Disability Pride Celebration

Join the celebration on Saturday, July 21, 2018 from 11:00 AM till 2:00 PM, to celebrate Disability Pride, the anniversary of the Americans with Disabilities Act, and new inclusive playgrounds in Anchorage! This FREE event will feature 20+ vendor booths with free stuff and fun activities including bocce ball, face painting, and art projects!

There will have speakers including ADA coordinators and Para-Olympic athletes, a performance by the Underground Dance Company, and sensory-friendly storytime from Loussac library!

We will even have Yeti Dogs food truck on site providing food-for-purchase. This event is sponsored by Hope Community Resources and the Anchorage Park Foundation.

Plan to come join in the celebration!

Check out our Awareness Month Section for information about Anchorage’s inclusive parks.
Salvation Army’s Programs

Meals on Wheels
For eligible Anchorage seniors, home-delivered meals are a lifeline to the outside world. Our daily delivery of hot meals, with frozen meals for the weekends and holidays, helps to give seniors the opportunity to continue to live independently. Each meal contains one-third of the required daily allowances for nutrition.

Service Hours: 8:00 AM - 4:00 PM, Monday through Friday

Senior Farmers’ Market Nutrition Program
The Alaska Senior Farmers’ Market Nutrition Program provides low-income seniors with coupons that can be exchanged for fresh Alaska-grown fruits, vegetables, fresh-cut herbs and honey at farmers’ markets, and authorized farms and roadside stands. Eligible Seniors will receive six $5.00 coupons that maybe used from June 1st though October 31st.

Need a ride
If you are needing transportation to appointments, pick-up prescriptions, or just visit family. Rides are available from 8:00 AM to 4:00 PM, Monday through Friday. Please provide at advanced notice of 45 minutes.

Program Eligibility
Must be 60 years or older

Contact Information
The Salvation Army
Alaska Divisional Headquarters
143 E. 19th Avenue
Anchorage, Alaska 99501-3411
(907) 349-0613

Disaster Preparedness for Seniors
The Safe Senior Disaster Preparedness Program empowers seniors to be informed, make a plan and collect supplies to prepare for the disasters that may impact their lives.

Participants will develop a plan tailored to their specific needs to help them survive in a disaster until help arrives.

If you are 60+ and qualify any public assistance, you are eligible for this program! Those who complete the program will receive a basic disaster supply kit.

We are available to meet with seniors where ever is most convenient for them. Monday-Friday 9:00 AM-4:00 PM

Please call one of the AmeriCorps members today to set up your appointment. (907) 375-3553

Joe preparing a Go-Kit!!
Locations

Anchorage Senior Activity Center
1300 E. 19th Avenue, Anchorage, AK 99501
(907) 770-2000
June 27, July 12, & August 7
9:30 AM – 11:30 AM
June 19, July 17, & August 9
6:00 PM to 8:00 PM
_____________________

Wasilla Senior Center
1301 South Century Circle, Wasilla, Alaska 99654
(907) 376-3104
June 18, July 10, & August 13
9:30 AM to 11:30 AM
_____________________

Chugiak Eagle River Senior Center
22424 Birchwood Loop Rd. Chugiak, AK 99567
(907) 688-2674
June 21, July 19, & August 16
9:30 AM to 11:30 AM
_____________________

Estate Planning Classes

It's all About Family!
Have You Protected Them?

If Crisis Strikes, You Risk:

- Losing Control
- Additional Stress on Your Family
- The Loss of What You Spent a Lifetime Building

Proper Planning Ensures You:

Come Discover "The 7 Threats to Your Estate Plan"

- Maintain Control of Your Assets for the Sake of The Family
- Give Control, to Those You Trust Most, When You're Not Able
- Remain Home Without Stress on the Family, Should the Need for Long Term Care Arise
- Keep Your Family's Business Private

Call (907) 334-9200
to
Reserve Your Seat Today.
Awareness Events in Anchorage

July - Disability Pride Celebration Month

What makes Anchorage a great place to live with the sense of inclusion. During our wonderful summer season make sure to take advantage of our inclusive parks. These parks for children of all ages where you can have a safe place to play. If you are viewing this on your phone or computer click on the park names below for more information or call Municipality’s Parks & Recreation at (907) 343-4355.

David Green Park  Balto Seppala Park
Dulidla Park  Barbara Street Park
Kincaid Park  Campbell Creek Park
Kiwanis Fish Creek Park  Chanshtnu Muldoon Park
South Anchorage Sports Park  Cuddy Family Midtown Park
Suzan Nightingale McKay Park  Dave Rose Park

August - National Immunization Month

August is Immunization Awareness Month.

Maintaining a healthy immune system is important for everyone, especially for seniors. Below is information about immunizations that protect you and your family.

Tdap (Tetanus, Diphtheria, Pertussis) vaccination. All adults should receive this immunization. It is particularly important to protect against Pertussis (whooping cough) which can be very serious for seniors. Getting the Tdap vaccine is also important to prevent giving whooping cough to grandchildren that may be too young to get the vaccine themselves.

Shingles vaccinations – Almost 1 in 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Shingles vaccine protects against shingles and the complications from the disease. It is recommended for healthy adults 50 years and older.

Pneumonia – Pneumococcal vaccines protect against pneumococcal disease, including infections in the lungs and bloodstream. Pneumococcal vaccines are recommended for everyone 65 and older. If you have certain chronic health conditions such as diabetes or asthma, it is recommended to receive pneumococcal immunization early, before age 65.

Flu Shots – Get one each year. Flu shots for each new season are typically available in September. Alaska’s flu season is long and often runs into late May or even into June, so if you missed getting a flu shot in the fall, try to get one as soon as possible.

Other vaccines may be recommended if you work in healthcare or with children, or if you plan to travel internationally. For more information contact your health care provider or Anchorage Municipality’s Public Health Clinic located on the first floor at 825 L Street or call 907-343-4799.
September - National Cholesterol Education Month

Good cholesterol levels is vital for good health at every age. It’s really important for people 65 year of age and older. Protect yourself against cardiovascular disease by eating a low-cholesterol diet, regular exercise, drinking water and seeing your care provider or call Alaska Health Fair at 907-278-0234.

Alaska Health Fair will conduct Health Fairs in your nearest Senior Center...check out the website at alaskahealthfair.org/

Aging and Disability Resource Center

The Resource Center Can Help You Find:

- Adaptive Equipment
- Assisted Living/Nursing Homes
- Employment Programs
- Family Caregiver Assistance
- Financial Aid
- Health & Wellness Programs
- Housing Options
- In-Home Personal Care
- Nutrition Programs
- Prescription Drug Coverage
- Respite Care
- Senior Centers
- Support Groups
- Transportation

Services are confidential and free of charge

Call a Resource Specialist today with questions (907) 343-7770

Utilities Assistance Programs

The Utility Assistance Program facilitated by ADRC staff through the Emergency Outreach Program currently with Chugach Electric and Alaska Water and Water Utilities (AWWU). This program provides utility payment assistance to members who need help paying their utility bills.

If you have questions or need information on eligibility requirements please contact an ADRC Resource Specialist at (907) 343-7770.

THANK YOU!

AWWU &Chugach Electric