

The Alaska Arthritis Resource Guide

2007



Developed by

The Alaska Arthritis
Advisory Group

Alaska Department of Health and Social Services
Section of Chronic Disease Prevention and Health Promotion
The Alaska Arthritis Program

The Alaska Arthritis Resource Guide



**Alaska Department of Health & Social Services
Division of Public Health**

Sarah Palin, Governor

Karleen K. Jackson, Commissioner

March, 2007

This guide is available online at:

<http://www.hss.state.ak.us/dph/chronic/arthritis/default.htm>

and will be updated on a regular basis.

A print copy of this guide may be obtained by contacting:

Alaska Arthritis Program

3601 C Street, Suite 722

Anchorage, AK 99524

Telephone: (907) 269-8447

arthritis@health.state.ak.us

Photo credit (front cover, far left): ©Valentine Atkinson, Alaska Division of Tourism

This guide contains a compilation of publicly available information that has been consolidated for your convenience. Attempts have been made to verify this information. The Alaska Department of Health and Social Services is not responsible for the accuracy of the information contained within this guide, nor should the inclusion or exclusion of any individual or organization be construed as a reference or recommendation.

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The *Alaska Arthritis Resource Guide* was developed by the Alaska Arthritis Advisory Group to assist people in Alaska with arthritis and those who work with or care for people with arthritis. We have tried to identify agencies and programs in each region in the following areas of service:

- Advocacy/Legal Services
- Assistive Technology, Training & Equipment
- Community Opportunities & Recreation
- Disability Services
- Education Programs/Classes
- Financial Assistance & Management Services
- Government Services
- Healthcare Providers
- Home Modifications
- Housing
- Information & Resources
- Juvenile Arthritis Resources
- Occupational Therapy/Services
- Pain Resources
- Pharmacies/Prescription Assistance
- Physical Activity & Exercise
- Support Groups
- Transportation Services

The *Alaska Arthritis Resource Guide* attempts to include as many appropriate arthritis resources as possible, but, obviously, can't include all of them. In addition to those listed here, check your local phone book for:

- Acupuncturists
- Chiropractors
- Health clinics/Community Health Centers
- Health clubs and fitness centers
- Health insurance
- Home health services
- Hospital and/or medical equipment and supplies
- Hospital-based community education and wellness programs
- Massage therapists
- Mental health practitioners
- Naturopathic physicians
- Nurse practitioners
- Occupational therapists
- Orthopedic physicians
- Osteopathic physicians
- Pharmacies
- Physical therapists
- Primary care physicians
- Registered dietitians
- Rheumatologists
- UAF Cooperative Extension programs
- Weight Loss Programs
- Yoga studios

ALASKA ARTHRITIS ADVISORY GROUP

The Alaska Arthritis Advisory Group consists of many people dedicated to reducing the impact of arthritis and osteoporosis in Alaska.

Access Alaska	Pat Kouris
Alaska AARP	
Alaska Arthritis Program, DHSS	Diane Peck
Alaska Arthritis Support Group	Loralee Willis
Alaska Community Preventive Services, DHSS	Jayne Andreen
Alaska Geriatric Education Center	Dr. Rosellen Rosich, Ann Jache
Alaska Health Fairs Inc.	Stephanie Allan
Alaska Native Medical Center	Dr. Elizabeth Ferucci, Dr. David Templin
Alaska Obesity Program, DHSS	Erin Peterson
Alaska Occupational Therapy Association	Jean Keckut
Alaska Pharmacists Association	Aaron Middlekauf
Alaskans Promoting Physical Activity	Russ Stevens
Arthritis Foundation Exercise and Aquatic Master Trainer	Tim Chin
Arthritis Foundation, Pacific Northwest Chapter	Johanna Lindsay, Scott Weaver
Eat Smart Alaska	Erin Peterson
Kids and Teens Get Arthritis Too Support Group	Erin Shepard-Ham
Lupus Foundation of America, Alaska Chapter	Anna Tillman
Providence Pediatric Sub-Specialty Clinic	Pat Smith
South Central Foundation	Pat Dooley
University of Alaska School of Nursing	Terri Olson
Washington-Alaska Pain Initiative	Pat Dooley

National Resources

Alternative Therapies

NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE

<http://nccam.nih.gov>

P.O. Box 7923

Gaithersburg, MD 20898

Phone: (888) 644-6226 Fax: (866) 464-3616 TT: (866) 464-3615

Email: info@nccam.nih.gov

NCCAM is the lead agency in the National Institutes of Health (NIH) for scientific research on complementary and alternative medicine (CAM). NCCAM sponsors and conducts research using scientific methods and advanced technologies to study diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.

Assistive Technology, Training & Equipment

AIDS FOR ARTHRITIS

<http://www.aidsforarthritis.com>

35 Wakefield Drive

Medford, NJ 08055

Phone: (800) 654-0707 Fax: (609) 654-8631

This company sells adaptive tools to help with daily activities that are difficult for people with arthritis. They have a wide variety of products that are selected by medical professionals to promote joint preservation and energy conservation and reduce pain. Call for a free catalog.

Home Modifications

AARP HOME DESIGN

http://www.aarp.org/families/home_design/

601 E Street NW

Washington, DC 20049-

Phone: (888) 687-2277

Email: member@aarp.org

Information and resources on home design and easy home modifications to make your home safer and more accessible for people of all ages. Includes how to hire a contractor, financing home modifications, and recommendations for modifications to all rooms in your house.

Information & Resources

AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS

<http://orthoinfo.aaos.org>

6300 N. River Road

Rosemont, IL 60018-4262

Phone: (847) 823-7186 Fax: (847) 823-8125

Website provides a "Patient Education Library" with information on a variety of health and surgery topics. Site also hosts "Find an Orthopaedist" and "Ask a Question".

AMERICAN COLLEGE OF RHEUMATOLOGY

<http://www.rheumatology.org>

1800 Century Place, Suite 250

Atlanta, GA 30345-4300

Phone: (404) 633-3777 Fax: (404) 633-1870

Email: acr@rheumatology

Website provides a "Patients & Public" section with information on a variety of

topics related to arthritis, "Find a Rheumatologists", and a list of "Patient Assistance Programs for Rheumatology-Related Drugs".

ARTHRITIS FOUNDATION

<http://www.arthritis.org>

1330 W. Peachtree

Atlanta, GA 30309-

Phone: (800) 283-7800

The Arthritis Foundation is the only national not-for-profit organization that supports the more than 100 types of arthritis and related conditions with advocacy, programs, services and research. Provides free brochures and other educational materials on arthritis and related topics. Publishes the magazine "Arthritis Today."

CENTERS FOR DISEASE CONTROL ARTHRITIS PROGRAM

<http://www.cdc.gov/arthritis>

Mailstop K-51, 4770 Buford Highway NE

Atlanta, GA 30373-3724

Phone: (770) 488-5464 Fax: (770) 488-5964

Email: arthritis@cdc.gov

The CDC Arthritis Program is working to improve the quality of life for people affected by arthritis and other rheumatic conditions by working with states and other partners to increase awareness about appropriate arthritis self management activities and expanding the reach of programs proven to improve the quality of life for people with arthritis. Website provides information on a variety of topics related to arthritis.

FIBROMYALGIA NETWORK

<http://www.fmnetnews.com>

PO Box 31750

Phoenix, AZ 85751-

Phone: (800) 853-2929

The mission of the Fibromyalgia Network is to educate and assist patients with

ad-free, patient-focused information that they can put to use today. The FN provides education, improves awareness of fibromyalgia and chronic fatigue syndrome through activities, disseminating brochures, and promoting research.

LUPUS FOUNDATION OF AMERICA, INC.

<http://www.lupus.org>

2000 L Street, NW, Suite 710

Washington, DC 20036-

Phone: (800) 558-0121 Fax: (202) 349-1156

The mission of LFA is to improve the diagnosis and treatment of lupus, support individuals and families affected by the disease, increase awareness of lupus among health professionals and the public, and find the causes and cure. Research, education, and patient services are at the heart of LFA's programs.

NATIONAL OSTEOPOROSIS FOUNDATION

<http://www.nof.org>

1232 22nd Street NW

Washington, DC 20037-1292

Phone: (202) 223-2226

The mission of the NOF is to prevent osteoporosis, to promote lifelong bone health, to help improve the lives of those affected by osteoporosis and related fractures, and to find a cure. NOF is committed to achieving our mission through programs of awareness, education and training, advocacy and research.

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION

<http://www.osha.gov>

200 Constitution Avenue, NW

Washington, DC 20210-

Phone: (800) 321-6742

Provides education and guidelines on worksite ergonomics to prevent injuries and musculoskeletal disorders. OSHA will provide assistance to businesses, particularly small businesses, and help them proactively address ergonomic issues in the workplace.

SCLERODERMA FOUNDATION

<http://www.scleroderma.org>

300 Rosewood Drive, Suite 105

Danvers, MA 01923-

Phone: (800) 722-4673

The mission of the Scleroderma Foundation is to help patients and their families cope with scleroderma through mutual support programs, peer counseling, physician referrals, and educational information; to promote public awareness and education through patient and health professional seminars, literature, and publicity campaigns; and to stimulate and support research to improve treatment and ultimately find the cause of and cure for scleroderma and related diseases.

SPONDYLITIS ASSOCIATION OF AMERICA

<http://www.spondylitis.org>

PO Box 5872

Sherman Oaks, CA 91413-

Phone: (800) 777-8189 Fax: (818) 981-9826

Email: info@spondylitis.org

SAA is a non-profit organization and the largest resource for people affected by spondylitis. SAA helps advance education, research and treatment for ankylosing spondylitis (AS) and related diseases to help improve the lives of people coping with spondylitis.

Occupational Therapy/Services

JOB ACCOMMODATION NETWORK

<http://www.jan.wvu.edu>

PO Box 6080

Morgantown, WV 26506-6080

Phone: (900) 526-7234 Fax: (304) 293-5407 TT: (877) 781-9403

JAN is a free consulting service designed to increase the employability of

people with disabilities by: 1) providing individualized worksite accommodations solutions, 2) providing technical assistance regarding the ADA and other disability related legislation, and 3) educating callers about self-employment options. This is a free service of the Office of Disability Employment Policy, U.S. Department of Labor.

Pain Resources

THE NATIONAL PAIN FOUNDATION

<http://www.nationalpainfoundation.org>

300 E Hampden Avenue, Suite 100

Englewood, CA 80113-

Email: aardrup@nationalpainfoundation.org

The National Pain Foundation, a non-profit 501(c)(3) organization, was established in 1998 to advance functional recovery of persons in pain through information, education and support. The goal is to empower patients by helping them become actively involved in the design of their treatment plan, exploring both traditional and complementary approaches to pain management. The website provides an on-line educational and support community for persons in pain, their families and physicians. Your source for treatment options and pain information that is peer reviewed by leading pain specialists.

Pharmacies/Prescription Assistance

NEEDY MEDS.COM

<http://www.needymeds.com>

120 Western Ave

Gloucester, MA 01930-

Fax: (419) 858-7221

Needy Meds website provides information on different patient assistance programs and other programs designed to help those who can not afford their medicines. They do not supply medications or financial assistance but will help you find programs that do this.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

<http://www.pparx.org>

phone: (888) 477-2669

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible.

State Resources

Advocacy/Legal Services

ALASKA LEGAL SERVICES CORPORATION

<http://www.alsc-law.org>

1016 West 6th Avenue, Suite 200

Anchorage, AK 99501-

Phone: (888) 478-2572 Fax: (907) 279-7417 TT: (907) 258-2266

Email: anchorage3@alsc-law.org

Provides free legal services in civil cases for low-income Alaskans, or those over 60. Interpreters are available upon request. Offices are located throughout the state.

ALASKA STATE COMMISSION FOR HUMAN RIGHTS

<http://www.gov.state.ak.us/aschr>

800 A Street, Suite 204

Anchorage, AK 99501-

Phone: (800) 478-4692 TT: (800) 478-3177

The State agency which enforces the Alaska Human Rights Law, which makes discrimination unlawful, including discrimination against people with physical disabilities. The Commission investigates complaints of discrimination from persons alleging violations of Alaska Human Rights Law; gives technical assistance and advice on Alaska Human Rights Law; and conducts workshops and training of employers, unions, landlords, businesses, and others who must comply with the Alaska Human Rights Law.

DISABILITY LAW CENTER OF ALASKA

<http://www.dlcak.org>

3330 Arctic Blvd., Suite 103

Anchorage, AK 99503-

Phone: (907) 565-1002 Fax: (907) 565-1000

Email: akpa@dlcak.org

Provides legal advocacy services for people with physical and/or disabilities anywhere in Alaska. Offices in Anchorage, Bethel, Fairbanks, and Juneau.

Assistive Technology, Training & Equipment

APRIA HEALTHCARE

<http://www.Apria.com>

4715 Gambell Street

Anchorage, AK 99503-

Phone: (907) 562-7711 Fax: (907) 562-1902

Provides Disease State Management for state-of-the-art patient care. Works together with Pacific Home Health in offering a continuum of home care programs necessary for treatment and management of the home care patient. Programs include: respiratory therapy; nutritional therapy; skilled and chronic care nursing; medical surgery supplies; and home medical equipment. Contract services are available throughout Alaska. Satellite offices are located in Wasilla, Soldotna, and Fairbanks.

ASSISTIVE TECHNOLOGY OF ALASKA

<http://www.atlaak.com>

2217 E. Tudor Road, #4

Anchorage, AK 99507-1068

Phone: (800) 723-2852 Fax: (907) 563-0699 TT: (907) 561-2592

Provides information and referral. Assists persons with disabilities in locating devices and services to improve their daily lives and provides direction in obtaining the funds available to purchase them. Provides training on issues related to assistive technology through seminars, conferences, and exhibits. Publishes a quarterly newsletter to "get the word out" to the public on current and relevant assistive technology issues. AT specialists are available by appointment.

GENEVA WOODS PHARMACY, INC

<http://www.genevawoods.com>

501 W. International Airport Road, Suite 1-A

Anchorage, AK 99518-

Phone: (800) 478-0005 Fax: (907) 272-0003

Provides a complete line of home medical and respiratory equipment for purchase or rental. Equipment and medical supplies are available for both adults and pediatric patients. Geneva Woods also researches and investigates equipment available for specialty ordering. Statewide shipping available or visit our full service pharmacy in person!

NORTHERN ORTHOPEDICS

4200 Lake Otis Pkwy, #101

Anchorage, AK 99508-

Phone: (907) 561-1777 Fax: (907) 561-2157

Provides prosthetic and orthotic services. We design, fabricate and fit prostheses (artificial limbs) and braces of all types. We have shelf as well as custom made orthopedic shoes, diabetic shoes and foot orthotics.

Community Opportunities & Recreation

CHALLENGE ALASKA

<http://www.challengealaska.org>

3350 Commercial Drive, Suite 208

Anchorage, AK 99501-

Phone: (888) 430-2738 Fax: (907) 344-7349 TT: (907) 344-7270

Email: info@challengealaska.org

Provides year round therapeutic recreation consisting of assessments, goal setting, and treatment/intervention, facilitated by Certified Therapeutic Recreation Specialists (CTRS). Individualized support in accessing community activities and group run adventure programs including: canoeing, fishing, camping, rafting, community gardening, snow machining and much more.

ALPINE ALTERNATIVES, INC.

<http://www.alpinealternatives.org>

2518 East Tudor Road, Suite 105

Anchorage, AK 99507-

Phone: (907) 561-6655 Fax: (907) 563-9232

Email: alpine4kids@ak.net

Provides recreation opportunities for young Alaskans experiencing disabilities. Summer programs include summer camp, Camp Alpine, and 2 adaptive equestrian programs located in Peters Creek and Palmer. Winter programs include downhill and cross country skiing. Programs build skills that can be enjoyed over a life time, foster self-confidence and self-esteem, and increase social interaction and friendships. Emphasis is on accessible recreation and fun. Serves the communities of Anchorage, Mat-Su, and Kenai.

Disability Services

ACCESS ALASKA, INC.

<http://www.accessalaska.org>

121 West Fireweed Lane, Suite 105

Anchorage, AK 99503-

Phone: (907) 248-2477 Fax: (907) 248-0639 TT: (907) 248-8799

Email: info@accessalaska.org

Our goal is to encourage and promote the total integration of people who experience a disability to live independently within the community of their choice. Working together, we provide assistance and support so individuals with disabilities can identify and obtain the basic services they need (i.e. acquiring income benefits, accessible housing, personal care, employment, etc.) to assist them in maintaining their independence as opposed to living in an institutional setting. Core services include: information and referral; advocacy; independent living skills training; peer counseling and support; and deinstitutionalization. Additional services include, but are not limited to: case management services, care coordination for Choice waiver services, consumer-directed personal care services, and assistance in obtaining financial aid for home modifications and assistive technology. Services have further expanded to

include a wide variety of clinical-based services for people with traumatic brain injuries and mental illness. Head Injury Support Group is available. In addition to peer support, the IL Center also maintains a Resource Library containing a variety of informative assistive technology device information, universal design and accessibility standards, civil rights information (i.e. Fair Housing, the Americans with Disabilities Act, the Rehabilitation Act of 1973, etc.), and self-help publications. Universal design and accessibility guideline specifications for homes and commercial facilities are requested frequently and provided free-of-charge. Universal design consulting, on-site evaluations for commercial buildings and facilities, and training on disability awareness and other Americans with Disabilities Act related topics is also available upon request. The Anchorage office services the Municipality of Anchorage, Southwestern Alaska, and the Aleutian Chain. Offices also located in Mat-Su and Fairbanks.

UNIVERSITY OF ALASKA, CENTER FOR HUMAN DEVELOPMENT

<http://www.alaskachd.org> and www.alaskagec.org

2702 Gambell St, Ste 103

Anchorage, AK 99503-

Phone: (907) 272-8270 Fax: (907) 274-4802

Email: info@alaskachd.org

The Center for Human Development endeavors to improve the quality of lives for people who experience disabilities and their families, across the life span, through interdisciplinary training, technical assistance, exemplary service development, applied research and dissemination of information.

The goals and activities of the Center for Human Development are guided by the values of integration and inclusion, self-determination, individual and family empowerment, cultural sensitivity, diversity, community referencing, independence, and productivity.

INDEPENDENT CARE ADVANTAGE -ACCESS ALASKA, INC.

<http://www.accessalaska.org>

121 West Fireweed Lane, Suite 105

Anchorage, AK 99503-

Phone: (907) 263-1912 Fax: (907) 222-5008 TT: (907) 248-8799

Email: info@accessalaska.org

Independent Care Advantage is a consumer-directed personal care services program supporting people with disabilities to manage every aspect of their care to include: being responsible for their own interviewing, hiring, training, scheduling and terminating the care provider(s) of their choice. Offices located in Anchorage, Fairbanks, Mat-Su, Kenai

Education Programs/Classes

LIVING WELL ALASKA

<http://www.hss.state.ak.us/dph/chronic/smp>

3601 C Street, Ste. 722

Anchorage, AK 99524-

Phone: (907) 269-8447 Fax: (907) 269-5446

Living Well Alaska is a series of workshops that help people with chronic illnesses learn ways to self manage their condition and take charge of their life. Living Well Alaska workshops are being held throughout Alaska for people with all kinds of chronic illnesses, such as arthritis, diabetes and heart disease. Living Well Alaska covers a range of health topics such as: healthy eating, relaxation techniques, managing fatigue, low impact exercising, managing medications, problem solving, goal setting, and working with your health professional.

Financial Assistance & Management Services

ALASKA DEPARTMENT OF HEALTH AND SOCIAL SERVICES, PUBLIC ASSISTANCE OFFICE

<http://health.hss.state.ak.us/dpa>

Phone: (888) 804-6330 (Statewide Information Hotline)

Find a local Public Assistance Office by calling or visiting the website and search under “Contact Us”. Visit the website for a list of all Public Assistance services.

ADULT PUBLIC ASSISTANCE - Provides financial assistance, nutritional

support, and medical benefits for persons of low income. Primary programs include Aid to the Disabled, Aid to the Blind, and Senior Assistance.

CHRONIC AND ACUTE MEDICAL ASSISTANCE - Program designed to help needy Alaskans who have specific illnesses get the medical care they need to manage those illnesses. It is a program primarily for people age 21 through 64 who do not qualify for Medicaid benefits, have very little income, and have inadequate or no health insurance.

SOCIAL SECURITY ADMINISTRATION

<http://www.socialsecurity.gov>

222 West 8th Avenue, # A-11 (Annex Building)

Anchorage, AK 99513-

Phone: (800) 772-1213

TT: (907) 271-4799

Social Security benefits for retirement/survivors and disability beneficiary's. Administers payments to the aged, blind, and disabled under the Supplemental Security Income (SSI) program. Assists the public with Social Security matters including assistance with filing claims and Health Insurance. Provides referrals for counseling and legal services. Social Security Benefits paid to retired disabled individuals, their dependents and survivors who have paid into social security. SSI paid to the aged, blind, and disabled who also meet income and resource guidelines.

Healthcare Providers

UNIVERSITY OF WASHINGTON MEDICAL CENTERS RHEUMATOLOGY CLINIC

<http://www.uwmedicine.org/PatientCare/MedicalSpecialties>

UW Medical Center, 1959 N.E. Pacific

Seattle, WA 98195-

Phone: (206) 598-4615

Fax: (206) 598-2105

The Rheumatology Clinic is part of the Medical Specialties Clinic at University of Washington Medical Center. We provide comprehensive evaluations for patients with every form of arthritis, as well as people with systemic rheumatic diseases such as lupus, polyarteritis, polymyalgia, Sjögren's Syndrome, and

scleroderma. Working with primary care providers, we also provide ongoing care for patients with these conditions.

UNIVERSITY OF WASHINGTON MULTIDISCIPLINARY PAIN CENTER

<http://www.uwmedicine.org/PatientCare/MedicalSpecialties>

UW Medical Center, 1959 N.E. Pacific

Seattle, WA 98195-

Phone: (206) 598-4282 Fax: (206) 598-4576

We consult, evaluate, and when appropriate, provide treatment for a variety of chronic pain problems and syndromes. Treatment goals focus on the reduction of disability and pain so that individuals can return to an optimal level of function in both their work and personal lives. Patients will then be returned to their referring health-care provider/primary care provider for continuing care. The Multidisciplinary Pain Center has physicians and clinical psychologists from six departments of the UW School of Medicine, providing the ability to treat chronic pain conditions by specialists in anesthesiology, rehabilitation medicine, psychiatry and behavioral sciences, occupational medicine, family medicine, and rehabilitation counseling, as well as ancillary providers from the fields of rehabilitation counseling, nursing, and physical and occupational therapy.

UNIVERSITY OF WASHINGTON RHEUMATOLOGY / ARTHRITIS CLINIC

<http://www.uwmedicine.org/PatientCare/MedicalSpecialties>

Harborview Medical Center, 325 Ninth Avenue

Seattle, WA 9814-2499

Phone: (206) 731-3241 Fax: (206) 731-4860

Our focus is on helping to diagnose patients with rheumatoid symptoms and/or abnormal serological studies and treat patients with underlying immunologic disorders such as rheumatoid arthritis, SLE, Crest Syndrome, Raynaud's phenomenon, gout, Behcet's Syndrome, and psoriatic arthritis. Patients on managed care plans should be referred by a primary care provider. Self-referrals are not accepted.

VIRGINIA MASON MEDICAL CENTER, RHEUMATOLOGY DEPT.

<http://www.virginiamason.org/dept.cfm?id=420>

1100 9th Ave.

Seattle, WA 98101-

Phone: (206) 223-6824

At Virginia Mason Medical Center's Rheumatology Department, our physicians specialize in the diagnosis and treatment of musculo-skeletal disorders. This diagnostic and therapeutic work is done in close connection with orthopedic and rehabilitation specialists, to achieve the maximum benefit for arthritis sufferers.

Home Modifications

ALASKA COMMUNITY DEVELOPMENT CORPORATION

<http://www.alaskacdc.org>

1517 S. Industrial Way, #8

Palmer, AK 99645

Phone: (907) 746-5680 Fax: (907) 746-5681

Email: akedc@alaskacdc.org

Provides qualified low-income Alaskans with free home weatherization in order to bring their homes up to safe, healthy and energy-efficient standards. Priority is given to very low-income households and special needs families with elderly or disabled members. The Senior Access Program provides grants for modifications to improve accessibility for seniors (60 years of age or older) currently in need of home modifications. Housing accessibility program for people with disabilities. This company serves Southcentral, Copper River Basin area and the South East except Juneau.

WEATHERIZATION PROGRAM - RURAL CAP

<http://www.ruralcap.com/rhp>

P.O. Box 200908

Anchorage, AK 99520-

Phone: (800) 478-7227 Fax: (907) 278-2309

Email: info@ruralcap.com

Provides cost-effective energy conservation measures to low-income Alaskans to reduce home energy costs. Improvements include air sealing, energy efficient door and window improvements, adding insulation, heating system improvements, and other measures. Serves Juneau and Western and Northwestern Alaska.

Housing

ALASKA HOUSING FINANCE CORPORATION

<http://www.ahfc.state.ak.us>

P.O. Box 101020

Anchorage, AK 99510-

Phone: (907) 338-6100 Fax: (907) 338-9218 TT: (907) 277-5559

AHFC provides decent, safe, and sanitary rental housing through federal HUD subsidies. Serves low-income individuals and families, seniors 62 and older, and persons with disabilities. Offices located in Anchorage, Barrow, Bethel, Cordova, Fairbanks, Homer, Juneau, Ketchikan, Kodiak, Nome, Petersburg, Seward, Sitka, Soldotna, Valdez, Wasilla, and Wrangell. 1-800-478-AHFC (outside Anchorage, but within Alaska)

ANCHORAGE NEIGHBORHOOD HOUSING SERVICES

<http://www.akanhs.org>

480 West Tudor

Anchorage, AK 99503-

Phone: (907) 677-8490 Fax: (907) 677-8450

Anchorage Neighborhood Housing Services (ANHS) is a non-profit organization dedicated to neighborhood revitalization and the development of affordable housing. ANHS provides an array of loan programs designed to provide homeownership and housing rehabilitation opportunities for person with low to moderate income. ANHS also administers several grant programs to meet the needs of persons who may require home modifications, disability access, and emergency repairs. Individual and group housing counseling classes are offered throughout the year exploring homeownership readiness, shopping for a home, budgeting and credit, and other homeownership preparedness courses. ANHS works in partnership with its sister organization, Anchorage

Mutual Housing Association, operating several affordable housing complexes throughout Anchorage. Through its consulting services ANHS assists other non-profits in development activities throughout the state.

Information & Resources

AK INFO

<http://www.ak.org>

Phone: (800) 478-2221

AK Info can help you locate a wide range of health and social services in your community and throughout the state.

ALASKA DEPARTMENT OF HEALTH & SOCIAL SERVICES, ARTHRITIS PROGRAM

<http://www.hss.state.ak.us/dph/chronic/arthritis>

3601 C Street

Anchorage, AK 99524-

Phone: (907) 269-8447 Fax: (907) 269-5446

Email: arthritis@health.state.ak.us

Coordinates training of leaders for the Arthritis Foundation Exercise and Aquatics Programs and the Living Well Alaska Program (chronic disease self-management). Collects, analyzes and distributes data on arthritis in Alaska. Educational materials on arthritis are available.

ARTHRITIS FOUNDATION, PACIFIC NORTHWEST CHAPTER

<http://www.arthritis.org>

3876 Bridge Way N., #300

Seattle, WA 98103-

Phone: (800) 542-0295 Fax: (206) 547-2707

Provides free brochures and other educational materials on arthritis and related topics. Provides public education programs and training for instructors of the Arthritis Foundation Exercise Program and the Arthritis Foundation Aquatic

Program. Maintains referral lists for rheumatologists, Arthritis Foundation exercise programs, Arthritis Foundation Self-Help courses and local support groups. Serves Washington, Oregon and Alaska.

DON'T FALL FOR IT ALASKA!

http://hss.state.ak.us/dph/ipems/injury_prevention/falls

PO Box 110616

Juneau, AK 99811-

Phone: (907) 465-8632 Fax: (907) 465-2898

A Guide to Fall Prevention developed by the State of Alaska Injury Prevention office. This booklet includes facts and data on falls, risk assessment, describes ways to reduce fall risk, and provides a list of additional resources for fall prevention and a home safety checklist. A poster and postcard are also available to download from the State website.

MEDICAL PATHFINDERS, INC

P.O. Box 240103

Anchorage, AK 99524-

Phone: (907) 563-4645 Fax: (907) 563-9528

Email: medpath@alaska.net

Provides critical support to individuals needing vital health care information by helping to identify the services and resources. Medical Information and Search Services include information on specific illnesses, medical specialists and research, transportation, home health care and other support resources.

OCCUPATIONAL SAFETY & HEALTH -STATE OF ALASKA

<http://www.labor.state.ak.us/lss/vpp.htm>

P.O. BOX 111149

Juneau, AK 99811-1149

Phone: (907) 465-4855 Fax: (907) 465-6012

Provides on-site consultations with employers and employees on occupational safety and health hazards. Provides occupational safety and health training to

employer and employee organizations. Investigates complaints from employees about work hazards. OSHA will provide assistance to businesses, particularly small businesses, and help them proactively address ergonomic issues in the workplace.

Juvenile Arthritis Resources

KIDS AND TEENS GET ARTHRITIS, TOO (KAT)

<http://www.arthritis.org>

3876 Bridge Way N. #300

Seattle, WA 98103-

Phone: (800) 746-1821 Fax: (206) 547-2805

An Arthritis Foundation program that provides educational and social activities for children and teens with arthritis and their families. A variety of activities are planned throughout the year, including a family camp in the summer. Local contact: Erin Shepard-Ham, 907-529-2171.

Occupational Therapy/Services

ALASKA DIVISION OF VOCATIONAL REHABILITATION

<http://www.labor.state.ak.us/dvr/disable.htm>

801 West 10th Street, Suite A

Juneau, AK 99801-

Phone: (907) 465-2814 Fax: (907) 465-2816

Assists persons who experience a physical disability or mental illness in gaining employment. Provides diagnostic and evaluation, coordination of medical services, training (vocational or on-the-job), job placement, and follow up. Offices located in Anchorage, Fairbanks, Eagle River, Juneau, Ketchikan, Kenai, Kodiak, Sitka, and Wasilla.

Physical Activity & Exercise

THE ARTHRITIS FOUNDATION EXERCISE & AQUATICS PROGRAMS

<http://www.arthritis.org>

3876 Bridge Way N., #300

Seattle, WA 98103

Phone: (800) 746-1821 Fax: (206) 547-2805

Studies show that moderate physical activity can help people with arthritis feel less pain, move more easily and feel more energetic and positive. The Arthritis Foundation Exercise Program is a land-based physical activity program specifically designed for people with arthritis. This program uses gentle activities that can be done while sitting, standing or on the floor. The Arthritis Foundation Aquatic Program allows participants to exercise in warm water without putting excess strain on joints and muscles. Both programs are doctor recommended with instructors that have been trained by the Arthritis Foundation. Contact the Arthritis Foundation to find a program in your area or to get more information on how to become an Arthritis Foundation Exercise or Aquatic Program instructor.

STRONG WOMEN PROGRAM

<http://www.strongwomen.com>

Phone: (907) 262-5824

Email: l.tannehill@uaf.edu

Safe and effective strength training programs for midlife and older women. The benefits of strength training for older women have been studied extensively and include increased muscle mass and strength; improved bone density and reduced risk for osteoporosis and related fractures; reduced risk for diabetes, heart disease, arthritis, depression, and obesity; and improved self-confidence, sleep and vitality. Programs are currently in Anchorage, Soldotna, Fairbanks and Nome. Contact Linda Tannehill for more information or to find a program near you.

THE ALASKA CLUB

<http://www.thealaskaclub.com>

Swimming and water aerobics classes at East Club (907-330-0159) and South Club (907-278-5018) in Anchorage and in Fairbanks (452-6801 ext. 229)

Support Groups

LUPUS FOUNDATION OF AMERICA, ALASKA CHAPTER INC.

P.O. Box 240628

Anchorage, AK 99525-

Phone: (800) 307-5787 Fax: (907) 345-0695

Email: lfa_alaska@ hotmail.com

Serves the entire state of Alaska with education and support for those who are affected by lupus. We offer education for patients, their families and friends, the community, and the medical community. Support groups and educational meetings are held at the lupus office in the City Center Mall, corner of Old Seward and Tudor. We also offer support conference via the phone call for times. We can help with filing for disability, rides to doctors appointments, rides from the airport for those sent into Anchorage, help with information on getting cheap or free medication, free airfare application information and other services. We also provide information on Sjögren's, Fibromyalgia, Raynaud's, and various other auto-immune diseases. We make referrals to physicians who treat lupus.

Anchorage Resources

Advocacy/Legal Services

ANCHORAGE EQUAL RIGHTS COMMISSION

<http://www.muni.org/aerc/index.cfm>

632 West 6th Ave, Suite 110

Anchorage, AK 99501

Phone: (907) 343-4342 Fax: (907) 343-4395 TT: (907) 343-4894

Eradicates discrimination in employment, housing, education, financing, and public accommodations. Services of local government based on race, sex, pregnancy and parenthood, religion, physical disability, mental disability, marital status, color, age and national origin. Investigates and resolves complaints. Sign language interpreter available by appointment. Prevents discrimination through training and educational workshops.

Alternative Therapies

CAREER ACADEMY STUDENT THERAPEUTIC MASSAGE CLINIC

<http://www.careeracademy.edu>

1415 E. Tudor Road

Anchorage, AK 99507

Phone: (907) 563-7575 Fax: (907) 563-8330

Email: career@careeracademy.edu

Low cost, professional massages given by Therapeutic Massage students.

Community Opportunities & Recreation

ADAPTED RECREATION PROGRAMS, MOA

<http://www.muni.org/parks/tr.cfm>

P.O. Box 196650

Anchorage, AK 99519

Phone: (907) 343-4247 Fax: (907) 332-1676

Email: adaptedrecreation@muni.org

Muni Parks & Recreation provides recreational and leisure opportunities for people who experience a disability. We offer year round recreation opportunities such as: adapted swimming lessons, weight training, arts & crafts class, field trips, special events: dances, family events, ice fishing, jamboree, etc. Swimming lessons for people with disabilities are held at East High Pool. Ages include children (age 3 and up) through adults.

BARRIER FREE RECREATION, INC.

PO Box 101039

Anchorage, AK 99510

Phone: (907) 688-5571

Barrier Free Recreation is dedicated to the accessible use of the outdoors by all. The group maintains a 30 acre Beech Lake Lodge and recreation site located with the Municipality of Anchorage's Beech Lake Park. Beech Lake Lodge has a kitchen, accessible boardwalks, two small sleeping cabins, and an accessible floating dock fishing site. The lodge is available at very low cost to the general public and to community organizations.

PARKS AND RECREATION DEPARTMENT, MOA

<http://www.muni.org/parks/index.cfm>

P.O. Box 196650

Anchorage, AK 99519

Phone: (907) 343-4355 Fax: (907) 278-6595

Wide variety of summer and winter activities, parks, trails and recreation centers. Spenard Community Recreation Center, Fairview Community Recreation Center. Also includes Eagle River and Chugiak.

Disability Services

ALASKA C.O.P.E

PO Box 220584

Anchorage, AK 99522-0584

Phone: (907) 337-9799

Provides support to families with children who experience a disability. Educates families, service agencies, and the community on issues related to children who experience disabilities of all kinds.

UAA - DISABILITY SUPPORT SERVICES

3211 Providence Drive, Business Education Building, Room 1105

Anchorage, AK 99508

Phone: (907) 786-4530 Fax: (907) 786-4531 TT: (907) 786-4536

Email: anlms1@uaa.alaska.edu

Coordinates support services for UAA students who experience disabilities. Sign language interpreters, note taking arrangements, textbooks on tape, assistive technology, and alternative testing are among the wide range of services provided. Group support through the Disability Awareness Club assists students in having a successful college experience.

Home Modifications

COOK INLET HOUSING AUTHORITY, HOME REPAIR AND IMPROVEMENTS

<http://www.cookinlethousing.org>

3510 Spenard Rd, Suite 100

Anchorage, AK 99503

Phone: (907) 793-3000 Fax: (907) 793-3070

Email: info@cookinlethousing.org

CIHA offers emergency repairs, accessibility improvements and weatherization upgrades for income eligible homeowners within CIHA's service area. CIHA

also has limited loan funds available for minor property improvements that are not typically eligible under other home improvement loan programs.

WEATHERIZATION AND MINOR REPAIRS PROGRAMS - MOA

<http://www.muni.org/cdbg/weatherization.cfm>

632 W. 6th, Suite 630

Anchorage, AK 99501

Phone: (907) 343-4881

The goal of the Weatherization Program is to improve the health and welfare of low income Anchorage residents by upgrading their homes to make them more energy efficient, safe, and comfortable. The Minor Repair Program assists low-income families who own and occupy an attached or detached single-family home, or a mobile home, in need of minor repairs or to increase accessibility.

Physical Activity & Exercise

ALASKA PACIFIC UNIVERSITY AQUATICS PROGRAM

<http://moose.alaskapacific.edu/Moseley/aquatic.php>

Moseley Sports Center, 4400 University Drive

Anchorage, AK 99508

Phone: (907) 564-8314

Email: moseley@alaskapacific.edu

Swimming and water aerobic classes.

ANCHORAGE COMMUNITY YMCA

<http://ymcaalaska.org>

5353 Lake Otis Parkway

Anchorage, AK 99507

Phone: (907) 563-3211

A variety of physical activity classes, including the Arthritis Foundation Aquatic Program.

CAPTAIN COOK ATHLETIC CLUB

http://www.captaincook.com/ath_club.php

939 W. 5th Ave.

Anchorage, AK 99501

Phone: (800) 843-1950

Fully equipped private health club with exercise classes, including water aerobic classes.

CHUGIAK HIGH SCHOOL POOL

Mile 17 Glenn Hwy

Chugiak, AK 99567

Phone: (907) 696-2010

Swimming and water aerobic classes.

DIMOND ATHLETIC CLUB

<http://www.dimondathleticclub.com>

800 East Dimond Blvd. Suite 3-030

Anchorage, AK 99515

Phone: (907) 344-7788 Fax: (907) 522-6790

A variety of physical activity classes, including the Arthritis Foundation Aquatic Program.

H2OASIS ALASKA WATER PARK

<http://www.h2oasiswaterpark.com>

1520 O'Malley Road

Anchorage, AK 99507

Phone: (907) 522-4420 Fax: (907) 644-5625

A variety of swimming/aqua classes.

MOA PARKS AND RECREATION POOLS

<http://www.muni.org/parks/pools.cfm>

Anchorage, AK

Phone: (907) 343-4402

Swimming, swimming lessons, and water aerobic classes. Pools located at Bartlett High School (907-343-6981), Chugiak High School (907-343-4507), Dimond High School (907-343-4508), East High School (907-343-4502), Service High School (907-343-4509), and West High School (907-343-4506).

MOVEMENT OPTIONS LLC

<http://www.feldenkraisjourneys.com>

3524 E. 15th Ave.

Anchorage, AK 99508-3030

Phone: (907) 274-3539

Email: feldenlee1@aol.com

Classes, individual sessions and retreats in the Feldenkrais Method. Participation in this method of neuromuscular retraining improves mobility and ease of movement, and reduces pain.

TAI CHI FROM THE ARTHRITIS FOUNDATION

Tim Chin

Anchorage, AK

Phone: (907) 276-0486

Tai Chi from the Arthritis Foundation is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

Support Groups

ARTHRITIS SUPPORT GROUP

Chester Park Senior Housing, 2020 Muldoon Road

Anchorage, AK 99504

Phone: (907) 337-7202

Monthly meetings with speakers on various arthritis-related topics. Meetings are held the 4th Monday of each month, except summer months, from 7-9pm.

Transportation Services

ANCHOR RIDES- DEPARTMENT OF PUBLIC TRANSPORTATION, MOA

<http://www.muni.org/transit1/anchor.cfm>

700 West 6th Ave Suite 109

Anchorage, AK 99501

Phone: (907) 343-7433 Fax: (907) 343-4042 TT: (907) 343-4775

Provides para-transit (wheelchair lift-equipped) bus service for persons who are unable to use the People Mover bus system because of a disabling condition(s). Applications determine eligibility or an ADA (Americans with Disabilities Act) para-transit pass from another city are required. Upon approval of submitted applications, scheduling for transportation services can be made up to 7 days in advance.

Gulf Coast Resources

Disability Services

FRONTIER COMMUNITY SERVICES, INC.

www.fcskenai.org

43335 K-Beach Road, Suite 36

Soldotna, AK 99669

Phone: (907) 262-6331 Fax: (907) 262-6294

Provides vocational options, residential support, and respite services for people of all ages experiencing a disability. Also provides early intervention and senior care coordination services. Serves individuals of all ages who experience a disability in the Kenai Peninsula and Kodiak Island.

KENAI PENINSULA INDEPENDENT LIVING CENTER

<http://www.peninsulailc.org>

3953 Bartlett Street

Homer, AK 99603

Phone: (800) 770-7911 Fax: (907) 235-6236

Email: ilc@xyz.net

Services provided to people and families with disabilities. Services include advocacy, peer counseling and support groups, information and referral, independent living skills training and transitioning people out of nursing homes. Serves Homer, Seward, Soldotna and Kodiak Island, Valdez and Cordova.

Physical Activity & Exercise

NIKISKI POOL

4 Spur View Dr.

Kenai, AK 99611

Phone: (907) 776-8472

Swimming and water aerobic classes.

VALDEZ HIGH SCHOOL POOL

http://www.ci.valdez.ak.us/parks_rec/swimming_pools

P.O. Box 307

Valdez, AK 99686

Phone: (907) 835-5429

Swimming and water aerobics.

Physical Therapy

ALASKA AQUATIC THERAPY PROGRAM

150 N. Willow Street, Suite 1

Kenai, AK 99611

Phone: (907) 283-7946 Fax: (907) 283-7946

Email: aathelkat@yahoo.com

Individualized water therapy provided by Physical Therapists, Occupational Therapists and Massage Therapists. Sessions are conducted at Kenai High School pool and Nikiski Recreation Center pool. Physician's referral required.

Support Groups

ALASKA CHRONIC ILLNESS INFORMATION SUPPORT - LUPUS

P.O. Box 2150

Homer, AK 99603

Phone: (907) 235-3749

We provide information and support for Lupus, Arthritis, Fibromyalgia, Scleroderma, Parkinson's, Multiple Sclerosis, Sjögren's, and other mixed connective tissue disease's. Can provide or obtain information on chronic illness. If information is not readily available, we will gladly forward it free of charge. Support groups will soon be available in Homer.

Transportation Services

KODIAK AREA TRANSIT SYSTEM

<http://home.gci.net/~kodiakseniorcenter/kats.html>

302 Erskine Avenue

Kodiak, AK 99615

Phone: (907) 486-8308

KATS operates a coordinated transportation service for the Alaska Mental Health Trust Beneficiaries, Senior Citizens and disabled individuals. Other non-profit agencies that have non-beneficiaries also contract for service for their clients with KATS.

Interior Resources

Community Opportunities & Recreation

ADAPTIVE RECREATION PROGRAM, FNSB

<http://co.fairbanks.ak.us/ParksandRecreation/AdaptiveRecreation>

PO Box 71267

Fairbanks, AK 99707

Phone: (907) 459-1097

Email: parks@co.fairbanks.ak.us

Adaptive Recreation works within the Department of Parks and Recreation to provide recreational programs for the population of Fairbanks and North Pole who have a disability. Our programs change with the seasons, from biking and hiking in the summer to snow shoeing and x-c skiing in the winter with almost everything else in between.

Home Modifications

WEATHERIZATION PROGRAM -INTERIOR

713 15th Avenue Fairbanks

Fairbanks, AK 99701

Phone: (907) 452-5323

Fax: (907) 452-1433

Provides cost-effective energy conservation measures to low-income Alaskans to reduce energy costs. Program operators install energy-efficient improvements in qualifying households. Improvements include air sealing, energy-efficient doors and windows, adding insulation, heating system improvements, and other measures. The Interior Weatherization Program provides outreach to priority clients such as seniors and persons who experience a disability. In addition, the Interior Weatherization Program and Access Alaska -Fairbanks (which provides home modification services) also works together by screening applicants for each others programs. Serves the Fairbanks North Star Borough South to Cantwell and East to Delta Junction.

Housing

INTERIOR REGIONAL HOUSING AUTHORITY

<http://www.irha.org>

828 27th Avenue

Fairbanks, AK 99701

Phone: (907) 452-8315 Fax: (907) 456-8941

Email: housing@irha.org

Serves low income individuals, families, elderly, and disabled persons in the Doyon Region. IRHA provides an opportunity for low to moderate income families to purchase a home in Fairbanks or the interior villages with assistance through H.U.D. Mutual Help Program. Serves Fairbanks and the outlying communities of Holy Cross, Grayling, McGrath, Takotna, Kaltag, Nulato, Ft. Yukon, Tanana, Minto, Circle, Beaver, North Pole, Tanacross, Nenana, Northway, Anvik, Allakaket, Tok area, Nikolai, Chalkyitsik, Huslia, Bird Creek, Rampart, Ruby, Healy Lake, and Eagle.

Occupational Therapy/Services

SECTION 130 VOCATIONAL REHABILITATION PROGRAM - TANANA

122 First Avenue, Suite 600

Fairbanks, AK 99701

Phone: (907) 452-8251 Fax: (907) 459-3851 TT: (907) 459-3844

Serves American Indians or Alaska Natives experiencing a disability and residing in one of the 31 villages in the TCC service area. Full range of vocational rehabilitation services for Alaska Natives or American Indians. Services may include coordination of specialized training, on-the-job training, job search; assistance in obtaining assistive technology and equipment; and ongoing guidance and counseling services. Serves 31 rural villages in Interior Alaska within the Tanana Chiefs Conference service area.

Physical Activity & Exercise

FNSB PARKS AND RECREATION POOLS

<http://www.co.fairbanks.ak.us>

PO Box 71267

Fairbanks, AK 99771

Phone: (907) 459-1070

Email: parks@co.fairbanks.ak.us

Swimming and water aerobics at Hamme Pool (907-459-1085), Mary Siah Recreation Center (907-459-1081), and Wescott Pool (907-488-9401).

Transportation Services

MACS TRANSIT -FBX NORTH STAR BOROUGH TRANS. DEPT

<http://www.co.fairbanks.ak.us>

809 Pioneer Rd.

Fairbanks, AK 99707

Phone: (907) 459-1002 Fax: (907) 459-1004

Metropolitan Area Commuter System. Provides a bus transportation system to the Fairbanks and North Pole communities. Operates fully accessible buses with discounts for disabled and senior citizens.

VAN TRAN -FNSB TRANSPORTATION DEPARTMENT

501 Cushman Street

Fairbanks, AK 99707

Phone: (907) 459-1324

Email: tpark@co.fairbanks.ak.us

Serves persons experiencing disabilities and persons over 60 years old. Provides lift -equipped transportation for the disabled and elderly. Must make transportation arrangements two weeks to 24 hours prior. Call (907) 459-1010 for dispatcher.

Mat-Su Resources

Healthcare Providers

CHICKALOON VILLAGE HEALTH SERVICES

www.chickaloon.org

16166 N. Glenn Hwy

Chickaloon Village, AK 99674

Phone: (907) 745-0704 Fax: (907) 745-0708

Email: cvhealth@chickaloon.org

Serves tribal members, their immediate family members and other Alaska Natives residing in CVHS jurisdiction. Also serves American Indians residing in Chickaloon. An exam office is available for minor problems, routine examinations, well baby check-ups, immunization, and some lab procedures. Transportation door to door, non-emergency transport for medical, dental, and mental health appointments is available to the Mat-Su Valley and Anchorage areas. In-home assistance is available to elders, disabled children and adults, expectant mothers with special needs, postpartum mothers, and others upon assessment. Assistance is available in scheduling medical or dental appointments at the Alaska Native Medical Center, Southcentral Foundation Primary Care Center and Valley Native Primary Care Center in Wasilla.

Home Modification

KNIK TRIBAL COUNCIL, HOME IMPROVEMENTS, REPAIR AND SAFETY

2100 Wasilla Fishhook, Keltons Circle

Wasilla, AK 99687

Phone: (907) 373-7985 Fax: (907) 373-2161

Email: amills@kniktribalcouncil.org

Modernization / Rehabilitation: addresses health and safety issues. Available for members of the Knik Tribe or other federally recognized tribe.

Physical Activity & Exercise

MAT-SU PALMER POOL

<http://www.matsugov.us/RecServices/PalmerPool.cfm>

1170 W Arctic Avenue

Palmer, AK 99645

Phone: (907) 745-5091

Email: Palmer.Pool@matsugov.us

Swimming and water aerobics.

MAT-SU WASILLA POOL

<http://www.matsugov.us/RecServices/WasillaPool.cfm>

701 E Bogard Road

Wasilla, AK 99654

Phone: (907) 376-4222

Email: Wasilla.Pool@matsugov.us

Swimming and water aerobics.

Transportation Services

KNIK TRIBAL COUNCIL, TRANSPORTATION

2100 Wasilla Fishhook, Keltons Circle

Wasilla, AK 99687

Phone: (907) 373-7991 Fax: (907) 373-2161

Email: kniktrib@mtaoline.net

Van Transportation Service between Wasilla and the Alaska Native Medical Center in Anchorage for members of the Knik Tribe, with appointments, and 48-hour notice.

MAT-SU COMMUNITY TRANSIT

<http://www.matsutransit.com>

225 W. Riley Steet

Wasilla, AK 99687

Phone: (907) 376-5000 Fax: (907) 373-5999

Email: dispatch@matsutransit.com

MASCOT operates both local and commuter fixed route service on seven separate lines, and can deviate up to $\frac{3}{4}$ mile off the route. Fixed route service is operated with five, 20-passenger lift-equipped cutaway vans. Additional service is provided to the Boy's and Girl's Club with a used school bus. Para-transit service is provided with three wheelchair-equipped vehicles to individuals who cannot use the fixed route service. In addition to the fixed route and para-transit services, MASCOT has a contract with Alaska Valley Cab to provide trips to Medicaid clients for medical appointments.

Northwest Resources

Community Opportunities & Recreation

NOME RECREATION CENTER

<http://www.nomealaska.org>

425 6th Avenue East

Nome, AK 99762-

Phone: (907) 443-5431 Fax: (907) 443-5431

Email: nr@ci.nome.ak.us

Facilities offer showers, sauna, Jacuzzi, convention hall, and snack bar. Equipped with a gym, racquetball courts, softball fields, running track, tennis court, and weight room. Activities offered include: bowling, billiards, aerobics classes, Tae Kwon Do classes, and an arcade

RECREATION DEPARTMENT -CITY OF BARROW

2022 Ahkovak Street

Barrow, AK 99723-

Phone: (907) 852-2514 Fax: (907) 852-3597

Recreation Department administrates: Piuraagvik Recreation Center, City of Barrow Roller Rink, 2 Teen Centers, Manuluk Skating Rink, 4 playgrounds, new hockey rink, and 2 softball fields. Piuraagvik Recreation Center has facilities for basketball, volleyball, racquetball, saunas, showers, and aerobics.

Disability Services

ARCTIC ACCESS, INCORPORATED

<http://www.arcticaccess.org>

615 Grayling Street

Kotzebue, AK 99572-

Phone: (907) 442-3021 Fax: (907) 442-2393

Email: Arcticac@otz.net Director

Assists people with disabilities to live independently. Provides four core services: advocacy, information and referral, peer counseling, and independent living training. Serves the NANA/Bering Strait Region and the 25 surrounding villages.

Physical Activity & Exercise

NOME SWIMMING POOL

<http://www.nomealaska.org/pool/index>

2920B Nome-Teller Hwy.

Nome, AK 99762-

Phone: (907) 443-5717

Swimming and water aerobics.

Southeast Resources

Community Opportunities & Recreation

PARKS AND RECREATION -KETCHIKAN GATEWAY BOROUGH

601 Schoenbar Road
Ketchikan, AK 99901-
Phone: (907) 225-9579

Maintains special events, classes, and sporting leagues for all ages. Oversees swimming pools and parks.

Disability Services

CENTER FOR COMMUNITY

700 Katlian Street, Suite B
Sitka, AK 99835-
Phone: (907) 747-6960 Fax: (907) 747-4868

Provides a full range of home and community based services for people with disabilities, the elderly, or anyone requiring personal assistance. Programs offered include: care coordination, Independent Living skills, vocational placement and training, Infant Learning Program, personal care services, respite services, senior services, Even Start Program, supported living, supported employment, and literacy. Serves Sitka and the outlying communities of Angoon, Craig, Haines, Hoonah, Hydaburg, Juneau, Kake, Ketchikan, Metlakatla, Pelican, Petersburg, Skagway, Wrangell, and Yakutat.

COMMUNITY CONNECTIONS

201 Deer Mount
Ketchikan, AK 99901-
Phone: (907) 225-7825 Fax: (907) 225-1541 TT: (907) 225-7825

Provides individualized customer-guided support that encourage independence, community belonging and quality of life, for families, people with disabilities,

and seniors in Ketchikan and the outlying communities of Hyder, Wrangell, Prince of Wales, Metlakatla, and Petersburg.

REACH, INC.

<http://www.reachak.org>

213 Third St.

Juneau, AK 99801-

Phone: (907) 586-8228 Fax: (907) 586-8226

Serves persons who experience a developmental, mental, or physical disability regardless of age. Maintains and operates 2 residential group homes for supported community living. Family Support services provided include: respite; in-home support and care; shared-care; foster care; assisted living; and infant learning services for children birth to age 3. Vocational services include: work adjustment, evaluation, supported employment, sheltered employment, job placement and job coaching; and custodial services. Serves the outlying areas of Hoonah, Kake, Angoon, Klukwan, and Yakutat. Located at 3272 Hospital Drive.

SOUTHEAST ALASKA INDEPENDENT LIVING

<http://www.sailinc.org>

3225 Hospital Drive, Suite 300

Juneau, AK 99801-

Phone: (800) 478-8025 Fax: (907) 586-4980

Email: info@sailinc.org

Provides consumer directed independent living services to people with severe physical disabilities throughout Southeast Alaska. SAIL offices are community based information and referral centers, managed and staffed primarily by qualified people with disabilities. Maintains 3 offices in Juneau, Ketchikan and Sitka.

SOUTHEAST REGIONAL RESOURCE CENTER

<http://www.serrc.org>

210 Ferry Way

Juneau, AK 99801-

Phone: (907) 586-6806 Fax: (907) 463-3811

Email: info@serrc.org

Provides special education services to school districts throughout Alaska. Includes related services such as speech therapy, occupational therapy, physical therapy, school psychology and grant writing assistance. Also provides administrative support, training, consultation, and referral services.

Physical Activity & Exercise

AUGUSTUS BROWN SWIMMING POOL

<http://www.juneau.org/parkrec/pool>

1619 Glacier Ave.

Juneau, AK 99801-

Phone: (907) 586-5325

Swimming and water aerobic classes.

ANNETTE ISLAND LEPQUINUM WELLNESS CENTER

PO Box 439

Metlaktla, AK 99926-

Phone: (907) 886-7946

A variety of physical activity classes, including the Arthritis Foundation Aquatic Program.

BOB KORN MEMORIAL SWIMMING POOL

609 Railroad Ave

Cordova, AK 99574-

Phone: (907) 424-7200

Swimming and water aerobic classes.

CRAIG AQUATIC CENTER

Craig, AK 99921-

Phone: (907) 826-2794

Email: pool@craigak.com

A variety of swimming/aqua classes, including the Arthritis Foundation Aquatic Program.

MIKE SMITHERS POOL

601 Schoenbar Rd

Ketchikan, AK 99901-

Phone: (907) 225-2010

Email: parkandrec@borough.ketchikan.ak.us

PETERSBURG SWIMMING POOL

500 North 3rd St.

Petersburg, AK 99686-

Phone: (907) 772-3304

Email: parkandrec@ci.petersburg.ak.us

Swimming and water aerobics.

TAI CHI FROM THE ARTHRITIS FOUNDATION

Jo Boehme

Juneau, AK

Phone: (907) 321-8520

Tai Chi from the Arthritis Foundation is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

WRANGELL SWIMMING POOL

513 Church Street

Wrangell, AK 99929-

Phone: (907) 874-2444 Fax: (907) 874-3186

Email: parksrec@ak.net

A variety of swimming/aqua classes.

Transportation Services

CAPITAL TRANSIT

<http://www.juneau.lib.ak.us/capitaltransit/>

10099 Bentwood Place

Juneau, AK 99801-

Phone: (907) 789-6901 Fax: (907) 789-2132

All buses are now accessible and/or lift-equipped.

CARE-A-VAN TRANSPORTATION SERVICE -SOUTHEAST SENIOR

<http://www.ccsjuneau.org>

1805 Glacier Highway,

Juneau, AK 99801-

Phone: (907) 463-6194 Fax: (907) 586-1879

Serves persons age 60 and older or people who have a permanent or temporary disability as described in the Americans with Disabilities Act (ADA) card application. Provides door-to-door transportation to persons with disabilities of any age, and to the elderly (age 60 or older). Serves all roads in Juneau from Auke Bay, south to all points on Douglas Island.

Southwest Resources

Housing

AVCP REGIONAL HOUSING AUTHORITY -BETHEL

<http://www.avcphousing.org>

P.O. Box 767

Bethel, AK 99559-

Phone: (907) 543-3121 Fax: (907) 543-2270

Provides decent, safe, and sanitary housing to eligible persons. Manages a 24-unit apartment building for persons who are elderly or disabled. Serves the Association of Village Council Presidents Region (56 villages). Has a 32-unit, low-income complex on Ptarmigan Street. Programs include Mutual Help (low-income home ownership assistance program). Serves 40 villages in the Yukon Kuskokwim Region.

BRISTOL BAY HOUSING AUTHORITY

P.O. Box 50

Dillingham, AK 99576-

Phone: (907) 842-5956 Fax: (907) 842-2784

Serves low income individuals and families, elderly or disabled persons. Provides decent, safe, sanitary, and affordable housing to eligible persons. Programs include: Mutual Help (low income home ownership assistance); apartments for low income; apartments for the elderly or disabled; Mutual Help available in: Naknek, S. Naknek, Levelock, Clark's Point, Aleknagik, Egekik, Port Heiden, Igiugig, New Halen, Kokhanok, Nondalton, New Stuyahok, Manokotak, Chignik Bay, Ekwok, Chignik Lake, Pilot Point, Dillingham, Ivanof Bay, and Perryville.

Physical Activity & Exercise

KVIMARVIK SWIMMING POOL

<http://www.theborough.com/parks>

PO Box 189

Naknek, AK 99633-

Phone: (907) 246-7665

Swimming.

UNALASKA AQUATICS CENTER

<http://www.unalaska-ak.us>

PO Box 610

Unalaska, AK 99685-

Phone: (907) 581-1649

Swimming and water aerobics.

Elder and Senior Resources

National Resources

THE NATIONAL INSTITUTES OF HEALTH SENIOR HEALTH

<http://nihseniorhealth.gov>

NIH Senior Health makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH).

State Resources

ALASKA COMMISSION ON AGING

<http://www.hss.state.ak.us/acoa>

PO Box 110693

Juneau, AK 99811-

Phone: (907) 465-3250 Fax: (907) 465-1398

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.

Administers grants for the following services: information and referral; nutrition; transportation: adult day care; respite care; case management; Long-Term Care Ombudsman; legal services; and others.

LONG-TERM CARE OMBUDSMAN - resolves complaints for seniors (60 years or over) who live in long-term care facilities (nursing homes, assisted living homes and senior/public housing). Advocates for seniors who have needs or problems associated with agencies, government, or long-term care.

ALASKA DIVISION OF SENIOR & DISABILITY SERVICES

<http://hss.state.ak.us/dsds>

3601 C Street; Suite 310

Anchorage, AK 99503-

Phone: (800) 478-9996 Fax: (907) 269-3688

Serves seniors who are 68 years of age or older who are on Medicare or Social Security Disability. Insurance Counseling to answers questions regarding supplemental insurance to Medicare, Medicaid, and long-term care insurance. **ASSISTED LIVING LICENSING** is responsible for the licensing and oversight of all assisted living homes and facilities. **CHOICE FOR THE ELDERLY** is a home and community-based long-term care, Medicaid waiver program that is an alternative to Medicaid reimbursed care in a nursing facility. Paid through Medicaid, care coordinators screen and determine eligibility for waiver services and complete a thorough assessment to determine needs, prepare a plan of care, and coordinate services. Care coordinators continue to stay in contact with each Choice participant to provide on-going assistance services paid by Medicaid May include home-delivered meals, transportation, adult day service care by specialized equipment and supplies, home modification, respite for caregivers, and care provided in an assisted living facility.

ALASKA PIONEER HOME

<http://hss.state.ak.us/dalp>

P.O. Box 110690

Juneau, AK 99811-0690

Phone: (907) 465-4422 Fax: (907) 465-4108

The Alaska Pioneer Homes are licensed as assisted living facilities, offering a high degree of professional services to meet residents' needs. Typically, residents of the homes are not able to live without some form of daily assistance. They may require nursing and other physical and emotional support services offered in a licensed assisted living facility. Professional services range from assurance of a safe environment and occasional help with daily life skills, to skilled nursing, personal care and other support services including end of life care. Many residents receive a level of service that would otherwise be delivered in a nursing home or under the Older Alaskan Home and Community-Based Medicaid waiver. Pioneer Homes are located in Anchorage, Fairbanks,

Juneau, Ketchikan, Palmer and Sitka. Any Alaska resident age 65 or older who has been physically present in the State of Alaska for a minimum of twelve consecutive months prior to application may apply.

AMERICAN ASSOCIATION OF RETIRED PERSONS

<http://www.aarp.org>

3101 Penland Parkway (Northway Mall)

Anchorage, AK 99508-

Phone: (907) 272-1444 Fax: (907) 272-1114

Email: aarpic@acsalaska.net

Serves persons age 50 and older. Promotes legislative action on a state and national level. Offers lifetime education, travel service, and financial benefits which include counseling and money market information. Provides computer classes and safe driving classes. Operates a pharmacy program for seniors to receive reduced rates via mail order. For those calling outside of Anchorage, 1-888-805-1540

OLDER PERSONS' ACTION GROUP, INC.

<http://www.opagak.org>

325 East Third Avenue, Suite 300

Anchorage, AK 99510-

Phone: (907) 276-1059 Fax: (907) 278-6724

Provide advocacy services for older Alaskans. Offers direct service by providing information and referral and training programs in computer skills and health care (Certified Nursing Assistant). Also facilitates the Job Seeker Support Network. Publishes the "Senior Voice", a statewide newspaper for senior citizens.

SENIOR CARE, SENIOR INFORMATION OFFICE

<http://www.hss.state.ak.us/dsds/seniorcaresio.htm>

3601 C Street, Suite 310

Anchorage, AK 99503-

Phone: (800) 478-6065 Fax: (907) 269-4973

Your one-stop source for senior resources in Alaska. Information on financial aid for prescription drugs, local doctors who accept Medicare clients and more. The state SeniorCare program offers programs that supplement prescription drug coverage through Medicare, private insurance or Indian Health Service benefits.

Anchorage Resources

ANCHORAGE SENIOR CENTER

<http://www.anchorageseniorcenter.org>

1300 East 19th Avenue

Anchorage, AK 99501

Phone: (907) 258-7823 Fax: (907) 278-2454

Email: asc-admin@ak.net

ASC offers programs on health, physical fitness, recreation, arts and crafts, and podiatry care. Information and assistance services, voter registration and Notary services. Hosts the Alaska Health Fair in the spring. Education and library resources available. Conducts elders' organizational meetings. Also holds the Parkinson's Support Group, health and wellness, potlucks, exercise classes, low cost membership to use a full range of exercise equipment, weight management, and other health related services. Restaurant is open five days a week.

CHUGIAK SENIOR CITIZENS CENTER

<http://www.chugiak-seniors.org>

22424 N. Birchwood Loop

Chugiak, AK 99567

Phone: (907) 688-2677 Fax: (907) 688-1319

Maintains an assisted living program, adult day care, transportation, meals on wheels, dining hall, beauty shop, 43 independent living apartments, 20 assisted living apartments, and a second hand store. Also coordinates senior activities. Provides information and referral and a monthly newsletter for members.

MABEL T. CAVERLY SENIOR SERVICES

<http://www.mabeltcaverly.org>

325 E. Third Avenue

Anchorage, AK 99501

Phone: (907) 276-1496 Fax: (907) 258-1356

Mabel T. Caverly Senior Service provides a center designed to meet the social, recreational and emotional needs of persons 55 years of age and older. Services include work-site for Senior Companions. The Phone Pal Program, a telephone reassurance program for seniors who are lonely or isolated. The center has a van that provides transportation for members to get to and from the center for activities, shopping, doctors appointments, day trips to cultural activities, weekly trip to the grocery store, scenic drives in and out of town. Center staff provides assistance to seniors with paperwork, and providing information, referral and outreach to seniors throughout the Anchorage area.

OLDER ALASKANS PROGRAM

401 W. International Airport Rd #19

Anchorage, AK 99518

Phone: (907) 349-0613 Fax: (907) 522-7894

The Salvation Army Supportive Services, including Home Care of Seniors. Seniors are assisted with household chores, rides to appointments, shopping, and prescriptions pick-up. Home-bound seniors are provided one hot meal each day. There are three nutrition sites open to the public Monday through Friday, providing hot noon meals to seniors.

Chugach Manor, 1281 E. 19th Avenue, 274-9798

Downtown Meal site. 742 Barrow Street, 277-2591

Mountain View Meal Site, 315 N. Price Street. 297-5434

PROVIDENCE SENIOR CONNECTION

<http://www.providence.org/alaska/services/seniors/srconn.htm>

4900 Eagle Street

Anchorage, AK 99503

Phone: (907) 762-0260 Fax: (907) 762-0280

Senior Connection is a health promotion program for seniors 55 and older. Provides information on wellness, health maintenance and prevention - information about keeping fit, positive and productive. Includes benefits such as a bi-monthly newsletter, assistance with insurance paperwork and discounts on cafeteria meals.

SERENDIPITY ADULT DAY CARE

3550 E. 20th Ave

Anchorage, AK 99508

Phone: (907) 279-0501 Fax: (907) 278-0502

The Salvation Army program enables seniors to remain in their home and community. Bridges the gap between total independence and long-term institutionalization. Provides adult day care, a congregate meal site, and respite care. Can serve as primary contact point for community resources link.

SOUTHCENTRAL FOUNDATION ELDERS PROGRAM

<http://www.scf.cc/elders.cfm>

6901 E. Tudor Road

Anchorage, AK 99504

Phone: (907) 729-6500 Fax: (907) 338-4645

Elder Providers offer advocacy and social support services to Native Elders by assisting them in their homes with light housekeeping, arranging appointments, and other assistance that promotes a lifestyle of independence and mobility. The program manages a daily lunch program, potlucks, as well as other weekly activities and group outings.

Gulf Coast Resources

KENAI SENIOR CENTER -CITY OF KENAI

<http://www.ci.kenai.ak.us/seniorcenter.html>

361 Senior Court

Kenai, AK 99611

Phone: (907) 283-4156 Fax: (907) 283-3200

Provides services that help maintain the health and independence of older Americans. Services include: transportation, congregate and home delivered meals, personal advocacy, information and referral, shopping assistance, home and hospital visits, telephone reassurance, recreation, health screening, and volunteer opportunities. Find a whole new meaning in life ...visit our program. Serves Kenai and the out-lying communities of Kasilof and Clam Gulch.

NINILCHICK SENIOR CENTER

PO Box 39422

Ninilchick, AK 99639

Phone: (907) 567-3988

SELDOVIA SENIOR MEAL PROGRAM -SELDOVIA VILLAGE TRIBE

PO Box 350

Seldovia, AK 99663

Phone: (907) 234-7520 Fax: (907) 234-7637

Serves senior citizens 60 years and older and their spouses or caregivers. Also serves Native American 50 years and older and -their spouses. Serves meals regularly at Lakeside Terrace on Monday, Wednesday, and Friday. Meals on Wheels also operates on Monday, Wednesday, and Friday. Other services include homemaker services, shopping, transportation, and referrals.

SENIOR CITIZENS OF KODIAK

302 Erskine Avenue

Kodiak, AK 99615

Phone: (907) 486-6181 Fax: (907) 486-4503

Email: scokinc@ak.net

Serves people 60 and older except for Family Caregiver Support which is for any caregiver who is 18 and older who cares for a person 60 and older. Provides nutrition program congregate meals and home delivered meals. Offers social and recreational activities, information and referral services, and transportation, including lift services, through Kodiak Area Transit System (486-8308). Adult day program-Island Cove, has Choice Waiver Care Coordination program for people 65 and older who meet income guidelines as well as Family Caregiver

Support which includes assistance for people 18 and older care giving for any 60 year old, where ever they might live. Respite assistance through Family Caregiver Program. Grant services for senior in-home care, which provides CHORE Services, and care coordination for non-choice waiver clients.

SENIOR SERVICES - CORDOVA

P.O. Box 160

Cordova, AK 99574

Phone:

Fax: (907) 424-8116

Serves persons age 60 years and older, their spouses and/or guests. Spouses and guests can be under 60 years of age. Also serves the disabled in senior housing or household. Offers nutrition services for seniors, 1 meal per day, 5 days per week. Transportation services are available which includes: furnishing taxi passes to allow seniors to go shopping, make medical appointments, and participate in the meal program. Meals at Cordova Community Medical Center.

SEWARD SENIOR CENTER

336 Third Avenue

Seward, AK 99664

Phone: (907) 224-5604

Fax: (907) 224-2096

Serves persons age 60 and older, and their spouses. Serves Seward, Cooper Landing, Hope, and Moose Pass. Seeks to enhance the lives of senior citizens through services and activities. Provides meals, transportation, escort, information and referral, home repair, chore services, shopping, outreach, recreation, exercise and education. Interpreter is available.

Interior Resources

ALASKA COMMUNITY SERVICES

724 27th Avenue, Suite 3

Fairbanks, AK 99701

Phone: (907) 452-6417

Fax: (907) 452-6423

Email: nssc@gci.net

Offers the Foster Grandparents Program (The Elder Mentor Program), The Senior Companion Program, and The Retired Senior Volunteer Program. The Foster Grandparents mentor children and youth that have special needs. The Senior Companion Program makes sure that frail elders have someone to help them and just be a friend to them. The Retired Senior Volunteer Program is where we place elderly with agencies where they can be of service.

DENAKKANAAGA, INC.

299 1st Ave

Fairbanks, AK 99701

Phone: (907) 456-5827 Fax: (907) 452-6641

Email: dnakanga@gci.net

Serves primarily native elders, age 55 and older, but will serve others, especially disabled non-elders within area of expertise. A regional non-profit elders organization serving elders of the Interior and those enrolled in Doyon, Tanana Chiefs Conference, and village corporations. Seven elders serve on the board of directors and focus on advocacy for elders' issues and benefits, intergenerational concerns, voice of elders on issues of concern, especially through the Annual Elder-Youth Conference each June. Services provided through Denakkanaaga include rural outreach to native elders; information and referral; advocacy education on elder abuse; assistance with forms and notarizing; and the Spirit of Our Ancestors project for cultural preservation of Athabascan traditions. Serves 42 villages of the Doyon Tanana Chiefs Conference region including Fairbanks, North to Arctic Village, East to Eagle, South to Nenana, and West to McGrath and Holy Cross.

NENANA TORTELLA COUNCIL ON AGING

P.O. Box 205

Nenana, AK 99760

Phone: (907) 832-5818 Fax: (907) 832-5261

Serves persons, age 60 and older. Provides information and referral services, recreation activities, support groups, and a nutrition program. Offers meals and lift-equipped transportation on Monday, Wednesday, and Friday-home delivery is also available. Transportation to Fairbanks is provided twice monthly for appointments.

NORTH STAR COUNCIL ON AGING - SENIOR CENTER

1424 Moore Street

Fairbanks, AK 99701

Phone: (907) 452-1735 Fax: (907) 451-9974

Serves seniors, age 60 and older. Provides congregate meals, meals on wheels, transportation, information and referral, and personal advocacy. Offers outreach services, some preventative health services, and assistance with completing forms and paper work.

FNSB PARKS AND RECREATION SENIOR ACTIVITIES PROGRAM

1920 Lathrop Street

Fairbanks, AK 99701

Phone: (907) 459-1070 Fax: (907) 459-1072

Offers recreational programs for senior citizens, including but not limited to bowling, computers, fitness, walking, outings, and swimming.

Mat-Su Resources

MID-VALLEY SENIORS, INC./MID-VALLEY SENIOR CENTER

P.O. Box 940-168

Houston, AK 99694

Phone: (907) 892-6114 Fax: (907) 892-7972

Provides congregate and home delivered meals, preventive health care and socialization classes to seniors. Also serves the outlying communities of Big Lake, Willow, and Meadow Lakes.

MORNING STAR CENTER FOR ADULT CARE -PALMER SENIOR

1088 South Bailey

Palmer, AK 99645

Phone: (907) 746-3374 Fax: (907) 746-5173

Serves residents of the Mat-Su Borough who are 60 years or older and require

assistance and supervision due to mild or moderate physical, emotional, or mental impairment and/or adults of any age with Alzheimer's or a related disorder. A day program offering a safe, supervised setting in which frail adults and adults with Alzheimer's or a related disorder can take part in social, recreational, and therapeutic activities. Through structured health, social, and recreational programs the center staff implement an individualized plan of care which helps participants maintain his/her optimal level of functioning. The center also provides support, information, and respite to those providing care for the participant. Serves the Greater Palmer/Wasilla area.

PALMER SENIOR CITIZENS' CENTER, INC.

<http://www.palmerseniors.com>

831 South Chugach Street

Palmer, AK 99645

Phone: (907) 745-5454 Fax: (907) 746-5173

Email: pscc@mtaonline.net

Serves seniors 60 and older or any individual with Alzheimer's Disease or Related Disorder for all programs except senior employment which has a 55 year old age limit. Provides services for individuals sixty years of age or older or individuals with Alzheimer's Disease or Related Disorders (ADRD) of any age. Services include care coordination (coordination of services for frail/disabled individuals or persons with ADRD who wish to remain independent), an adult day care center (Morning Star), information and referral services and employment assistance. Additional services include congregate meals served Monday through Friday, home-delivered meals for seniors unable to come to the center and transportation to/from adult day care, medical appointments, the Center, etc. Serves the Mat-Su Borough.

WASILLA AREA SENIORS, INC.

<http://www.alaskaseniors.com>

1301 Century Circle

Wasilla, AK 99654

Phone: (907) 376-3104 Fax: (907) 373-5170

Email: wasillaseniors@alaskaseniors.com

Seeks to enrich the lives of seniors through various recreational and support

services. Provides congregate meals, home delivered meals to all housebound seniors, and food basket assistance. Offers wheelchair accessible transportation services (within Wasilla) to and from the Senior Center and medical runs. Medical runs offered to persons with a disability regardless of age. Consolidated local shopping trips once a week. Prescription pick-up and delivery available. Social and recreational activities include cards, Bingo, arts and crafts, pool playing, and use of exercise equipment. Information and referral services available. Also serves the outlying communities of Big Lake and Knik.

Northwest Resources

NOME ADULT DAY CARE

104 Division St

Nome, AK 99762-

Phone: (907) 443-4150 Fax: (907) 443-4151

Serves seniors, age 60 and older, who require supervision due to physical, emotional or cognitive impairments (assistance in overcoming functional limitations or disabilities with achieving daily living skills). Provides supervised care to seniors. Promotes individual and optimal levels of independence, enhancing individual levels of functioning. Services include: case management, home care, and respite care. Activities offered include: exercise, meal and snack service, crafts, socialization, outings, picnics, seasonal "Surah", and berry picking.

SENIOR CITIZENS CENTER -NORTH SLOPE BOROUGH

5452 North Star

Barrow, AK 99723-

Phone: (907) 852-0276 Fax: (907) 852-0372

The Senior Citizens Center, Utuqqanaaqagvik, is one arm of the senior citizens services offered by the North Slope Borough Department of Health and Social Services. The Center maintains 35 senior apartments and provides transportation, nutrition, homemaker, and laundry services to eligible seniors.

ASSISTED LIVING FACILITY: A 24 hour assisted living care facility

equipped with a therapeutic whirlpool. Provides intermittent nursing care, adult day care and home health care. Acts as a consultant for home health care and occasionally provides supplies to outlying villages.

XYZ SENIOR CENTER -NOME COMMUNITY CENTER

95 Hunter Way

Nome, AK 99762-

Phone: (907) 443-5238 Fax: (904) 443-4151

Provides daily congregate meals and home delivered meals to persons who are unable to leave their homes. Transportation is available for eligible persons. Senior Center Services include: chore assistance, home maintenance, access services; recreation; laundry facilities; showers and sauna; advocacy: and referrals. Senior meals are also available in White Mountain, Koyuk, Stebbins, St. Michael, and Shaktoolik.

Southeast Resources

ANGOON SHU' SENIOR CENTER

<http://www.ccsjuneau.org>

P.O. Box 107

Angoon, AK 99820-

Phone: (907) 788-3804

Email: angoonsc@ccsjuneau.org

Serves individuals over 60 and persons with disabilities. Provides congregate and home-delivered meals, transportation, information and referrals, social activities, shopping, escort, nutrition education, homemaker and chore services. The Senior Center is located at the Tlingit-Haida Community Center at 812 Xootz Road.

CATHOLIC COMMUNITY SERVICE, INC.

<http://www.ccsjuneau.org>

419 Sixth Street

Juneau, AK 99801-

Phone: (907) 463-6100 Fax: (907) 586-9018

Serves people of Southeast Alaska. Senior Services include nutrition, transportation and support programs that make it possible for seniors with physical or cognitive disabilities to remain at home and live as independently as possible.

DOUGLAS SENIOR CENTER

<http://www.ccsjuneau.org>

P.O. Box 240509

Douglas, AK 99824-

Phone: (907) 364-3161 Fax: (907) 364-3641

Provides congregate and home-delivered meals, information and referral, nutrition education, and health maintenance. Lunch served at noon every Tuesday and Thursday.

HAINES/KLUKWAN SENIOR CENTER

<http://www.ccsjuneau.org>

P.O. Box 801

Haines, AK 99827-

Phone: (907) 766-2383 Fax: (907) 766-3083

seniorcenter@aptalaska.net

Provides congregate meals, transportation, home delivered meals, social activities, physical activity classes, shopping escort, nutrition education, health maintenance, and referrals.

HOONAH SENIOR CENTER

<http://www.ccsjuneau.org>

PO Box 353

Hoonah, AK 99827-

Phone: (907) 945-3350 Fax: (907) 945-3107

Email: huna_seniors@hoonah.net

Provides transportation and home-delivered meals, social activities, shopping,

escort, health maintenance, and information and referral.

HYDABURG SENIOR CENTER

<http://www.ccsjuneau.org>

PO Box 342

Hydaburg, AK 99922-

Phone: (907) 285-3742

Provides transportation and home-delivered meals, social activities, shopping, escort, health maintenance, and information and referral.

JUNEAU CARE COORDINATION

<http://www.ccsjuneau.org>

419 6th. Street

Juneau, AK 99801-

Phone: (907) 463-6195 Fax: (907) 586-3329

Serves persons 60 years of age and older, their family members, and caregivers who need assistance with the care of an older person. Care Coordination helps seniors and their families locate needed resources. Services may involve simply answering questions. For frail seniors or seniors with a number of disabilities, Care Coordination usually involves a skilled professional conducting an in-depth assessment of the senior's abilities and needs, lining up a variety of services or resources, and making sure the help they need to remain as healthy as possible.

JUNEAU SENIOR CENTER

<http://www.ccsjuneau.org>

895 West 12th Street, Suite 160

Juneau, AK 99801-

Phone: (907) 463-6196 Fax: (907) 586-2543

Provides congregate and home-delivered meals, social activities nutrition education, and health maintenance.

KAKE SENIOR CENTER

<http://www.ccsjuneau.org>

PO Box 251

Kake, AK 99830-

Phone: (907) 785-3172

Email: crgklwsr@ccsjuneau.org

Provides congregate and home-delivered meals, transportation, information and referral, homemaker services, shopping, escort, nutrition education, and health maintenance.

KETCHIKAN CARE COORDINATION

<http://www.ccsjuneau.org>

1016 Water Street

Ketchikan, AK 99901-

Phone: (907) 225-8080 Fax: (907) 225-9777

Serves persons 60 years of age and older. It is also for their family members and for caregivers who need assistance with the care of an older person. Care Coordination helps seniors and their families find whatever services they might need. The services may involve simply answering inquiries. For frail seniors or seniors with a number of difficulties, Care Coordination usually involves a skilled professional doing an in-depth assessment of the senior's abilities and needs, lining up a variety of needed services, and making sure the services help seniors remain as healthy as possible

KETCHIKAN SENIOR CENTER

<http://www.ccsjuneau.org>

1016 Water Street

Ketchikan, AK 99901

Phone: (907) 225-6578 Fax: (907) 247-6575

Provides congregate and home-delivered meals, transportation, information and referral, social activities and shopping, as well as nutrition education for senior citizens. The Ketchikan Senior Center also provides paratransit services for individuals with disabilities who are unable to access the Borough bus.

METLAKATLA SENIOR CITIZEN PROGRAM

P.O. Box 520

Metlakatla, AK 99926-

Phone: (907) 886-7191 Fax: (907) 866-7192

Seeks to enrich the lives of seniors through a variety of activities. Congregate and home delivery meals are available, call for times. Services include information and referral, transportation, escort, shopping assistance, health, exercise, and blood pressure screening.

RENDEZVOUS SENIOR DAY SERVICES

2441 First Avenue

Ketchikan, AK 99901-

Phone: (907) 247-1961 Fax: (907) 247-1963

Email: rendz@ptialaska.net

Serves any adult who needs medical, social, or rehabilitative services. This Adult Day Care Program meets the social and nutritional needs of persons 60 + years and disabled adults under 60 years on a daytime basis. Provides physical exercise, nutritional noon meal/snack, activities, and transportation. Serves the Ketchikan Gateway Borough. Provides Assisted Living Personal Care Services in home like setting for persons needing assistance with at least two activities of daily living. Provides transportation services to community and recreation activities.

SKAGWAY SENIOR CENTER

<http://www.ccsjuneau.org>

PO Box 976

Skagway, AK 99840-

Phone: (907) 983-3664

Serves persons 60 years and older or anyone with a disability. Provides transportation and home-delivered meals, social activities, shopping, escort, nutrition education, health maintenance, and homemaker services.

SOUTHEAST SENIOR SERVICES -CATHOLIC COMMUNITY SERVICE

<http://www.ccsjuneau.org>

419 Sixth Street

Juneau, AK 99801-

Phone: (907) 463-6192 Fax: (907) 586-9018 TT: (907) 463-4999

Southeast Senior Services is dedicated to helping the elders of Southeast Alaska stay healthy, safe, and live as independently as possible. SESS operates 14 senior centers in 12 Southeast communities (Angoon, Craig/Klawock, Haines/Klukwan, Hoonah, Hydaburg, Juneau (3 sites), Kake, Ketchikan/Saxman, Sitka (Swan Lake), Skagway, Wrangell and Yakutat). The senior centers provide congregate meals, home delivered meals (Meals on Wheels) for homebound seniors, transportation, health promotion activities, social and cultural activities, homemaker services in most areas, a care coordination/case management, in-home counseling in Juneau and Ketchikan, adult day programs in Juneau and Haines, caregiver support services, respite services in some areas, and a senior information line for Southeast Alaska. Toll free number for Senior Information Office: 1-866-746-6177.

SWAN LAKE SENIOR CENTER

<http://www.ccsjuneau.org>

402 Lake Street

Sitka, AK 99835-

Phone: (907) 747-8617 Fax: (907) 747-6878

Email: sitkasc@ccsjuneau.org

Meals and transportation services available to seniors 60 years and older or any person with a disability. Information and referral services are available to anyone in need. Provides congregate and home-delivered meals, transportation, information and referral, social activities, escort, nutrition education, and health maintenance.

VALLEY SENIOR CENTER

<http://www.ccsjuneau.org>

9059 Atlin Avenue

Juneau, AK 99802-

Phone: (907) 789-9508

Serves persons 60 years of age or older. Provides congregate meals, social activities, and health maintenance

WRANGELL SENIOR CENTER

<http://www.ccsjuneau.org>

Box 1818

Wrangell, AK 99929-

Phone: (907) 874-2066 Fax: (907) 874-2086

Email: wrangellsc@ccsjuneau.org

Serves persons 60 years and older or persons with a disability. Provides congregate and home-delivered meals, transportation, recreation, social activities, shopping, escort, nutrition education, health maintenance, and homemaker services.

YAKUTAT SENIOR CENTER

<http://www.ccsjuneau.org>

Box 232

Yakutat, AK 99698-

Phone: (907) 784-3468 Fax: (907) 784-3466

Provides congregate and home-delivered meals, transportation, recreation, social activities, shopping, escort, nutrition education, health maintenance, and homemaker services.

Southwest Resources

BRISTOL BAY NATIVE ASSOCIATION

<http://www.bbna.com>

P.O. Box 310

Dillingham, AK 99576-

Phone: (907) 842-5257 Fax: (907) 842-5932

Serves Alaska Natives residing in the Bristol Bay Region. BBNA is the parent organization which oversees several programs, such as: Workforce Development programs such as BIA General Assistance; Vocational Education and Vocational Rehabilitation programs; Elderly nutrition and social services program; and Home Care and Care Coordination services.

CHRISSIE SHANTZ ADULT DAY CARE - CITY OF BETHEL

<http://www.cityofbethel.org>

P.O. Box 1388

Bethel, AK 99559-

Phone: (907) 543-3989 Fax: (907) 543-5787

Promotes independent living and provides adult day care services to seniors age 60 and over, and their spouses. Services are provided to individuals with Alzheimer's Disease or other related disorders, the frail, and the elderly. Home pick-up available.

EDDIE HOFFEMAN SENIOR CENTER –ORUTSARARMIUT NATIVE COUNCIL

P.O. Box 927

Bethel, AK 99559-

Phone: (907) 543-3989 Fax: (907) 543-5787

Seeks to assist low-income elderly persons maintain an independent lifestyle. Provides congregate meals, home delivered meals, transportation, information and referral, crafts, assistance in filling out forms, Adult Day Program and translation services. Interpreters are available.

ELDERS' PROGRAMS KUSPUK SCHOOL DISTRICT

<http://www.kuspuk.org>

P.O. Box 127

Aniak, AK 99557-

Phone: (907) 675-4250 Fax: (907) 675-4384

Lunch is served Monday through Friday in each village for elders. Hosts the Annual Elders-Youth Conference. Video taping of elders for historical and cultural purposes. Assists in preserving Yupik dance and other cultural crafts.

