



Alaska Commission on Aging

PRESENTATION TO THE ALASKA MENTAL HEALTH TRUST AUTHORITY

MAY 22, 2024

Update from the Alaska Commission on Aging



Annual Report



Senior
Snapshot



Legislative
Priorities



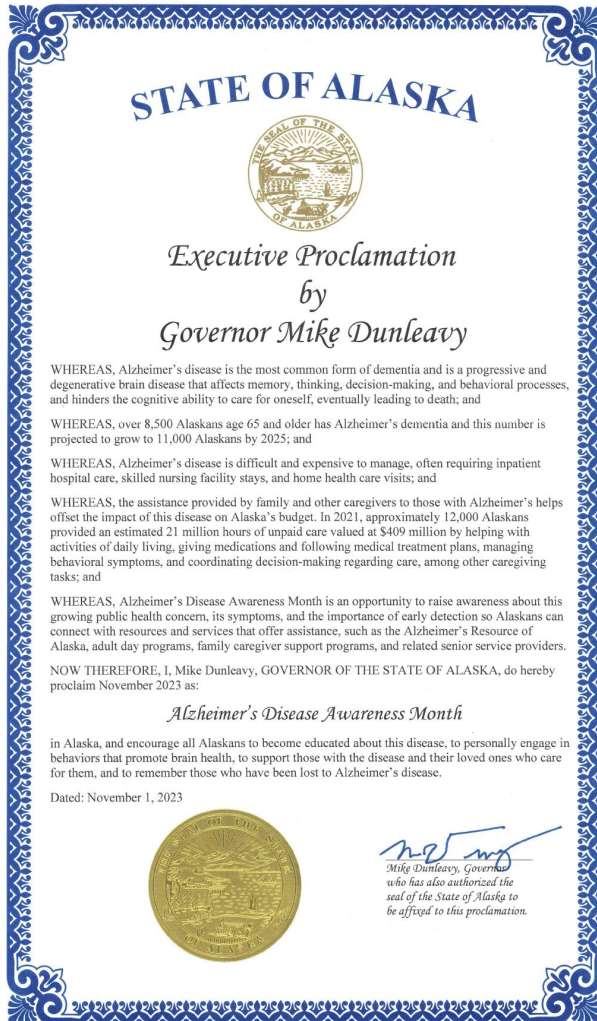
New OAA
Rules



Upcoming
Meeting Dates



Rural Outreach



Alaska Commission on Aging Annual Report

FISCAL YEAR 2023

Alaska Commission on Aging (ACoA) Senior Snapshot Older Alaskans in 2023

The Alaska Commission on Aging gathers data annually to provide a snapshot in time of the health and well-being of Alaskan residents, age 60 years and older. The Senior Snapshot incorporates the latest data available. However, due to data source limitations, some senior statistics are tracked for ages 60+ and others are tracked for ages 65+.

Below are highlights from the 2023 Senior Snapshot as well as the data sources compiled to complete this report. Thank you to the people and organizations who provided data for this Snapshot.

Population Growth

- In 2023, Alaskans aged 60+ (156,832) represent **more than 21%** of the State's total population (736,812).
- Alaska's 60+ population **increased by 73%** between April 2010 and July of 2023.
- Alaska's 65+ population **increased by 101%** between April 2010 and July of 2023.
- Alaska's 85+ population **is expected to increase by 500%** between 2023 and 2050 to 30,000+ seniors, of which, an estimated 1/3 will experience Alzheimer's and Related Dementia.
- Alaska's senior population **has increased in all regions** across the state from 2010 to 2023.



NEW OAA RULE

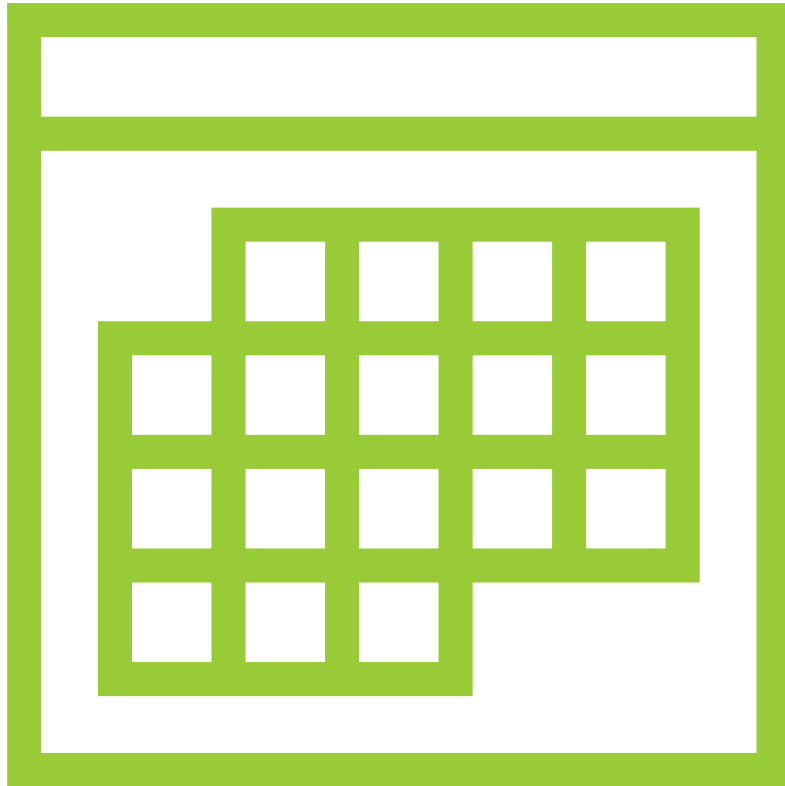
On February 6, 2024, ACL released a final rule to update the regulations for implementing its Older Americans Act (OAA) programs. The new regulations will take effect on March 15, 2024, but regulated entities have until October 1, 2025 to comply. ACL looks forward to working with partners in the aging network to implement the final rule and will provide robust technical assistance and other resources to support states, tribes and tribal organizations, area agencies on aging, and others in the aging network in meeting its requirements.



Advocating for the Continuation of ACoA

- PROPOSAL FOR EXTENSION TO 2032
- AUDIT FINDINGS: EFFECTIVENESS AND EFFICIENCY
- SUPPORT FOR SB189

Upcoming Meeting Dates



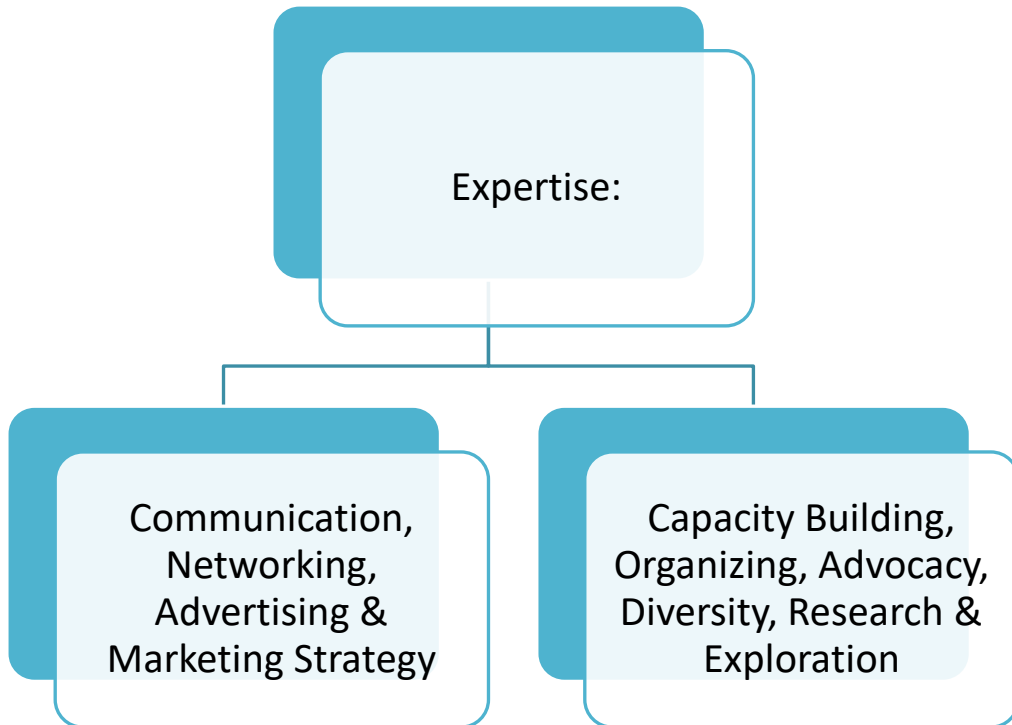
COMMISSION MEETINGS (TENTATIVE)

- 📅 **MAY 14-16 IN VALDEZ**
 - Focus: Broadband Presentation.
 - Includes outreach to Glennallen/Copper River.
 - Details: May 14 – Travel to Valdez, Drive/Prep
 - May 15 Meeting
 - May 16 Local site visits (I/s) + Outreach;– Return to ANC
- 📅 **SEPT 9-13 IN KOTZEBUE**
 - Focus: Outcomes of State Plan.
 - Includes outreach to outlying villages like Kobuk, etc.
- 📅 **DEC 4 ONLINE VIA ZOOM**
 - Focus: Workforce Development with Dan Robinson on strategies for Alaska to support the aging boomer workforce.

TELECONFERENCE MEETINGS (TENTATIVE)

- 📅 **APRIL 18**
 - Topic: Alzheimer's Disease and Related Dementias (ADRD).
 - Time: To be announced (TBA).
- 📅 **AUGUST 8**
 - Topic: Transportation.
 - Discussion Points: Depending on legislation outcomes, discuss grants or advocacy strategies.
 - Time: TBA.
- 📅 **NOVEMBER 7**
 - Topic: Senior Centers.
 - Plan: Choose and highlight 4 senior centers, conduct a survey in advance, possibly incentivize participation with a raffle.
 - Time: TBA.

Yasmin Radbod



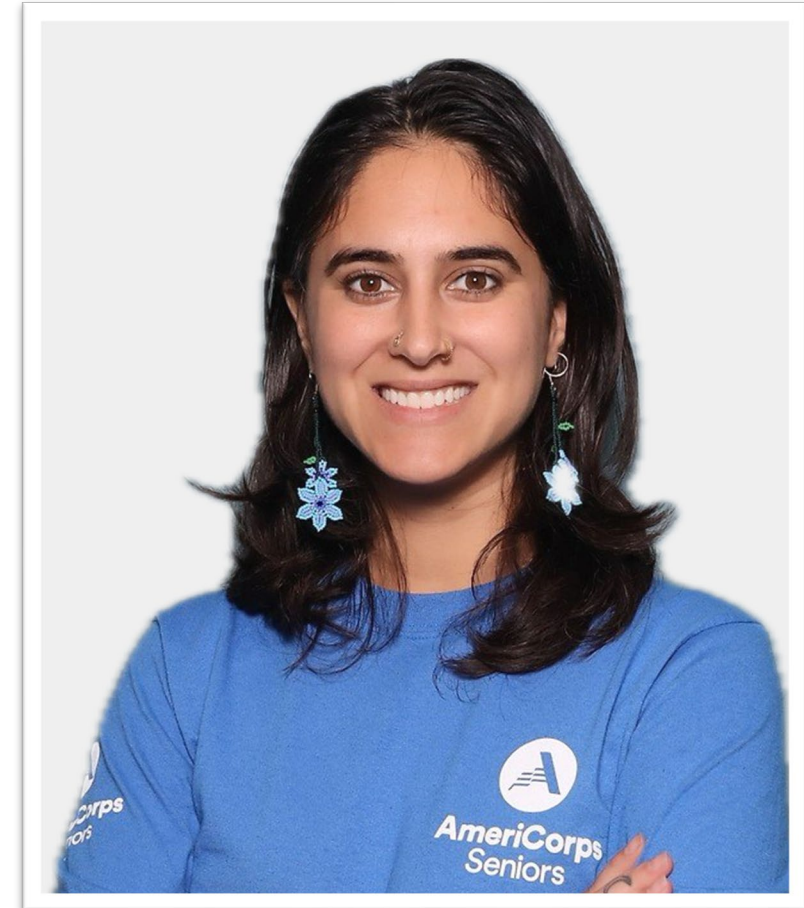
BA Asian Studies,
Summa Cum Laude

Gilman Scholar,
Nanjing University

Fulbright ETA, Nepal

Creator of Baltimore
VegFest and Femme
Fatale DC

AmeriCorps, RurAL
CAP Elder Mentor
Program







Creative Marketing - DC Metro

Before & After: Mobilizing Community





Elder Mentors

Trips to Bethel, Nome, Fairbanks, Kodiak, Kenai, Haines & more

Responsible for Recruitment throughout entire state

Strategic partnerships & conferences

Design, marketing, news

Press

Do you love working with children?

Are you 55+ and a resident of Alaska?

Elder Mentors are role models, friends, and super heroes to the children they work with!

Elder Mentors volunteer directly with children in the classroom.

Activities include: talking, reading, playing games, helping with assignments, modeling appropriate behavior, participating in crafts, telling stories, and teaching cultural skills and language.



Join the team!

Earn a small tax-free stipend, PTO, paid holidays, free meals, and transportation assistance for participating in the Elder Mentor Program.

Elder Mentors serve in their local communities across the state of Alaska and gather in Anchorage for our annual spring training, with travel and accommodations covered by the program.



Contact us today to become an Elder Mentor, or fill out an Interest Form online via our website eldermentor.org.

Are you a school interested in having Elder Mentors serve in the classroom? Call us or fill out the Site Interest Form on our website and we will be in touch.

Elder Mentors are Part of the National AmeriCorps Seniors Network!



AmeriCorps, a federal agency, brings people together to tackle the country's most pressing challenges, through national service and volunteering. AmeriCorps members and AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. AmeriCorps helps make service to others a cornerstone of our national culture. Learn more at AmeriCorps.gov



What do teachers have to say?

Schools love having Elder Mentors, often lovingly referred to as the kids' "grandparents," serve in the classroom.



"We love Grandma! She has made amazing bonds with all of our children and has a few that seek her out on a hard day. She comforts the children, helps with activities and always comes in ready to have a great day!"

"We are doing excellent thanks to our Elder Mentor helping us out. All students are doing well because of Grandma."



Rural CAP

Rural Alaska Community Action Program, Inc.

Elder Mentors give the gift of knowledge, passing down their wisdom and traditions to students.

Improving children's success in classrooms & community settings across Alaska for more than 40 years



Investing in Alaska's past, present, & future by bridging the gap between Elders and Youth

Join us today!

907.865.7276

eldermentors@ruralcap.org

eldermentor.org

ruralcap.org |    



Rural CAP

Rural Alaska Community Action Program, Inc.

**Culture Bearer
Elder Mentor Program**

What do you want to teach the next generation?



Share your passion and skills with youth!

907.865.7276

eldermentors@ruralcap.org

eldermentor.org

ruralcap.org |    



Camping with Elder Mentor Anna Mae Andr

RurAL CAP Elder Mentor Team

Hi, my name is Anna Mae Andrew and I am 76 years old. My maiden name is Anna Mae Walcott. I have lived in New Stuyahok for more than 50 years—I moved here in 1968. I grew up in Ekook, where it is beautiful all year long. I got married in New Stuyahok to a local named Moxie S. Andrew. My hobbies include sewing, knitting and crocheting cultural things, and also artwork. I love to travel on a boat to my fish camp and camp outdoors up the river, and I love subsistence fishing. Splitting fish during the summer for winter, too. I also like to go outdoors to pick cultural medicines. Berry picking is the best. There is nice wilderness here and beautiful places to camp. What I love about New Stuyahok is that it is a great place to raise a family, the lovely scenery and friendly people. And I



Elder Mentor Anna Mae Andrew has lived in New Stuyahok for more than 50 years.

Courtesy RurAL CAP

During the day after they split fish, I go to the smokehouse and check on the fish smoking all day. My family doesn't want me to work too hard, so I do some

by the bank and watch the smokehouse. I tell my boys, "take me up river, I wanna go riding on Nushagak River," for a picnic and the kids swim. So we go and camp.

start volunteering and get back in the schools as an Elder Mentor. I love working with people. I've been an Elder Mentor for most likely 23 years. Our schools in New Stuyahok have plenty of resources with helpful staff, and there are a variety of cultures in which we can learn from each other.

I have so much fun volunteering with the children at our elementary school. Our village respects Elders, and when the children see us, they show that respect to us and carry on with their schoolwork. I enjoy helping students practice a traditional subsistence lifestyle, teaching them cultural ways and helping them do different activities. I knit and sew, and teach the kids how to do it during our cultural week. I also tell stories and read stories.

Volunteering as an Elder Mentor with RurAL CAP has been great. It gives me something to look forward

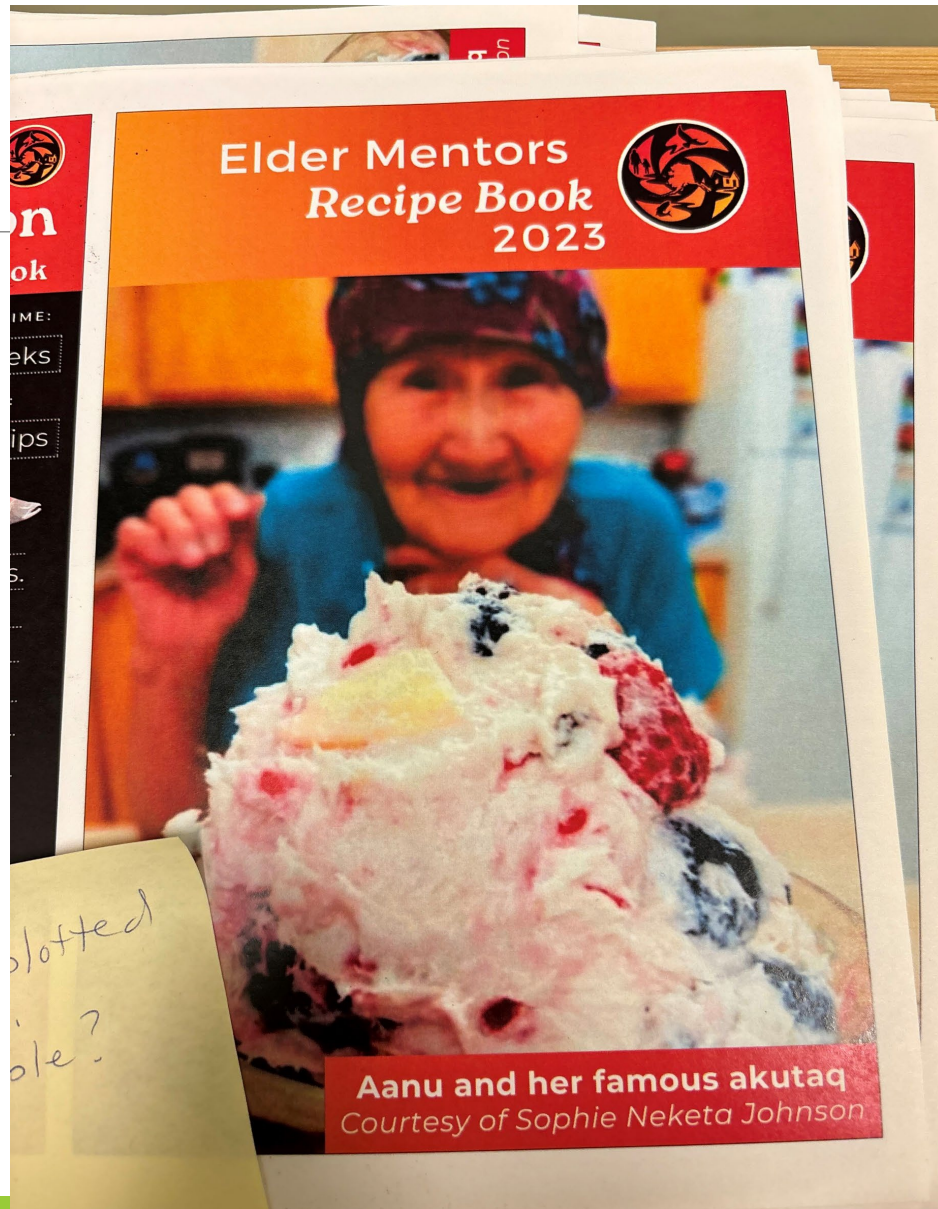
and daily lesson and Tatiana Andrew, C Blunka School Site visitor. It's really have Elders in our enjoyed working w

Make sure you' same article on the Voice website for A Andrew's Tundra Blueberry Jam rec

Join the Elder M program

The Elder Men gram is currently a applications for t ing school year. for qualifying sen include paid time free stipend, paid free meals and trav tance. Please call information and 907-865-7276, a out the online app and learn more at eldermentor.org the team via e-m: dermentors@rura Search "Elder Me Facebook.

The Elder Men



Elder Mentors Recipe Book 2023

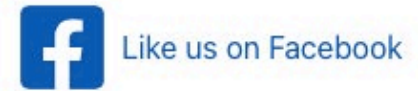


Aanu and her famous akutaq
Courtesy of Sophie Neketa Johnson

plotted
ole?



RurAL CAP AmeriCorps Seniors



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Welcome to RurAL CAP AmeriCorps Seniors!

Our programs provide volunteer opportunities for **people age 55+** from all educational and social backgrounds. Senior Volunteers remain physically and mentally active as well as supplement their income through service. **Both Elder Mentors and Senior Companions receive a tax-free stipend for their service**, plus meal and mileage reimbursement. Senior Volunteers serve in their **local**

ACoA Projects since March 18

Facebook

1. Education, outreach, advocacy and publications
2. Rural Report – Senior Voice monthly column
3. Research
4. Travel
5. Planning





Alaska Commission on Aging

105 likes • 132 followers

Following

Message

Search

- Posts
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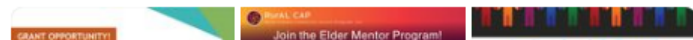
Intro

The mission of the Alaska Commission on Aging is to ensure the dignity and independence of all older Alaskans, and to assist them to lead useful and meaningful lives through planning, advocacy, education, and interagency cooperation.

- Page · Government organization
- Juneau, AK, United States, Alaska
- (907) 465-4398
- hss.acoa@alaska.gov
- aging.alaska.gov
- Opening Soon ▾
- Not yet rated (0 Reviews)

Photos

[See all photos](#)



Filters



Alaska Commission on Aging

20h ·

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SENIORS MONTHLY FOOD BOX FROM THE FOOD BANK OF ALASKA | Find out if you qualify by checking out the post below!

Food Bank of Alaska is available to help with your CSFP or SNAP needs.

Visit <https://foodbankofalaska.org/help/> to search for a Food Distribution Site near you or call 907-222-3119. You can also text SNAP to 907-891-8913 (quicker response via text message).



Outreach April – May 2024

Alaska Infrastructure & Development Symposium

OPAG Provider Breakfast

Full Lives Conference – SDS / Trust

ATLA Open House

Rural Elder Services Network Conference

Elder Mentor Conference

ADRC Conference

Alaska Tribal Court Conference

North Pole Santa's Seniors Potluck

Senior Recognition Day / Fairbanks 50+ Art & Science of Aging

Upcoming: Denakkanaaga Elder Conference in Galena June 3-7th + visit to Yukon Koyukuk Elder Assisted Living Facility (YKEALF), and more...



Programs & provider updates from the field, “Rural Report”

MASST

ALSC Community Justice Worker Program

Alz Resource of Alaska

LTC Ombudsmen

NTS – Kristin Cox

Native Village of Shishmaref

AFN, culture camps idea

ATLA

ANTHC

ADRCs and SDS

FNA

Print Advocacy Resources

Sealaska Celebration Ad June 5-9th 2024

Kodiak Crab Fest Ad

Silver Tsunami Brochure

Senior Activity Booklet

HEALTHY AGING CHECKLIST

Alaska Commission On Aging
Age With Dignity And Independence

Follow us on Facebook: The Alaska Commission on Aging

Essentials

- Get a physical at least once a year & stay active focusing on: aerobics, muscle strength, balance
- Eat Traditional foods: Berries, Mushrooms, Fish, Eggs, Wild game, Fiddleheads
- Mentor youth at school or become a Senior Companion: eldermentor.org, 907-865-7276

Brain Health

Alzheimer's Cognitive Assessment
A healthcare guide to detecting cognitive impairment
alz.org/media/Documents/cognitive-assessment-toolkit.pdf

Alzheimer's Caregiver Resource Guide
To share with caregivers of people with AD/DR
alzalaska.org/wp-content/uploads/2022/05/ADAC-Caregiver-Resource-Guide-INT-002.pdf

Alzheimer's Resource of Alaska Mini Grants
\$2500 awarded monthly for caregivers and people with AD/DR
alzalaska.org/minigrants/

The Alzheimer's Association 24/7 Helpline is 800-272-3900, a free service offering support for people living with dementia, caregivers, families & the public.

Alzheimer's Resource of Alaska Free memory screenings
Call: 800-478-1080

Financial & Legal

What happens when you pass away?

Write your Will
alaskalawhelp.org/classroom/preparing-your-own-will

What happens if you are incapacitated?

Create your Advance Health Care Directive
alaskalawhelp.org/resource/alaska-advance-health-care-directive

ANTHC Advance Care Planning Resources
anthc.org/palliative-care/resources/

News

Directory for Older Alaskans
Visit seniorvoicealaska.com and click on "Directory" at the top left in blue

The Senior Voice is a statewide senior newspaper delivered to every zip code in Alaska.

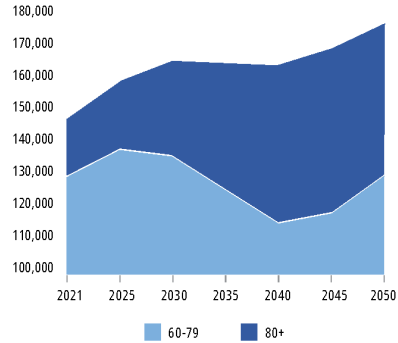
Senior Benefits Are you 65+?
See if you qualify for [Senior Benefits](#) today!

Check out Alaska Legal Services Corp's **NEW** and **FREE** Community Justice Worker Program online!

Call ADRC for all your senior & disability related needs: 855-565-2017

Alaska **ADRC**
Aging & Disability Resource Center

Alaska Senior Population Projections



Statistics

- Alaska has the fastest growing senior population per capita in the nation.
- Alaska's senior population increased 68% between 2010 and 2022.
- In 2023, Alaskans aged 60+ (156,832) represented more than 21% of the State's total population (736,812).
- About 1 in 9 people (10.7%) age 65 and older has Alzheimer's Disease and Related Dementia (ADRD). The older you are, the higher the risk.
- Alaska's 85+ population is expected to increase by 500% between 2023 and 2050 to 30,000+ seniors, of which, an estimated 1/3 will experience ADRD.
- Mortality rates for senior suicide, chronic liver disease and cirrhosis, fatal falls, and alcohol-induced deaths are higher for the Alaska senior population than national averages.

Financial & Legal Considerations

What happens if you are incapacitated?



Advance Health Care Directive
alaskalawhelp.org/resource/aska-advance-health-care-directive



ANTHC Advance Care Planning Resources
anthc.org/palliative-care/resources/

What happens when you pass away?



Write Your Will
alaskalawhelp.org/classroom/preparing-your-own-will

Report Harm on a Vulnerable Adult



Adult Protective Services
907-269-3666
health.alaska.gov/dsds/Pages/aps/default.aspx

Older Persons Action Group (OPAG)

Download the Directory for an index of senior services' contacts in Alaska. *The Senior Voice* is a monthly Alaskan seniors' newspaper mailed to every zip code in the state.



2023 Directory for Older Alaskans
 Visit the *Senior Voice* website and click "Directory" at the top left



The Senior Voice
907-276-1059
seniorvoicealaska.com

Important Grant Resources



Mental Health Trust
alaskamentalhealthtrust.org/about/grants/



Alzheimer's Resource of Alaska Mini Grants
alzalaska.org/minigrants/



Alaska Federation of Natives
nativefederation.org/navigator-program-opportunities/



Alaska Community Foundation
alaskaaf.org/grants/



RurAL CAP Community Foundation
ruralcapfoundation.org



AHFC Senior Access Program
ahfc.us/pros/homelessness/assistance-grants/senior-access-program-sap



Administration for Community Living
acl.gov/grants



Community Care Corps
communitycarecorps.org/resources



AARP Community Challenge
aarp.org/livable-communities/community-challenge/

Calling all Seniors and Seniors in Waiting!

Be proactive about the future of your health

- **Check up:** Get a physical at least once a year
- **Stay active:** focus on aerobics, muscle strength, balance
- **Eat Traditional foods:** Berries, Mushrooms, Fish, Eggs, Fiddleheads, Wild game
- **Be social:** mentor youth at your school or become a Senior Companion, eldermentor.org or call 907-865-7276

Be prepared now for whatever may come your way.



Alzheimer's Cognitive Assessment
alz.org/media/Documents/cognitive-assessment-toolkit.pdf



Alzheimer's Caregiver Resource Guide
alzalaska.org/caregiver-resource-guide/



Naloxone kits near you
health.alaska.gov/osmap/Documents/ProjectHOPEcontacts.pdf



Alaska community mental health center near you
health.alaska.gov/SuicidePrevention/Pages/Resources/mhcenters.aspx



Senior Support for Housing
ahfc.us/senior-support

Follow us on Facebook!

@Alaska Commission on Aging

Stay up to date on all things seniors: important updates, events and announcements!

Call ADRC for all your senior-related questions and needs: **855-565-2017**



The **Alzheimer's Association 24/7 Helpline is 800-272-3900**, a free service offering support for people living with dementia, caregivers, families & the public.



The mission of the Alaska Commission on Aging is to ensure the dignity and independence of all older Alaskans, and to assist them to lead useful and meaningful lives through planning, advocacy, education, and interagency cooperation.
hss.acoa.alaska.gov




THE SILVER TSUNAMI IS HEADING FOR ALASKA. ARE YOU READY?



Research

Affordable Assisted Living in Alaska

Honoring Traditions by Keeping Our Elders Close to Home



**Financial Feasibility Analysis
and
Business Plan Guidebook**

State of Alaska
Department of Health and Social Services
Senior and Disabilities Services

Adult Well-Being Assessment

For the *first three questions* please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.

1. Indicate where on the ladder you feel you personally stand right now.

Best 10 9 8 7 6 5 4 3 2 1 0 Worst

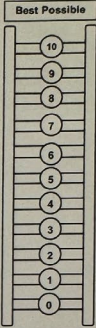
2. On which step do you think you will stand about **2 years** from now?

Best 10 9 8 7 6 5 4 3 2 1 0 Worst

3. Imagine the top of the ladder represents the best possible financial situation for you, and the bottom represents the worst possible financial situation for you.
Please indicate where on the ladder you stand right now.

Best 10 9 8 7 6 5 4 3 2 1 0 Worst

Best Possible



Worst Possible

4. In general, how would you rate your physical health?

5	4	3	2	1
Excellent	Very Good	Good	Fair	Poor

5. In general, how would you rate your mental health, including your mood and your ability to think?

5	4	3	2	1
Excellent	Very Good	Good	Fair	Poor

6. In general, how often do you get the social and emotional support you need?


5	4	3	2	1
Always	Usually	Sometimes	Rarely	Never

7. How strongly do you agree with this statement? "I lead a purposeful and meaningful life."

7	6	5	4	3	2	1
Strongly Agree	Slightly Agree	Neither Agree nor Disagree	Slightly Disagree	Disagree	Strongly Disagree	

8. How often do you feel lonely or isolated from those around you?

5	4	3	2	1
Always	Often	Sometimes	Rarely	Never


 National Council on Aging
 ncoa.org | NCOAging

Long Term Care Needs of Alaska Native Elders



*"Elders need to be near the
river where they were raised."
—Rose Jerue, 1989*



August 2005

Performance Measure # 1: Develop and submit a work plan for Rural Long Term Care services and supports outreach and technical assistance to include program goals, objectives, and timelines, and indicators for ensuring program effectiveness.

Performance Measure # 2: Provide a narrative report indicating progress made or challenges experienced to achieve work plan contents and on the type and context of technical assistance provided to rural social service providers.

Performance Measure # 3: Provide a narrative of activities completed to include pre and post intervention data by geographic location to gauge change or growth in access to services and supports that may have been a result of program activities to include data regarding involvement with Senior Residential Services grants, nursing homes transitions, telehealth activities, etc.

Final Comments



Anywhere you'd like to publish a Healthy Aging Checklist in local news or event program, or any edits you wish to make to these print resources, send to me:
Yasmin.Radbod@alaska.gov



I would love to meet with each of you, please reach out anytime call or text my work cell: 907-230-0871