

Alaskan Seniors Living Longer Growing Stronger

from the Alaska Commission on Aging



Bill Walker
Governor



Valerie Davidson
Commissioner

Summer/Fall 2016

Advocating for the priorities of Alaska's seniors with the Alaska Commission on Aging

The dust has finally settled from legislative session, with important budget items and pieces of legislation passed by the Legislature and signed into law by Governor Walker of interest to seniors and other public members.

Legislative Update

Good news for senior programs! Restored funding was approved in the amount of \$5.1 million for the Alaska Senior Benefits program, administered by the Division of Public Assistance, in the Governor's signed operating budget. Payment assistance for the two lower income tiers in the monthly amounts of \$250 and \$175 will be maintained this year. The highest income tier will begin receiving \$76 monthly that began in August. Restored funding was also approved by the Legislature and Governor Walker for senior grant-funded services (senior meals, transportation, adult day, homemaker, and related services), and partially restored for Personal Care Assistance, General Relief Services, and the Pioneer Homes. In the capital budget, \$3.5 million was approved

for Alaska Housing Finance Corporation's Senior Citizen Housing Development Fund for the construction and renovation of senior housing in addition to \$1 million for the Public and Community Transportation State Match funds to support federal grant requests from community public transit services serving seniors and persons with disabilities.

SB 74, Medicaid Reform, sponsored by Senator Pete Kelly transforms health care provided by Medicaid to improve the quality of health care, patient health outcomes, and program sustainability over time. SB 74 builds upon Medicaid reforms already under way and will implement new measures to expand appropriate health care services offered to Medicaid recipients, which include qualifying seniors. These measures include enhancing the use of primary care case management and health homes to offer coordinated care to people who have chronic health conditions, such as mental health and substance use disorders; expanding use of telemedicine to improve access to health care and



Governor Bill Walker signs SB 124 in the Alaska Commission on Aging's Office on June 15, 2016.

Pictured from left to right are ACoA Commissioner Marie Darlin; Governor Bill Walker; Denise Daniello, ACoA Executive Director; Representative Lynn Gattis; and Deputy Commissioner Jon Sherwood, Department of Health and Social Services.

**Alaskan Seniors:
Living Longer, Growing Stronger**
is a quarterly publication of the
Alaska Commission on Aging
(ACoA).

The mission of the Alaska
Commission on Aging is to advocate
for policies, programs, and services
that promote the dignity and
independence of Alaska's seniors
and help them maintain a meaningful
quality of life.

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Director's Corner

By Denise Daniello

(continued from page 1)

save money on travel costs; reforming certain provisions of the current 1915(c) waiver program under a new Medicaid State Plan option known as the 1915(k) to generate a 6% higher federal reimbursement that is projected to draw down an additional \$9 million federal dollars for Alaska; refinancing certain grant programs that serve people with Alzheimer's disease and related dementias, intellectual and developmental disabilities, brain injury, and other cognitive impairments to bring in new federal dollars for these services; measures to reduce the non-urgent use of emergency room services, and much more. Altogether, SB 74 is expected to save Alaska more than \$365 million in the first six years!

An eight-year extension of the Alaska Commission on Aging, SB 124 sponsored by Senator Bill Stoltze, was also approved by the Legislature and signed into law by Governor Walker on June 15 at the Commission's office in Juneau. Several people attended the bill signing ceremony, including Representative Lynn Gattis, who carried the bill on the House floor. We thank Governor Walker for signing this important legislation. By statute, the Commission on Aging is responsible for developing the four-year state plan for senior

services in collaboration with many partners and public members to fulfill the federal requirement for all states that receive federal funding for senior services identified by the Older Americans Act. The Commission also provides planning, outreach-education, and advocacy on behalf of Alaska seniors regarding policy and budget recommendations to policy makers.

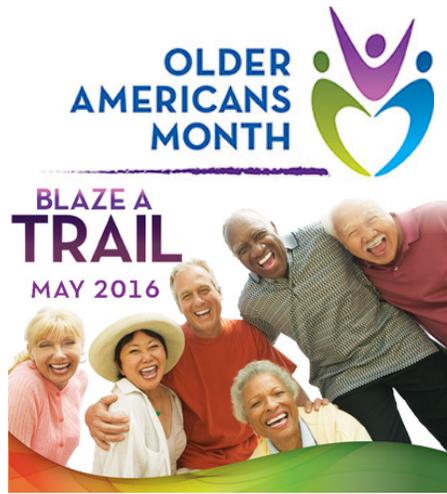
Federal Advocacy Updates

The Older Americans Act, S. 192, was approved by Congress and signed into law by President Obama in May. This legislation seeks to modernize the Older Americans Act by placing more emphasis on person-centered care, allowing states more flexibility in the manner in which they provide services, promoting elder protection efforts, and other provisions that include increased or stable federal funding for many Older American Act services such as senior meals, transportation, homemaker, and elder protection, among other services.

While the U.S. Senate Committee on Appropriations approved the FY2017 appropriations package that included increased or stable funding for many Older American Act services, in addition to Alzheimer's research, there were significant reductions for the Senior Community Service Employment Program (SCSEP)

and the State Health Insurance Assistance Program (SHIP). The federal Senate Appropriations Committee reduced Federal funding for the SCSEP by \$34 million nationwide – which amounts to a potential loss of almost \$150,000 for Alaska’s Mature Alaskans Seeking Skills Training program (MASST), administered by the Department of Labor and Workforce Development.

The MAAST program provides job training and volunteer placement for persons age 55 years and older who qualify. In addition, all federal funding for the SHIP, which funds the Alaska Medicare Information Office (AMIO) under the Division of Senior and Disabilities Services, was eliminated by the Senate Appropriations Committee. In FY2015, the AMIO provided information and counseling to more than 8,500 Alaskan Medicare beneficiaries. These potential funding reductions still require approval by the House Committee on Appropriations and Congress in order to take effect. Please see the Commission’s website for letters sent to Alaska’s Congressional delegation regarding these federal funding reductions for more information about the impacts to Alaska’s programs (www.alaskaaging.org). We encourage you to contact Alaska’s Congressional members and ask them to restore these federal dollars for programs serving Alaska seniors.



May is Older Americans Month in Alaska

The Commission celebrated May is Older Americans Month in Alaska through a special collaboration with the Governor’s Office to honor Alaskan Centenarians, people who are 100 years of age and older. According to data from the Permanent Fund Dividend Division (2016), there are at least 83 Alaskans who are 100 years and older, up from a count of 62 in 2010.

Twenty-three Centenarians provided their consent to be publicly recognized during Older Americans Month activities. Each Centenarian received a personalized commendation from the Governor’s Office in addition to the signed Executive Proclamation recognizing May 2016 as Older Americans Month in Alaska. Remaining optimistic, living with purpose, enjoying a good laugh, and maintaining positive social relationships are important for living a long life, according to Alaska’s Centenarians. Please see inside for photos and personalized statements from Alaskan Centenarians.

Passing the Gavel

David Blacketer, ACoA Commissioner from Kodiak, was elected as Chair of the Alaska Commission on Aging (ACoA) by the ACoA board at the May 2016 meeting. His role as Chair began on July 1, 2016. David was appointed to the Commission in June 2014 by former Governor Sean Parnell. David is dedicated to community service. He serves on the boards for the Salvation Army Corps and the Kodiak Senior Citizens Inc., and is the former Chairperson for the Kodiak Senior Citizens Inc. David also serves as the on-call chaplain for Providence Kodiak Island Memorial Center. David received his Bachelor’s degree in Christian education and holds an Associate degree in accounting. Congratulations David!

ACoA Commissioner Marie Darlin, resident of Juneau, was elected to serve as ACoA’s Vice Chair. Marie currently serves as the Chair of the ACoA Legislative Advocacy Committee and as former Co-Chair of the ACoA Planning Committee. Marie takes over the position of Vice Chair from Eleanor Dementi, resident of Cantwell. Eleanor, stepping down from the Commission following her eight-year tenure, provided a gentle but strong voice advocating for the needs of Alaska Native Elders. Thank you Eleanor for your dedicated service to the Commission!

Mary Shields, ACoA Commissioner from Anchorage, stepped down as Chair of

the Commission on Aging after three years of service. Mary will complete her term in September and is being considered for reappointment by Governor Walker. Through her tenure, Mary provided strong leadership to the Commission. She is reputed for running successful board meetings that stayed on-time and on-task. Mary took an active role in the work of every ACoA Committee by providing sound judgment and professional guidance. She represented the Commission well by presenting at public meetings and has earned the respect from policy makers statewide. ACoA Commissioners and staff greatly appreciate Mary's stewardship and unflinching tact. Thank you Mary for your commitment and passion serving Alaska seniors as the Commission's Chair!



Please welcome David Blacketer, Chair of the Alaska Commission on Aging, and Marie Darlin ACoA's Vice Chair!

Until next time...

Denise Daniello
ACoA Executive Director

Interview with David Blacketer

ACoA Planner Dee Shaw interviewed David Blacketer to learn about his vision for the Commission as ACoA's new Chair. David Blacketer was voted as Chair by ACoA Commissioners at the May 5, 2016 board meeting.

Dee: Please tell us about your background.

David: I received a Bachelor of Science in Christian Education from Destiny Bible College and a diploma in accounting and business law from Western Business College in Portland, Oregon. I have lived in Kodiak since 1996 after relocating from Washington with my family and worked at Safeway until my retirement in 2002. I worked for the US Postal Service in Washington for twenty years. Prior to that, I have always been a people person. After retirement, I worked for the Salvation Army. I was so impressed with the organization that I still volunteer with them. My work with the Salvation Army and serving on the board of directors for the Kodiak Senior Center was a precursor to serving on the Alaska Commission on Aging because of the services for seniors that these organizations provide.

Dee: Why were you interested in becoming a Commissioner on the Alaska Commission on Aging?

David: Pat Branson and Doris Bacus, former ACoA Commissioners from Kodiak, are friends of mine. After spending time with them I realized that I wanted to serve not just my immediate community but my state as a whole. I saw how the Commission advocates for services to seniors, as well as pre-seniors, on a statewide level. I saw the direct impact the Commission had on Kodiak and I wanted to serve on the Commission as well.

Dee: What do you want people to know about the Alaska Commission on Aging?

David: I want seniors to know that we care about them. We (Alaskans) might not know each other but we are still family. The Commission advocates for the needs of seniors and bridging gaps in services so that older people are able to live safely at home for as long as possible.

Dee: What would you like to accomplish in your two years as Chair?

David: I would like to help seniors throughout the state by advocating for an increase in funding for senior services. I also want to broaden our outreach about senior issues through education.

Sticker Shock!

Long-term care is complicated and expensive. According to Genworth Financial Cost of Care 2016 Survey, Alaska clearly stands out as having the highest cost of skilled nursing facility care in the nation, followed by Connecticut with a monthly median cost of \$12,364 for a semi-private room. Washington DC leads all states with having the highest median monthly cost for assisted living home care in the amount of \$6,700 for a one-bedroom unit, followed by Alaska in second place for the most expensive assisted living home care.

Estimated Monthly Costs for Long-Term Care:

| | National Median | Alaska Median |
|---|--------------------|------------------|
| Assisted Living (Private one-bedroom) | \$3,628 | \$5,750 |
| Nursing Home (Semi-private Room) | \$6,844 | \$24,333 |

Contrary to common myths about payment for long-term care, Medicare will only pay for skilled care for eligible persons during the first 100 days, following a stay in the hospital for at least 3 days. Medicare Part A will pay 100% of long-term care costs for the first 20 days. For days 21 through 100, the patient pays for their own expenses up to \$140 daily and Medicare pays the balance. Medicaid will provide assistance paying for long-term care for persons who meet eligibility requirements. Besides payment out of pocket, which usually won't last very long for most people, an investment in long-term care insurance is another option worth pursuing. Unlike traditional health insurance, long-term care insurance is designed to pay for long-term services and supports that are provided at home, by a community agency, or other facility such as assisted living or nursing home.

<https://www.genworth.com/about-us/industry-expertise/cost-of-care.html>

Welcome Jane Sohn, New MASST Participant to the Alaska Commission on Aging

My name is Jane M. Sohn and I am going to share a little about myself and how I came to learn about and participate in a job training program for older adults called "MASST," or Mature Alaskans Seeking Skills Training, that is administered by the Alaska Department of Labor and Workforce Development.

I was born in Bend, Oregon and certainly never thought I would be migrating to the great North to Alaska. I came to Alaska in the 1970s and I have been here ever since. I've spent my entire working career in the service industry, and raising my children. Time has passed and I have been in some kind of customer service always in my work history up to the present time. Because I can no longer do the work that I use to do and have new vocational interests, I am ready to re-tool my job skills.

We are living longer and the cost of living is high and ever increasing, and life changes for the all-around workforce of America. I had first heard of the MASST program while being taught computer skills. At this point in my career I am ready for a change and administrative work seems like a great fit. Retirement is happening later in our lives and life happens, therefore the MASST program is great for me. I have been placed with the Alaska Commission on Aging, which is helping me to succeed in a hands-on-learning work environment and preparing me for future jobs.

We age differently, live longer, and need to keep our mind and body active. I am currently active in the MASST Program and fortunate to be placed with the Commission on Aging. The MASST program and the placement with the Commission will offer me the skills that I need to seek gainful employment in a new field.

For more information about the MASST program, please go to their website or call the statewide office at 907-465-4872 to find a MASST program closest to you.

<http://labor.state.ak.us/masst/>

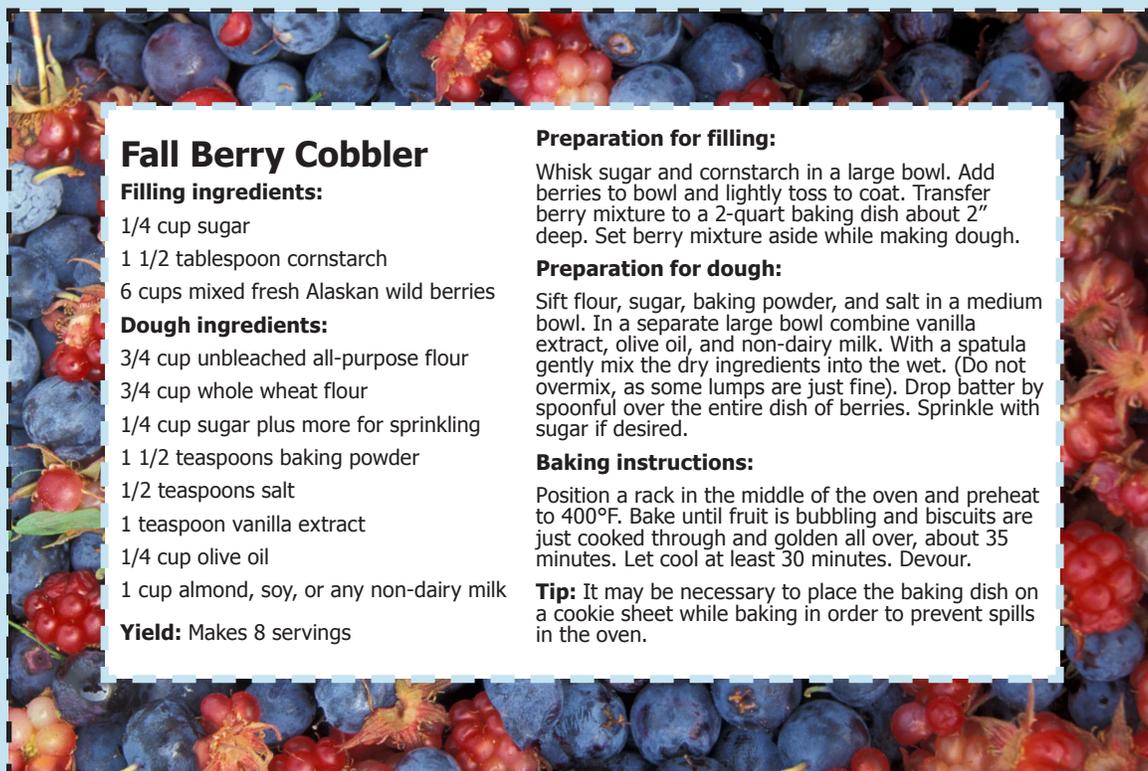
Fall-Time Berry Cobbler

BY DEIRDRE SHAW

Berry season has arrived to Alaska! Alaska is home to some of the finest wild berries on the planet. These little tasty fruits pack a powerful punch and are loaded with minerals, vitamins, and a whole lot of “feel goodness.” There are so many inventive ways to incorporate wild blueberries, raspberries, salmonberries, cloudberry, and lingonberries into our diets. For example, you might have a favorite recipe for jam that you have used for years, or an award winning pie that reminds you of your grandmother’s cooking, or you might just prefer to eat them right away. Here is a delicious, healthy recipe to enjoy Alaska’s wild berries that is cholesterol-free, low in fat, and low-sugar.

Clip and save this delicious

RECIPE



Fall Berry Cobbler

Filling ingredients:

- 1/4 cup sugar
- 1 1/2 tablespoon cornstarch
- 6 cups mixed fresh Alaskan wild berries

Dough ingredients:

- 3/4 cup unbleached all-purpose flour
- 3/4 cup whole wheat flour
- 1/4 cup sugar plus more for sprinkling
- 1 1/2 teaspoons baking powder
- 1/2 teaspoons salt
- 1 teaspoon vanilla extract
- 1/4 cup olive oil
- 1 cup almond, soy, or any non-dairy milk

Yield: Makes 8 servings

Preparation for filling:

Whisk sugar and cornstarch in a large bowl. Add berries to bowl and lightly toss to coat. Transfer berry mixture to a 2-quart baking dish about 2” deep. Set berry mixture aside while making dough.

Preparation for dough:

Sift flour, sugar, baking powder, and salt in a medium bowl. In a separate large bowl combine vanilla extract, olive oil, and non-dairy milk. With a spatula gently mix the dry ingredients into the wet. (Do not overmix, as some lumps are just fine). Drop batter by spoonful over the entire dish of berries. Sprinkle with sugar if desired.

Baking instructions:

Position a rack in the middle of the oven and preheat to 400°F. Bake until fruit is bubbling and biscuits are just cooked through and golden all over, about 35 minutes. Let cool at least 30 minutes. Devour.

Tip: It may be necessary to place the baking dish on a cookie sheet while baking in order to prevent spills in the oven.

All Things Digital

Have you ever wondered how to decide what type of Tablet to buy? Maybe what type of computer or phone to purchase? It can all be so overwhelming.

Well, check out Kim Komando’s popular website, <http://www.komando.com>, which can provide answers to many of these questions plus more. It is so hard to keep up with the ever changing world of technology and this website can help. The website offers a free newsletter to download and other timely articles having to do with technology. Kim Komando hosts a weekly radio show and blog. It’s important to keep current with technology and stay connected with the grandchildren.



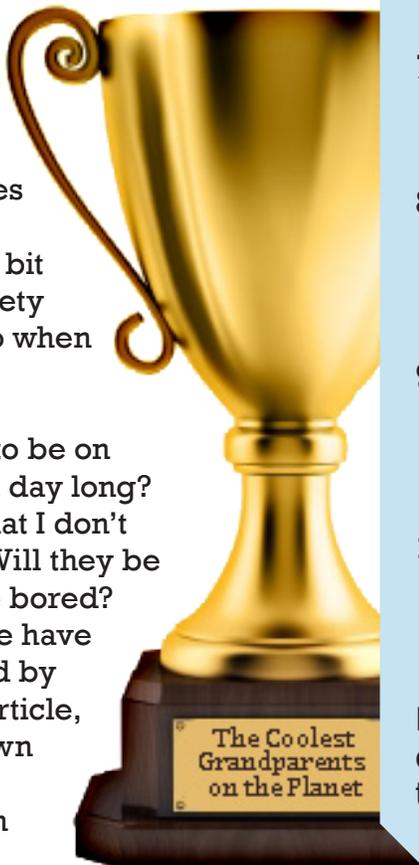
Vacation Fun with the Grandchildren

Summertime, and the living is easy... for your children that is. Now that it is summer and school is out, many families use this time to send their children to reconnect with their grandparents for a week, a month, or even all summer long.



As much as you enjoy and look forward to seeing your young loved ones for the summer, you might feel a bit of dread or anxiety about what to do when they arrive.

Are they going to be on their devices all day long? Do they know that I don't have Internet? Will they be bored? Will I be bored? Have no fear. We have you covered and by the end of this article, you will be known as the coolest grandparents on the planet.



Ten totally awesome things to do with your grandkids:

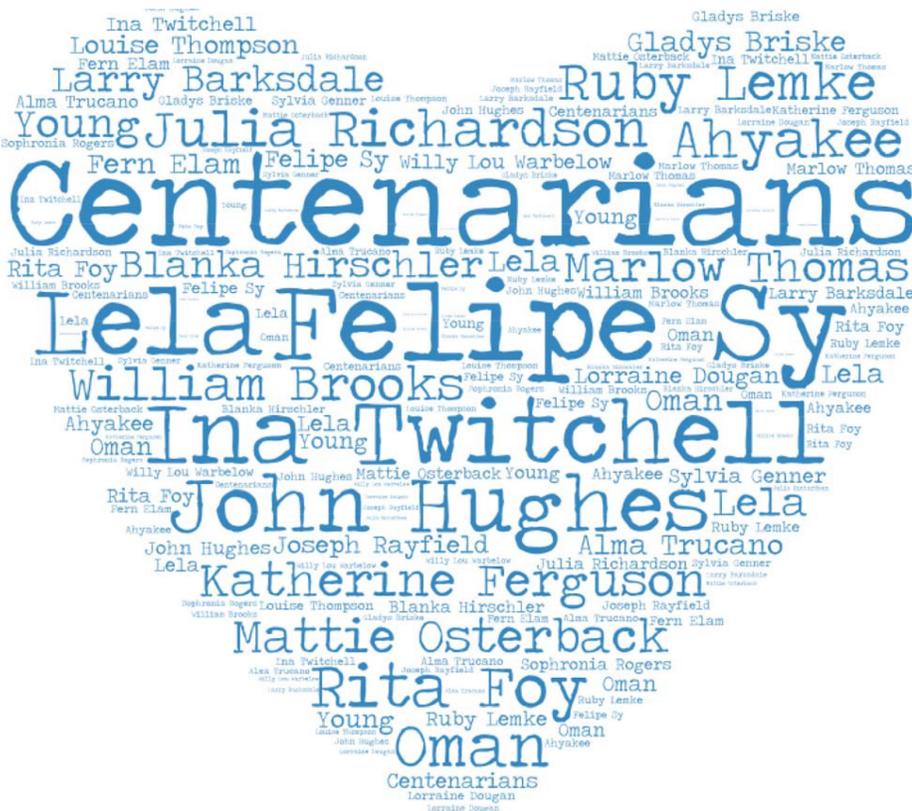
- 1. Learn about their hobbies and interests from their parents.** Then, do some research to find out more about those hobbies so that you can dazzle your grandchildren with your knowledge.
- 2. Go to the library.** Reading is fundamental. Ask your grandchildren to introduce you to some of the books that they love, and then you do the same. You might find out that you share some prose in common.
- 3. Enjoy an indoor camping night.** No matter the age of your grandchildren, no one ever grows out of spending time with each other. Get some blankets, chairs, and have a tent making contest.
- 4. Wake up early and watch a sunrise together.** Also, enjoy watching a sunset.
- 5. Have a party!** Introduce your grandchildren to the music of your youth while enjoying their favorite snacks.
- 6. Play Games.** Ask you grandchild to teach you their favorite game. Then, try really hard to win.
- 7. Family photos.** Find the most embarrassing pictures of their parents. Share the story behind the photo.
- 8. Date night.** Take your grandchild out on a date to the fanciest place that you can afford. Enjoy the occasion by both of you getting all dressed up.
- 9. Scavenger hunt.** Set up a scavenger hunt at the beginning of their stay that doesn't finish until the end of their stay. Every day they will have something new to find.
- 10. Time capsule.** Create a time capsule of your memories together. Pick out of few items that interest you and your grandchild today. Put these items in a jar or box and date them.

Most of all enjoy this precious time with your young ones. As you know all too well from experience, this special time will be over in a blink of an eye!

Celebrating Alaska's Centenarians

Governor Bill Walker proclaimed May 2016 as Older Americans Month in Alaska to honor the foundational contributions of Alaska's pioneers who helped build our great state, seniors who defended our freedoms as members of the U.S. Armed Forces, in addition to calling attention to the growing number of Alaskan Centenarians who celebrated their 100 year birthday, or more, this year. As part of Older Americans Month, the Governor's Office with the Alaska Commission on Aging, recognized Alaskans who are 100 years and older as distinguished Alaskan Centenarians. Those who provided their consent were recognized individually by having their names read aloud during Older Alaskans Month celebration activities in addition to each Centenarian receiving a personalized commendation and a certified Older Americans Month in Alaska Executive Proclamation from the Governor's Office.

In the United States, there are 53,364 American Centenarians (U.S. 2010 Census). The majority of them are women living in urban areas with higher concentrations found in the Northeast and Midwest. According to data from the Alaska Division of Permanent Fund Dividend (2016), there are at least 83 Alaskans who are 100 years and older, up from a count of 62 in 2010. Twenty-three Alaskan Centenarians were honored publicly during Alaska's Older Americans Month activities.



Katherine Ferguson
Anchorage

Blanka R. Hirschler
Anchorage

Felipe L Sy
Anchorage

Ina Twitchell
Anchorage

John C Hughes
Anchorage

Julia Richardson
Anchorage

Marlow Thomas
Anchorage

Mattie Osterback
Anchorage

Rita Foy
Anchorage

Ruby Lemke
Anchorage

William E Brooks
Anchorage

Larry M Barksdale
Chugiak

Louise A. Thompson
Fairbanks

Willy Lou Warbelow-Young
Fairbanks

Alma E Trucano
Juneau

Lorraine Dougan
Juneau

Sylvia Genner
Juneau

Lorraine Osbourn
Juneau

Fern Elam
Kenai

Gladys Briske
Palmer

Lela (Ahyakee) Oman
Palmer

Sophronia Rogers
Soldotna

Joseph T Rayfield
Willow

How does one live to be at least 100 years old?

We asked Centenarians to share their advice to younger generations on how to live a long, happy life – because, after all, they were not born yesterday. Check out their words of wisdom that are stated below. Thank you to all Alaska Centenarians for participating in this important recognition!



Felipe L Sy, age 100, and his son at the Older Americans Month (OAM) celebration on May 5 at the Anchorage Senior Activities Center. His quote (through his son) is "Take care of your health. Don't drink and don't smoke. Go to bed early and eat healthy food."



William E. Brooks, age 100. He also attended the Anchorage OAM event. Mr. Brooks' advice for a long, healthy life is to "Stay healthy and pay attention to your body. Eat wisely, drink moderately, and see a doctor when you need to. DO NOT SMOKE."

Mr. Brooks quipped that someone once said he was lucky. To that, Mr. Brooks replied, "The harder I worked, the luckier I got!"



Katherine Ferguson, age 102, and her husband Jack. They attended the OAM celebration on May 5 at the Anchorage Senior Activities Center. If you want to live a long life, Ms. Ferguson advises women to "... Marry a man ten years younger than you, and forget your age. Just live, just be."



To become a centenarian, John C. Hughes, age 101, recommends that a person needs to "Live life with purpose. Pursue a vocation that engages and fulfills. In words and deeds, connect, inspire, and contribute."



Louise Thompson, 102 attended the Fairbanks Senior Recognition Day ceremony on May 12. To live a long life, Ms. Thompson recommends to, "Keep doing what you love. Never stay idle. I've spent my life helping others, baking, and always staying busy. I work out twice a week on Tuesdays and Thursdays."

Centenarian's Birthday Celebration

Lorraine Mae Leatherwood was born in Stilwell, Oklahoma on May 31, 1916 to Lucille and Luther Leatherwood. At six years of age her family moved to California, where Lorraine spent much of her life. Lorraine married her high school sweetheart Fred Osbourn in January of 1936 and became Lorraine Mae Osbourn. Together, they raised two children, Arthur and Susanne.



Lorraine became a Pastor's wife when her husband returned to college in 1947, later earning his PhD in Marriage and Family Counseling. Lorraine was very active in the Seventh Day Adventist church as a Pastor's wife and continues to stay active in her local church to this day. Lorraine moved to Juneau, Alaska in 2012 to be closer to her daughter Susanne.

Most weekdays you can find Lorraine at Juneau's Bridge Adult Day Program enjoying time with friends and doing fun activities. In fact, the Bridge Program is exactly where she was found celebrating her 100th birthday. Lorraine, a few friends, her daughter and son-in-law, and the Governor of Alaska all came together for a joyous celebration.

The party started off swinging, thanks to the music provided by members of the Thunder Mountain Big Band, which served as a reminder of her first date with her late husband Fred. There was cake, dancing, and even a joke or two. Governor Bill Walker presented Mrs. Osbourn with a personalized commendation and a greeting of "Happy Birthday, young lady," during her birthday celebration. Mrs. Osbourn replied "baloney" with a smile.

Happy Birthday Lorraine and best wishes for good health and happiness in the years to come!

ACoA's next

Quarterly Meeting:
Thursday, September 15
9:00 a.m. to 5:00 p.m.

We thank senior centers, the Ketchikan Pioneer Home, and the Division of Senior and Disabilities Services for hosting the meeting sites.

Videoconference Sites

Anchorage Senior & Disabilities Services
550 West 8th Ave., Room 323
907-269-3666

Fairbanks Senior & Disabilities Services
751 Old Richardson Highway,
Suite 100A
907-451-5045

Juneau Senior & Disabilities Services
240 Main Street, 6th Floor
Conference Room
907-465-3372

Group Teleconference Sites

Fairbanks North Star Council on Aging Senior Center
1424 Moore Street
907-452-1735

Ketchikan Pioneer Home,
141 Bryant Street
907-225-4111

Senior Citizens of Kodiak Center
302 Erskine Ave.
907-486-6181

Soldotna Senior Center
197 West Park Ave.
907-262-2322

Anchorage Senior Activity Center
1300 East 19th Ave.
907-258-7823

Outside of these communities, we encourage you to call in using the toll-free number: 1-800-315-6338, pass code 53250#

Public comment is scheduled from 11:30 to 11:50 a.m.

What You Can Do To PREVENT FALLS



Many falls can be prevented. By making some changes, you can lower your chances of falling.

Falls are the most frequent type of unintentional injury in Alaska, and the leading cause of fatal injury for Alaskans 75 and older. In the U.S., more than 30% of adults age 65 and older fall each year, but not all seniors who fall inform their providers. Falls are expensive. According to the Centers for Disease Control (CDC) Cost of Injury Reports 2010, the average cost of medical and work loss due to hospitalizations related to falls for adults age 60 and older is \$70,276.

Although the rate of non-fatal falls requiring hospitalizations for adults over age 65 is decreasing over time, the cost of hospitalizations in Alaska has been rising steadily. Accidental falls are the number one cause of injury to Alaskans age 65 and older, often resulting in injuries that require hospitalization including hip fractures, traumatic brain injury, lacerations, and internal injury. These injuries make living independently difficult and increase the risk of premature death.

This season many seniors may want to stretch their legs a bit by hitting the trail, taking a long evening stroll, or even climbing a mountain or two.

Here are a few tips for keeping fall free this season:



1. Have your vision checked:

Poor vision can increase your chances of falling.



2. Begin a regular exercise program:

If you are new to working out your muscles may not be ready for strenuous activity. Try Tai Chi to improve your balance and coordination before you head up that mountain.



3. Check your medications before you head out:

Some medications have side effects such as dizziness, fatigue, confusion or weakness and can put you at greater risk for a fall.



4. Wear sensible shoes:

Improper foot wear such as shoes with slick soles can make you slip and fall, wear properly fitted shoes with nonskid soles.



5. Remove hazards in your home:

Most falls occur before you even step outside and a fall from inside the home can derail your outdoor summer plans. Remove loose rugs from your home, move boxes, coffee tables, and plants from high traffic areas, store necessities within reach, use nonslip mats in the bathroom.

Remember to stay safe and have fun. For more information please visit:

<http://dhss.alaska.gov/acoa/Pages/falls/>

Alaskan Seniors: Living Longer, Growing Stronger
Alaska Commission on Aging
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Juneau, AK 99811-0693

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Save the Date: Calendar of Events



Next ACOA Meeting:

September 15, 2016

1-800-315-6338 – 53250#

Medicare Open Enrollment:

October 15 - December 7, 2016

Alzheimer's Disease Awareness Month:

November 2016

30th Legislative Session, First Regular Session:
January 19, 2017-April 17, 2017