



## ADRC TRAILS STAR VOICE INFO & REFERRAL

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Welcome to your newsletter of the Independent Living Center for the Kenai Peninsula Valdez/Cordova Census area communities and Kodiak Island!

Disability and age should not limit your choice or freedom. Be looking for timely informative topics, opportunities for fun, helpful links, and lots of other interesting stuff!

**TRAILS** is about everybody getting out and having fun doing the activities we like to do here in Alaska. **TRAILS** is a part of ILC, values diversity, and champions equal access for people with disabilities. Recent **TRAILS** Trips have included: **CHALLENGE ALASKA Ski Trip to Alyeska, January 19-21, 2018** Homer took a group of four skiers to the Challenge Alaska Chalet for 3 days and 2 nights of skiing. There we met the Seward TRAILS group: a family of four and three others, including skiers, a sit skier, and a snowboarder. **Aurora Winter Train trip, May 4-6, 2018** Eight ILC consumers were able to participate in the first ever TRAILS "One Hit Wonder" trip on the Alaska Railroad—a trip on the Aurora Winter Train. The Aurora Winter Train trip turned out to be an exercise in anticipation, excitement, joy, and discovery for everyone involved -none of whom could have afforded the trip without the availability of Homer Foundation scholarship funds. **Moving Metaphors dance performance, March 2, 2018** A special element of this dance show, was the inclusion of Tess Dally and Wynne Levitt performing in wheelchairs. The powerful number in which they danced

was called "Space Between Sorrow and Joy."

Read more and see videos here:

<http://www.peninsulailc.org/TRAILS>



Some happy Seward travelers aboard the Aurora Train.

*"Sometimes I feel like I'm losing little pieces of myself with this disability. It was nice being surrounded by people and still alone... It was interesting to see another face of Alaska instead of the beaches and mountains around home. I love to see the savage beauty of Alaska. ...It took 20 years to finally make my dream come true and ride the train to Fairbanks, so bucket list checked."*

Participant Quote from Aurora Winter Train Trip - May 2018

### **Taxi Vouchers Are Back! -**

Beginning July 2018 in Homer and Kenai / Soldotna. Discount taxi vouchers are available to people experiencing a disability and for seniors age 60 and older. Each rider is first required to have an intake with an ILC advocate before becoming eligible to purchase vouchers. There are voucher guidelines for each community that are available at each ILC office.

Read more here.

<http://www.peninsulailc.org/Transportation-News>

## Upcoming Event:

### Kenai Peninsula Disability Pride Celebration

**DATE:** July 21, 2018

**LOCATION:** Soldotna Creek Park

The Independent Living Center is partnering with Frontier Community Services in creating the first annual Kenai Peninsula Disability Pride Celebration! The date coincides with the signing of the ADA AND is particularly timely in Alaska with the recent passing of SB 174 and HB 336. Both of these bills allow for individuals with disabilities to experience more independence and self direction.

Disability pride encourages a shift away from the medical model of disability, where individuals are broken and need to be fixed, and leans toward a social model, where individuality and uniqueness is celebrated!

**Disability touches all of our lives in one way or another, and negative attitudes about it need to change! Please come celebrate with us!**

<http://www.peninsulailc.org/event->



### The STAR program stands for Short Term

#### Assistance and Referral.

This program is provided by a grant from the State of Alaska Senior and Disability Services and is **intended to help consumers with Developmental Disabilities navigate the state system to obtain services.** For many years consumers have been able to receive services from community DD providers funded by a base grant for each region. Those base grant funds are being discontinued and now consumers will have to apply for a Medicaid waiver in order to receive services. There are several steps in this application process and it can be confusing for consumers and families. The STAR program is in place to assist with applications and to clarify the step-by-step process needed to obtain a Medicaid Waiver.

ILC has three advocates assisting with the STAR program. Lynette Haas in the Central office covers the central Kenai Peninsula, Seward and Valdez, Cordova and Glen Allen areas. Dean Sundmark, covers the Southern Kenai Peninsula from Ninilchik south, and Kerry Wood covers the Kodiak Island region. Please contact the ILC office in your area if you have questions about the STAR program, or Developmental Disability Services. Read more here:

<http://www.peninsulailc.org/STAR>



Programs for all ages with or without insurance; find assistance with:

- the cost of prescriptions
- co-pays and premiums
- Diagnosis-related expenses
- Patient-assistance programs
- Coupons, Rebates, DiscountCard
- Helpline

<http://www.needymeds.org/>

## Alaska's Centers for Independent Living FY2017 in Review

**Who we are:** We are Advocates; we are navigators, and we help people with disabilities get work.

**Who we serve:** We serve people with complex needs who are at risk; any age; any disability, at any level of continuum of care.

**In FY2017, we employed 60 individuals with disabilities (62% of our staff).**

**In FY2017, through many programs and services, we worked with 956 consumers, delivered 7206 services, and responded to 3136 information and referral requests.**

**We Believe:** Individuals and their families, when empowered with knowledge and tools, are best positioned to make the right decisions for themselves and their families.

**The healthiest, most vibrant communities are those that fully integrate people with disabilities.**

You can support the work of ILC, help to ensure the availability of programs and services, and contribute to TRAILS scholarship opportunities by becoming a part of the ILC Membership team. Sign-up now, becoming a valued Member at your earliest convenience, at whatever level is most agreeable to you. Sign up here:

<http://www.peninsulailc.org/Donate/Membership>



## TRAILS Tai Chi at the Homer Senior Center

Tai Chi is a slow and gentle movement practice from China that is gaining popularity in the United States. Tai Chi provides exercise that enhances strength and stamina while improving balance and bone density. The practice helps reduce stress and increases body awareness. The gentle movements are suitable for all ages and all fitness levels.

Dean Sundmark of the Homer ILC office has been offering Tai Chi classes for the last year at the Homer Senior Center. Dean has received training and instructor certification in Tai Chi for Arthritis and Falls prevention; many of the movements are intended to gently challenge, while also increasing the participants' sense of balance.

Each Thursday session begins with Qi Gong warm ups that loosen muscles while promoting mindful movement. The classes include instruction in the Tai Chi for Arthritis form and the Yan style 24 movement short form. **Classes are held at the Homer Senior Center each Thursday at 3:00. See the flyer here:**

<http://www.peninsulailc.org/resources/Documents/tai%20chi.pdf>

### Tips for Gardening Safety

Gardening this summer? Whether you're new to gardening or an expert, remember to keep your health and safety a priority.

**Did you know that gardeners can be prone to tetanus infections?** Tetanus lives in the soil and enters the body through breaks in the skin, especially when using sharp tools, digging in the dirt, or handling plants with sharp points.

Before you start gardening this season:

**Make sure your tetanus, diphtheria, and pertussis (Tdap) vaccination is up-to-date.** Medicare prescription drug coverage (Part D) generally covers shots needed to prevent illness.

[Contact your Medicare drug plan](#) for more information about coverage.

**Have a good set of gardening gloves, which can help lower the risk for skin irritations and cuts.**

Visit [Medicare.gov](http://www.Medicare.gov) for more on vaccine coverage. And find additional gardening safety tips from the [Centers for Disease Control and Prevention](http://www.CentersforDiseaseControlandPrevention.gov) [here](#):

<https://www.cdc.gov/family/gardening/>

### RECIPE: Greek Chickpea Tacos

Serves 4  
Prep Time: 10 mins.  
Total Time: 20 mins.

1 can (15oz) chick peas  
2 TB lemon juice  
2 TB olive oil  
1 tsp dry oregano  
4 whole wheat pitas (6" diameter, warm)  
2c mixed greens  
1lg tomato diced  
1/2 seedless cucumber (peeled & grated)  
1c plain Greek yogurt  
2TB chopped fresh mint leaves for garnish  
1 clove garlic minced

1. MASH chickpeas with 1TB lemon juice, olive oil, & oregano in med bowl. Spread 1/4 mixture on each pita. Top with greens, tomato, onion, and olives.
2. COMBINE cucumber, yogurt, mint, remaining 1TB lemon juice, garlic, and a pinch of salt in med bowl. Drizzle over taco fillings. Top with mint leaves and diced cucumber if desired.

Nutrition (per serv) 429 cal, 17g pro, 58g carb, 10g fiber, 6g sugars (0g added), 16.5g fat, 3.5g sat fat, 8mg chol, 696mg sodium.

## ILC CONTACT INFO:

**ILC Toll Free:** 1-800-770-7911

**Homer ILC:** 907-235-7911

**Central Peninsula ILC; Soldotna:** 907-262-6333

**Seward ILC:** 907-224-8711

**Kodiak IL Advocate:** 907-486-0493

**Kodiak STAR Coordinator:** 907-486-0491

**ADRC Toll Free:** 1-877-625-2372

Find more info here: <http://www.peninsulailc.org/Contact>

