

2018 Edition

# Wrangell Senior Resource Directory



Hospice of Wrangell

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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/](http://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.”*

**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 and includes acts by a person who stands in a position of trust or confidence with a vulnerable adult or who knows or should know that the vulnerable adult lacks the capacity to consent, obtaining profit or advantage through undue influence, deception, fraud, intimidation, or breach of fiduciary duty.

**NEGLECT** is the intentional knowing or reckless failure by a caregiver to provide essential care or services or access to essential care or services to carry out a prescribed treatment plan necessary to maintain the physical and mental health of the vulnerable adult when the vulnerable adult is unable to provide or obtain the essential care or services or to carry out the prescribed treatment plan on the vulnerable adult’s own behalf; in this paragraph, “essential care or services” includes 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.

**UNDUE INFLUENCE** means the use by a person who stands in a position of trust or confidence of the person's role, relationship, or authority to wrongfully exploit the trust, dependency, or fear of a vulnerable adult to gain control over the decision making of the vulnerable adult, including decision making related to finances, property, residence, and health care.

**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.

**COMFORT ONE PROGRAM**

Contact your physician to discuss and get forms

When called, emergency providers respond as needed with external oxygen, transport to a hospital, and other measures. They are also required to provide CPR, and intubation if a person has stopped breathing or the heart has stopped. If a person has a severe illness or terminal condition, the side effects of resuscitation procedures can outweigh any benefits. A frank discussion with a physician may lead to completion of a Comfort One document, which is shared with emergency responders and posted in the home to allow them to provide non-invasive measures only.

**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 at least 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. Go to the website or call 874-3304 for information about a placard or disability license plates.

## 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](http://www.wishak.org)

800 478-9474

24-hour crisis line and 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](http://www.seniorresource.com)

Worth a look! An online 'e-cyclopedia' of senior options and information on a wide variety of up-to-date topics of interest.

[www.uaa.alaska.edu](http://www.uaa.alaska.edu)

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

[www.roadscholar.org](http://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, including grandparent-grandchild travel.

## \* FINANCIAL \*

*SEARHC Outreach & Enrollment Specialist in Sitka,  
Susan Briles, 907 966-8662*

*assists with the actual completion of application forms telephonically or during occasional visits to Wrangell. She has years of experience with Medicare applications, particularly Medicare D prescription drug plans. Her help is available to Wrangell residents at no charge.*

*Wrangell has no public assistance office, but there are trained fee agents who assist with the submission of applications for the following State of Alaska public assistance benefits, free of charge.*

*Christy Barrett \* Kendra McDougal 874-2373*

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

#### ALASKA ADULT PUBLIC ASSISTANCE

[www.dhss.alaska.gov](http://www.dhss.alaska.gov)

907-874-2373, fee agent

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 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. APA recipients are also eligible for Medicaid.

#### ALASKA FOOD STAMPS

[www.dhss.alaska.gov](http://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 10/1/17 the monthly gross income limit is \$1632 for one person, \$2199 for two in the household.

ALASKA HEATING ASSISTANCE PROGRAM  
[dhss.alaska.gov](http://dhss.alaska.gov)

907 874-2373, fee agent  
800 470-3058

One payment per winter season to heating vendors for low-income homeowners or renters to defray some home heating costs. 2017 income guidelines:

1 person monthly gross income \$1,682

2 people monthly gross income \$2,536

## ALASKA MEDICAID

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

1. *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. *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 (\$2,000 in resources and less than \$2,205 monthly income for an individual, \$120,900 plus a home allowed for an at-home spouse). Monthly income above the eligibility limit may be paid into a Qualifying Income Trust account to establish eligibility. Work with a fee agent or social worker at Alaska Island Community Services (874-2373) or Wrangell Medical Center (874-7000) to start an application.*

## ALASKA SENIOR BENEFITS PROGRAM

[www.seniorbenefits.alaska.gov](http://www.seniorbenefits.alaska.gov)

888-352-4150

or 907 874-2373, Fee agent

A local fee agent can assist with this application.

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. As of 4/1/2017, the gross annual income limit to receive some benefit was \$26,355 for a single person and \$35,508 for a couple.

## ALASKA GENERAL RELIEF FOR ASSISTED LIVING CARE

[dhss.alaska.gov](http://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

[www.ferryalaska.com](http://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.

## ELDERLY EMERGENCY ASSISTANCE PROGRAM

Tlingit & Haida Central Council

[www.cchita.org/services/elderly/hss/index.html](http://www.cchita.org/services/elderly/hss/index.html) Wrangell office 874-3482  
800 344-1432, ext. 7131 or 7168

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 LICENSE EXEMPTION

Alaska Department of Fish and Game

907 465-2376

[www.adfg.alaska.gov/index.cfm?adfg=license.seniors](http://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 Wrangell stores start at age 60, others at 65.

## 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

A citizen 65+ or qualified surviving spouse 60+ is allowed a \$150,000 exemption on payment of property tax on their primary residence, based on an annual application.

## SOCIAL SECURITY

[www.ssa.gov](http://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 \*

### AGING AND DISABILITY RESOURCE CENTERS (ADRC)

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 care.

Southeast Alaska's ADRC is SAIL Inc. (Southeast Alaska Independent Living). *See SAIL information below in this section.*

ALASKA 211  
[alaska211.org](http://alaska211.org)

800 478-2221

A United Way agency providing one-stop information Monday-Friday, 8:30-5 on a wide variety of health and human services available in Alaska.

*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*

*and much more*

### ALASKA CENTER FOR THE BLIND AND VISUALLY IMPAIRED,

Rural Outreach Services

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

902 248-7770

Staff reach out to Alaskans with sight loss across the state to provide specialized 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](http://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](http://www.akics.org)

907 874-2373

AICS is part of SouthEast Alaska Health Consortium (SEARHC)

### 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. SEARHC also serves Indian Health Services beneficiaries.

### 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. 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.

### III. PHARMACY SERVICES

907 874-5005

Located at 333 Church Street in the lower level of the building, the pharmacy is open Monday-Friday 8:30-1:00 and 2:00-5:30.

### IV. AICS MEDICAL CLINIC

907 874-4700

The AICS 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. SEARHC also serves Indian Health Services beneficiaries.

V. SENIOR IN-HOME PROGRAM 907 874-2373  
Alaska Island Community Services Senior and Disability Services Office

AICS administers a small grant-funded program that provides some chore and respite care hours to help qualifying seniors in their homes, at no charge. There is a screening process for eligibility.

VI. BEHAVIORAL HEALTH SERVICES 907 874-2373

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

ALASKA MENTAL HEALTH TRUST AUTHORITY 877 266-4357

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

ALASKA PIONEER HOMES 907 465-4416  
[www.dhss.alaska.gov/daph](http://www.dhss.alaska.gov/daph)

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 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. Due to long waiting lists, potential residents are urged to apply upon turning 65.

ALASKA STATE SENIOR AND DISABILITIES SERVICES  
[www.dhss.alaska.gov/dsds/Pages/default.aspx](http://www.dhss.alaska.gov/dsds/Pages/default.aspx)

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

ALZHEIMER'S DISEASE RESOURCE AGENCY  
[www.alzalaska.org](http://www.alzalaska.org)

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

## 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. HARBOR HOUSE ASSISTED LIVING CENTER AND SENIOR HOUSING 907 874-4580  
[www.harborhousealc.wixsite.com](http://www.harborhousealc.wixsite.com), also on Facebook

This Wrangell facility offers both assisted living and senior living with room/board/chore service. There is 24-hour help on-site.

II. MOUNTAIN VIEW MANOR ASSISTED LIVING  
[www.ci.petersburg.ak.us](http://www.ci.petersburg.ak.us)

907 772-2445

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

#### CONSUMER DIRECT

[www.consumerdirectak.com](http://www.consumerdirectak.com)

907 220-9461 (Ketchikan Office)

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. Consumer Direct also provides chore and respite services.

#### DEATH, DYING, AND BEREAVEMENT

Ketchikan Mortuary, 907 225-4550, 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 and available services in Wrangell.

#### HOSPICE OF WRANGELL

907 305-0007

Local trained volunteers support seriously ill and terminally ill people and their loved ones with a variety of practical, non-medical supports services, including respite care, equipment to loan, and this Resource Directory.

ISLAND CARE SERVICES  
www.islandcareservices.com

907 254-2904

A care coordinator from Prince of Wales Island is available for care coordination services in Wrangell.

#### 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 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. Volunteers will help arrange delivery.

#### SENIOR INFORMATION & CAREGIVER RESOURCE CENTER

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

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. They offer a monthly caregiver support teleconference.

#### SOUTHEAST ALASKA INDEPENDENT LIVING (SAIL)

[www.sailinc.org](http://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.

## TRAUMATIC AND ACQUIRED BRAIN INJURY

<http://www.alaskabraininjury.net/>

Grants are available on a statewide basis to Alaskans diagnosed with traumatic or acquired brain injuries. The maximum benefit per individual is \$2,500 and pays for supplies or services that are not covered by other sources.

### WRANGELL HEALTH CENTER

907 874-3615

Located downtown in the Kadin Building on Front Street, a state-funded public health nurse visits town as needed for a variety of prevention, education, and protection services, including TB testing. If a person is uninsured and in need of medical care, the nurse can help link to available resources.

### WRANGELL MEDICAL CENTER

[www.wrangellmedicalcenter.org](http://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. 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 often if needed.

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

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

IV. 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 costs for up to 100 days of skilled care if criteria are met.

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

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

VII. 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.

VIII. 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.

## WRANGELL SENIOR CENTER

907 874-2066

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

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

*III. Information on the senior meal program is found in the Nutrition section.*

In addition to emergency response services, WFDV volunteers will help transport a frail person in or out of their home or from the airport or ferry, or pick someone up if they have fallen to the floor.

## \* HOUSING ASSISTANCE \*

### ALASKA COMMUNITY DEVELOPMENT CORPORATION

[www.alaskacdc.org](http://www.alaskacdc.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](http://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](http://www.dhss.alaska.gov/daph)

907 745-4241

Part of the Alaska Pioneer Home network, this home is open 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](http://www.regionalhousingauthority.org)

907 780-6868

This program has a downloadable application for rental housing or subsidized purchase of homes in Wrangell's project, plus support with a variety of other weatherization and subsidized housing programs for those eligible for T-H services.

**WRANGELL SENIOR APARTMENTS**

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](http://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](http://www.firstcitycounciloncancer.org)

907 228-8140

This Ketchikan program initially reimburses up to \$2,000 of travel, lodging, medication, and equipment, 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](http://www.dhss.alaska.gov/dsds/Pages/contact.aspx)

800-478-6065

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  
[www.wrangellmedicalcenter.org](http://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](http://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. Copies are available through Wrangell Medical Center.*

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

*Following signing by a notary public or two witnesses, filing a copy of your advance directive documents with the HIM (medical records) office at the hospital ensures they are readily accessible in the event of a medical crisis. Ensure that any designated durable POA has a copy as well.*

## ALASKA COMMISSION ON AGING

[www.dhss.alaska.gov/acoa/Pages/default.aspx](http://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

<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. Biotopic 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 your name

## ALASKA JOB CENTER NETWORK

[www.jobs.alaska.gov](http://www.jobs.alaska.gov)

Website of job listings and resources for job seekers.

ALASKA LAW HELP  
[www.alaskalawhelp.org](http://www.alaskalawhelp.org)

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

ALASKA LEGAL SERVICES  
[www.alsc-law.org](http://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/](http://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.alaska.gov](http://www.alaska.gov) (search “ombudsman”) 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](http://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. They help with Social Security Disability appeals and many other matters.

#### FAMILY GUARDIAN PROGRAM

<http://courts.alaska.gov> (search "family guardian")

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.akleg.gov](http://www.akleg.gov)

907 874-3013

Sarah Whittlesey-Merritt

Many helpful services are provided 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*

LONG TERM CARE OMBUDSMAN  
[www.akoltco.org](http://www.akoltco.org)

800 730-6393

This office advocates for the rights, dignity, and welfare of older Alaskans. Staff 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/](http://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](http://www.states.aarp.org)

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

ALASKA OFFICE OF VETERANS AFFAIRS  
[www.veterans.alaska.gov](http://www.veterans.alaska.gov)

Links to a variety of veterans support services and agencies.

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

IRENE INGLE LIBRARY      907 874-3535

Wrangell's library offers regular and 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)      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 in print and online 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](http://www.whitehouse.gov)

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

WRANGELL MINISTERIAL ASSOCIATION

907 874-2244

A variety of pastoral supports can be requested through local churches.

WRANGELL PARKS AND RECREATION

[www.wrangellrec.com](http://www.wrangellrec.com)

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](http://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](http://www.akics.org)

907 874-2373

AICS is part of Southeast Alaska Regional Health Consortium (SEARHC)

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 Events' for a listing of self-help meetings in the community.

[www.aa-intergroup.org](http://www.aa-intergroup.org)

Find online AA meetings, chat rooms, and forums through this site.

QUIT LINE

800 QUIT-NOW

800 784-8669

[www.alaskaquitline.com](http://www.alaskaquitline.com)

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, SEARHC Health Educator, 874-2716, can help link people to tobacco cessation resources.



*Hospice of Wrangell "Harriet's Helpers"*

*PO Box 894 Wrangell, Alaska 99929*

For any corrections or comments about this directory,  
please contact Alice Rooney,  
[rooney@aptalaska.net](mailto:rooney@aptalaska.net), 907 305-0007

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