Transfer on Death Deed / Power of Attorney
Disposition of Remains

ALASKA LEGAL SERVICES

alsc-law.org

Juneau 800 789-6426

Ketchikan 877 525-6420

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

ALASKA STATE HUMAN RIGHTS COMMISSION

800 478-4692

www.gov.state.ak.us/aschr/

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

Employment
Sale or Rental of Real Property
Practices by the State or its Political Subdivisions

Places of Public Accommodation
Financing and Credit

ALASKA STATE OMBUDSMAN 800 478-2624
alaska.gov (search "Alaska ombudsman")

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 800 478-1234
dlcak.org

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

Social Security Disability applications. Medicaid Appeals
Disability-related employment discrimination. Access to voting

FAMILY GUARDIAN PROGRAM email Family Guardian @alaska.gov
doa.alaska.gov/opa/pg/

If a family member or friend becomes unable to manage their finances or decision-making, the court can appoint someone to have authority on their behalf. This state program provides information and

support to private individuals about becoming a guardian or conservator. There are links to training materials 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, and/or financial matters. The court calls an independent 'court visitor' to investigate, then holds a hearing to hear evidence regarding the person's capacities and the appropriate individual or agency to be appointed. There is an effort to be 'least restrictive', letting the person retain as much decision-making as they can manage while supporting them with help in other areas as needed.

LEGISLATIVE INFORMATION OFFICE

907 874-3013

akleg.gov/lios.php

Sarah Whittlesey-Merritt works to provide many helpful services in the Wrangell Legislative Information 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

Provide special needs ballots

LONG TERM CARE OMBUDSMAN

800 730-6393

akoltco.org

Federal and State law authorize the Ombudsman to identify, investigate and resolve complaints made by, or on behalf of, Alaskans 60+ in long term care facilities. State law also authorizes the Ombudsman to resolve problems relating to the “residential circumstances” of seniors who live in their own homes.

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

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

VOCATIONAL REHABILITATION 907 225-6655
labor.alaska.gov/dvr/

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. Wrangell is served by the Ketchikan office.

MISCELLANEOUS

AARP ALASKA aarp.org

Organization working to enhance the quality of life for those 50+. Members are eligible for insurance coverage, a variety of food and travel discounts, advocacy services, and employment support. Local representatives help seniors with income tax each spring.

OLDER PERSONS ACTION GROUP (OPAG)

907 276-1059

- publish the monthly Senior Voice newspaper
- publish and distribute the Directory for Older Alaskans senior resource directory
- provide information and referral services for Social Security, Medicare, Medicaid, Affordable Health Care Act and other senior issues

- SENIOR VOICE

seniorvoicealaska.com

A monthly publication, now available online, with information and articles of interest to Alaskan seniors. An annual subscription is \$30.

WHITE HOUSE GREETINGS OFFICE

Arrange for a greeting for a variety of celebratory occasions: Requests may be submitted through the "Constituent Services" function of one of the U.S. Senators or U.S. Representatives from your state

OR

Requests can be requested online at whitehouse.gov/presidential-greeting/. Allow six weeks for a response.

WRANGELL MINISTERIAL ASSOCIATION

907 874-2244

Several local congregations work together to offer pastoral support and resources to address specific unmet needs.

WRANGELL PARKS AND RECREATION
wrangellrec.com

907 874-2444

Exercise is important for health and mobility! Ongoing programs include an Arthritis Aquatics class MWF 8:30 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 extra.

NUTRITION and TRANSPORTATION

COMMODITIES PROGRAM
fns.usda.gov

907 874-3039 or 907 470- 3148

Wrangell's Commodity Supplemental Food Program. Eligibility is for those 60+, low income, resources not counted. Once a month, usually the third Wednesday from 10-1, a 30# prepared box of packaged food items (beans, rice, cereals, juice, etc.) is given to each participant at the Seventh-Day Adventist Church.

SALVATION ARMY

907 874-3753

The Salvation Army distributes free food boxes to all who apply through a community Food Bank every Tuesday 10-2. There is some emergency assistance available as well. On Wednesdays at 5 pm there is a women's group with free dinner and fellowship.

SENIOR NUTRITION & TRANSPORTATION PROGRAM

Wrangell Senior Center

907 874-2066

A balanced hot meal is served at noon each weekday by the Wrangell Senior Center, located at the corner of McKinnon and Church Streets, available at the site or delivered to the home at no extra charge. (Covid-19 restrictions have led to occasional closures of on-site meals.). The suggested donation is \$3 per meal for seniors 60+ and \$10 for others. Call the Senior Center by 9 am on meal days to reserve a meal.

Transportation for seniors 60+ is available weekdays, 8 am-3 pm by calling the handicapped-accessible Senior Van for a ride. The suggested donation is \$1 per ride. The van driver will also check mail, pick up library books, etc. on request.

SUBSTANCE TREATMENT

ALCOHOLICS ANONYMOUS / NARCOTICS ANONYMOUS

Look each week on page 2 of the Wrangell Sentinel under 'Continuing Events' for a listing of self-help meetings in Wrangell.

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

SEARHC BEHAVIORAL HEALTH
searhc.org

907 874-5000

The clinic, located at the corner of Church and St. Michael's Streets, provides substance abuse evaluations, outpatient counseling, and referrals to inpatient treatment programs.

TOBACCO QUIT LINE (800 QUIT-NOW)
alaskaquitline.com

800 784-8669
907 874-5139

Available 24-7. Free, confidential coaching and support services to stop smoking or chewing tobacco, including free nicotine replacement therapy for those eligible. Tammi Meissner serves as the local representative.

VETERANS

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

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

ALASKA OFFICE OF VETERANS AFFAIRS veterans.alaska.gov

The Alaska Office of Veterans Affairs serves as the primary advocate for Alaska's veterans and helps veterans and their families improve their lives, from helping to file claims for education, medical or other benefits to assisting them in obtaining earned military awards.

24-hour national VETERANS CRISIS LINE 800 273-8255, press 1

VOICE
(Juneau SAIL Office)

800 478-7245

Veteran Options for Independence, Choice, and Empowerment. The Veterans Administration coordinates with Southeast Alaska Independent Living (SAIL) to help VA-enrolled veterans in need of supports to remain in their homes. After assessment of the vet's level of need, recipients are granted a monthly budget amount with which they pay for the supports and services they need.

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