



October-November-December 2025



**Tikahtnu Upper Cook Inlet
National Heritage Area**

Day of Storytelling

**Saturday November 8
8:30am - 5:00 pm**

A free public event for anyone who cares about the history and future of the Anchorage-Tikahtnu Upper Cook Inlet area. More than 50 storytellers from across the region will come together to reflect on who we've been, who we are now, and who we want to become. Participants will enjoy live music, performances, and catered food. Held at the Anchorage Senior Activity Center located at 1300 E. 19th Ave.

Learn more and register [here](#). Questions? Contact Taylor Strelevitz, Director of Conversation Programs, tstrelevitz@akhf.org.

11th Annual Alaska Disability & Aging Summit

Blazing New Trails: Aging Well in Alaska

Tuesday October 14th and Wednesday October 15th

8:00am - 3:45pm

Jim Balamaci Training Center
3200 Mountain View Dr.

You are invited to the **11th Annual Disability & Aging Summit**, a free event hosted by the Alaska Disability & Aging Coalition. Sessions include Normal vs Not Normal Aging, Assistive Technologies, Palliative Care, Fraud Awareness, Medicaid and Medicare, and more. This year's keynote speaker is Dr. Jonathan Santoro, a physician-scientist and pediatric neurologist.

FREE

**11th Annual
ALASKA
DISABILITY &
AGING
SUMMIT**

Blazing New Trails: Aging Well in Alaska
The Disability and Aging Summit brings people together to identify the challenges individuals with intellectual and developmental disabilities face as they age. It also serves as a valuable opportunity to share knowledge, highlight best practices, and explore ways to improve the quality of life for those aging with a disability.

October 14 & 15, 2025
Special Olympics Alaska Jim Balamaci Training Center

Submitted for CE's

REGISTRATION IS OPEN
For more information and the link to register, use the link below or scan the QR code
specialolympicsalaska.org/disability-aging-summit/

KEYNOTE SPEAKER

Dr. Jonathan Santoro
NIH-funded physician-scientist and pediatric neurologist

SESSIONS
Normal vs Not Normal Aging
Assistive Technologies
Palliative Care
Fraud Awareness
Emergency Preparedness
Legislative Advocacy
Medicaid and Medicare
Movement and Rhythm

IN ADDITION
20+ Agency Resource Fair

PRESENTED BY THE ALASKA DISABILITY & AGING COALITION

The Summit is sponsored by Special Olympics Alaska, the Governor's Council on Disabilities and Special Education, and Hope Community Resources. To learn more and to register, please go [here](https://specialolympicsalaska.org/disability-aging-summit/). You may also contact Inclusive Health Manager Emily Vandergon at emily2@specialolympicsalaska.org or 907-222-7625 ext. 612.



Palliative Care and Hospice Care: what's the difference?

Palliative Care focuses on improving quality of life for people with serious illnesses and their caregivers. It is a resource for anyone living with a serious illness and can be provided for as long as it's needed. Palliative care services may include pain and symptom management, care coordination with an individual's healthcare team, assistance with developing a plan of care, help with insurance forms, care options and advance directives, and spiritual care. Most palliative care is provided by a specially trained team of doctors, nurses, and other specialists who will work with the primary care doctor and takes place in the home, hospitals, nursing homes, and outpatient clinics. Medicare, Medicaid, and many insurance plans will cover the medical portions of palliative care. Veterans may be eligible for palliative care through Veterans Affairs (VA).

Hospice Care focuses on quality of life when a cure is no longer possible or treatment becomes a burden. An individual beginning hospice care understands they are not responding to medical care and may choose not to undergo certain treatments. Hospice care can be initiated and continued if a person's doctor believes they likely have fewer than six months to live. Hospice care includes pain and symptom management, medications and medical supplies, emotional and grief support, and coaching for caregivers; special services like speech or physical therapy may also be covered. Hospice care will also make short-term inpatient care available when pain or symptoms become too difficult to manage at home or when caregivers need respite time. Hospice care is provided by a team, including clergy, home health aides, hospice physicians, nurses, social workers, trained volunteers, and other specialized therapists if needed. A patient's personal physician may also be included. Although hospice provides a lot of support, if the patient lives at home, the day-to-day care is provided by family and loved ones or paid home health aides.

Hospice care is most often paid for as a benefit of Medicare. Hospice may also be paid for as part of a Medicare Advantage plan, by state Medicaid plans, or by private insurance. Sometimes people receiving hospice care live longer than six months and the care can be extended. It is also possible to leave hospice care if a patient's condition improves or they decide they wish to resume curative care and return to hospice care later.

Sources: National Institute on Aging and National Alliance for Care at Home

The Palliative Care Alaska Network

Support palliative care through collaboration and education to empower a comprehensive and dynamic network of individuals, agencies, and communities to share tools and resources throughout Alaska.



The Palliative Care Alaska Network (PCAN) assembled in 2015. PCAN supports professionals and community members and offers ongoing educational opportunities to build skills and knowledge. Since 2017, PCAN has held an annual all-day symposium providing educational and networking opportunities.



A caring community of help, hope and comfort.

Hospice of Anchorage

'We focus on the living part of dying.'

- Executive Director Susie Smith

Hospice of Anchorage is the oldest and first Hospice to serve the Anchorage community. Licensed as a nonprofit Volunteer Hospice organization, they are the only one of its kind serving the Municipality of Anchorage. Their work is sustained entirely through the generosity of corporate sponsors, individual donors, and grant funding. The rules and regulations that govern a volunteer hospice are much different and somewhat less stringent than those that govern a Medicare Hospice which allows Hospice of Anchorage to be more creative in the ways in which they meet clients' needs.



October

October is Cybersecurity Awareness Month

Cybersecurity Awareness Month is an international initiative that educates everyone about online safety and empowers individuals and businesses to protect their data from cybercrime. The 2025 theme is **Stay Safe Online** and reminds us that there are simple ways to protect yourself, your family and your business from online threats.

Cybersecurity Awareness Month was launched by the National Cybersecurity Alliance and the U.S. Department of Homeland Security (DHS) in October 2004 as a broad effort to help all Americans stay safer and more secure online.

Even amidst large-scale data breaches and cyberattacks, Cybersecurity Awareness Month reminds everyone that there are simple, effective ways to keep yourself safe online, protect your personal data, and ultimately help secure our world.



Four ways to stay safe online:

- Use strong passwords and a password manager
- Turn on multifactor authentication
- Recognize and report scams
- Update software

For more information about Cybersecurity and how to protect yourself visit the online resource library at staysafeonline.org/resources

Scam Prevention programs with

Wednesday October 1 8:00am-9:00am AKDT

Protect your Finances: Spotting and Stopping Fraud

Learn the warning signs of investment fraud, relationship scams, and gold bar cons. Hear tips on how to avoid and report these scams and more from the Department of Justice, Securities and Exchange Commission and the Commodity Futures Trading Commission. Register [here](#).

Monday October 13 11:00am-12:00pm AKDT

Beware of Deepfakes! Discover the Latest AI Scams

During this Cyber Chats 2025 webinar learn about the threats posed by artificial intelligence, break down the tactics these scammers use, and discover the tools to fight back. Register [here](#).

Tuesday October 14 8:00am-8:30am AKDT

Protect Your Home! Spot and Avoid Deed and Title Fraud

Deed and title fraud are on the rise. Criminals are impersonating property owners and filing forged documents with local land records offices to illegally claim ownership, putting victims' homes and land at risk. This webinar will explore how these scams work, what warning signs to watch for, and how to protect yourself and your community. Register [here](#).

Thursday October 16 8:00am-9:00am AKDT

Protecting your Personal Information Online

Learn tips for staying safe in cyberspace like safe browsing, how to recognize online scams and when it's okay, or not okay, to share personal details online. Register [here](#).

Monday October 20 11:00am-12:00pm AKDT

Smartphones, Smarter Scammers: Detecting Mobile Fraud

During this Cyber Chats 2025 webinar learn about phishing and malware scams and how they threaten our devices, the tactics scammers use, and the tools to fight back. Register [here](#).

Sign in to your [AARP.org](https://www.AARP.org) account or create an account to register for events. AARP membership is not required. You will receive an email with the Zoom link before class.



Save the Date!

Overcoming Ageism

Thursday October 9th

12:00pm - 1:30pm

on Zoom

Please join the Alaska Commission on Aging (ACoA) for a special webinar on **Ageism Awareness Day**. Learn what ageism is, how to overcome it internally and in society, and how to report age discrimination in Alaska. The speakers are:

Kimberly Van Orden, Director of The HOPE Lab

Erin E. Emery-Tiburcio, Co-Director

E4 Center of Excellence for Behavioral Health Disparities in Aging

Rush Center for Excellence in Aging

Alex Roider, Special Projects Attorney

Alaska State Commission for Human Rights

Zoom link to join: <https://us02web.zoom.us/j/84388866103>

Since 1954, the American Society on Aging (ASA) has developed and led the largest, most diverse community of professionals working in aging in America. As America struggles with how best to respond to the need for greater inclusivity, anti-ageism and equity, ASA sees its responsibility as a leader to drive the discourse and advocate for the change necessary to address these issues in aging. Access their Facts about Ageism document [here](#).



October is Long-Term Care Planning Month

During the month of October seniors, and those acting on their behalf, are encouraged to develop a plan to help meet the high costs of long-term care. **Long-Term Care** planning involves putting services in place to care for a person's medical or personal care needs when they can no longer perform these activities on their own. These needs might include assistance with Activities of Daily Living (ADLs) such as bathing, dressing, eating, and toileting. You might also need to consider medical needs such as medication management, wound care, and assistance with medical devices. Someone turning age 65 today has a 70% chance of needing some type of long-term care services. In the United States, nearly 53 million adults are unpaid caregivers for aging family members, friends, spouses, neighbors, or other loved ones who have disabilities, chronic illnesses, or otherwise need assistance with daily living or medical tasks. Most of these caregivers are women and most are over the age of 50. People can live at home for many years with help from unpaid family and friends and from other paid community support.

The majority of long-term care costs are not covered by most health insurance plans or Medicare. That is where planning for long-term care becomes so important. Long-term care is a leading cause of catastrophic out-of-pocket health care costs for the elderly and their adult children. Planning ahead allows seniors and their families to begin saving for the help that will be needed. Putting long-term care in place while still in relatively good health greatly increases the chances of qualifying for long-term care insurance which will cover most of the costs of your non-medical long-term care expenses.

The [Alaska Long Term Care Ombudsman](#) advocates for the rights, dignity, and welfare of older Alaskans. The website has a listing of [Helpful Resources](#) including the ABCs of Choosing a Long-Term Care Facility.

Medicare Open Enrollment begins October 15th

Trainings offered by the State of Alaska Medicare Information Office

Monday October 13 Medicare Monday: Fall Open Enrollment

Presented from 12:00pm-1:00pm on Zoom. Visit their [Calendar of Events](#) to register.

Wednesday October 22 Navigating the Medicare Maze

Presented from 5:30pm-7:00pm on Zoom. Visit their [Calendar of Events](#) to register.

Trainings offered by

Medicare Enrollment: Questions to Consider When Signing Up for the First Time

The webinar provides information, tools and resources that can help you find a Medicare plan that meets your needs. Learn about questions you should consider as you approach your initial enrollment period, different Medicare plans and what the options could mean for you, and where you can find more help and resources for your Medicare journey. A Medicare specialist will be on-hand to answer questions. Offered on the day and times listed below. Learn more and register [here](#).

Thursday October 2 4:30pm -6:00pm	Wednesday October 8 7:00am-8:30am
Saturday October 4 9:00am-10:30am	Friday October 10 10:00am-11:30am
Tuesday October 7 8:00am-9:30am	Sunday October 12 12:00pm-1:30pm

Money Mindset: Medicare Essentials | Tuesday October 7 10-11am

Familiarize yourself with the fundamentals of Medicare, including coverage options, enrollment periods and strategies to optimize your health care benefits. Learn more and register [here](#).

Social Security & Medicare: Get the Facts | Tuesday October 7 10-11am

Get the scoop on enrollment periods, coverage options and how Social Security benefits affect Medicare premiums, so you can navigate Social Security confidently. Learn more and register [here](#).



Opportunities to visit the *Anchorage Museum*

Sensory-Friendly and Access Mornings at the Anchorage Museum are self-directed, drop-in sessions offering opportunities for families and adults who experience a range of developmental and physical disabilities and those on the autism spectrum to visit the museum when it is closed to the general public.

Admission is \$5 per family or group; museum members receive a 10% discount. Advance registration is strongly recommended. Walk-in registration is available only if capacity allows and if paying by credit card. Please know an adult must accompany visitors under age 18.

The next sensory-friendly and access morning is:

Sunday October 12, 11:00am-12:00pm

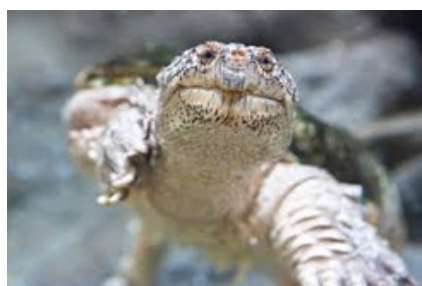
Atrium, Discovery Center, First Floor Galleries

Use the museum's 7th Avenue entrance. Parking is available in the museum garage. For more information or to request accommodations, please call 907-929-9280 or email access@anchagemuseum.org

Third Thursdays happen October through April and on these days admission to the museum is \$5. This is a deep discount from regular ticket prices. What a wonderful opportunity for Anchorage residents. Bring a packed lunch and enjoy your meal in the Atrium. Upcoming dates: October 16th, November 20th, and December 18th.

Chomper ♥

photo from Anchorage Museum's [Image Gallery](#)





Movies for Grownups 4:00pm AKDT

Watch from the comfort of your own home. Sign into your AARP.org account or create an account to register for the free screenings. AARP membership is not required. You will receive an email reminder on the day of the event.

Click on the film title to read a description of the film and to register.

Tuesday October 7: The True Story of Tamara de Lempicka

Thursday October 9: A League of Their Own

★ **Wednesday October 15: Aging in America: Survive or Thrive**

Examine the promise of greater longevity and related public policy challenges such as ageism, economic insecurity and Alzheimer's disease.

★ **Friday October 17: Facing the Wind**

Follow the courageous journey of caregivers whose loved ones are coping with Lewy body dementia. A discussion about LBD and caregiving follows the screening.

Friday October 24: Shari & Lamb Chop

Wednesday October 29: Te Ata

★ **Thursday November 6: Caregiving**

Delve into the history of caregiving in the U.S. and the personal stories of caregivers navigating the challenges and joys of this deeply meaningful work.

Tuesday November 11: Row of Life

Friday November 14: Wicked Sing-A-Long lyrics shown on screen

Tuesday November 18: Montford: The Chickasaw Rancher

★ **Thursday November 20: Familiar Touch**

Follow an older woman's transition into assisted living in this sensitive "coming-of-old-age" film showing how she navigates her relationship with herself and her caregivers.



November

November is Alzheimer's Awareness Month

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage. The damage begins a decade or more before symptoms start to show. It's important to monitor yourself and your loved ones for any signs of mild cognitive impairment (MCI), which can proceed to Alzheimer's and other forms of dementia.

There are over 7 million Americans living with Alzheimer's Disease and the number is expected to increase as the Baby Boomers age. Alzheimer's is deadlier than breast cancer and prostate cancer combined. Nearly 12 million Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's, a contribution to the nation valued at more than \$413 billion. Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's. *Source: Alzheimer's Association*

What is mild cognitive impairment? Some older adults have more memory or thinking problems than other adults their age. The symptoms of MCI are not as severe as the symptoms of Alzheimer's disease or dementia. People with MCI are still able to take care of themselves and do their normal daily activities. Signs of MCI may include losing things often, forgetting to go to events or appointments, and having more trouble coming up with words than other people the same age.

Family and friends may notice memory lapses and the person with MCI may worry about memory loss. In some cases, memory and thinking problems may be caused by conditions that are treatable. A doctor can perform tests and assessments to help understand whether the source of memory problems is something treatable or may be MCI. Not everyone with MCI will develop Alzheimer's.

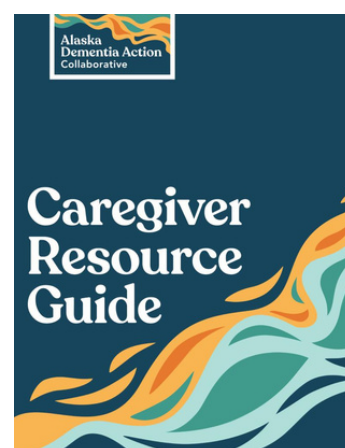


Alzheimer's Resource of Alaska

Alzheimer's Resource of Alaska (ARA) is the only Alaska-based nonprofit that focuses solely on Alzheimer's Disease and related dementia. It was started in 1980 by two sisters who learned, while caring for their mother with dementia, there weren't many resources for family caregivers. The organization has grown into a statewide organization that provides individual consultations, free memory screenings, information, training, support groups and care coordination. ARA also maintains Community Resource Guides for different regions of Alaska that list organizations and individuals that provide a wide range of services for people living with Alzheimer's Disease and Dementia.

www.alzalaska.org 907-561-3313 or 1-800-478-1080

The Alaska Dementia Action Collaborative, with funding from AARP Alaska and the Alaska Mental Health Trust, have published a **Caregiver Resource Guide** (June 2024). You may pick one up at the Anchorage ADRC office or give us a call and we'll be happy to mail one to you.
907-343-7770





Make it Count: Documenting Medicaid Services

Gain knowledge about Medicaid Waiver Home and Community Based Services, and Long-Term Services and Supports. Learn to improve documentation:

- Recognize three authorities over the Alaska Home & Community Based Waiver.
- Identify three common errors in service notes.
- Recognize an example of a compliant service note.
- State two ways correct documentation is important for Alaskans we serve.

Time: 2 hours | Delivery Method: Anytime/On-Demand/On-line

Mandatory Reporting: Protecting Those We Support

Explore the legal requirements and ethics of mandatory reporting. This training consists of videos/YouTube presentations which will assist viewers to:

- Understand Alaska's reporting requirements.
- Gain insight on keeping vulnerable individuals safe.
- Understand the importance of reporting.

Time: 1 hour | Delivery Method: Anytime/On-Demand/On-line

Mental Health Basics

Designed for direct care workers providing services to people with mental illness diagnoses, this course provides an overview of major mental health diagnoses (Axis I), symptoms, and associated pharmacology. Learning objectives:

- Understand the various types of Mental Illness and treatments throughout history.
- Discuss Stigma and the impacts on Mental Illness.
- Gain knowledge of key medications used in Mental Illness treatments.
- Understand how knowledge of mental illness can help you be a better observer and partner.

Time: 2 hours | Delivery Method: Anytime/On-Demand/On-line

What is a Medicaid Waiver? Understanding the Medicaid Waiver Process

Gain a basic understanding of Medicaid Waiver Services in Alaska.

This course will help learners to:

- Associate Medicaid with eligibility.
- Name two kinds of Waiver levels of care.
- Name two Waiver Services.

Time: 2 hours | Delivery Method: Anytime/On-Demand/On-line

Opportunities for you @ APL



Employment Resource Fairs

Anchorage Public Library (APL) will be holding a series of employment resource fairs during the months of October and November. Connect with local recruiters and explore job opportunities across Anchorage. Speak with a Municipality of Anchorage Employment Specialist to get tips on applying for city jobs, understanding qualifications, and navigating the hiring process.

Mountain View Library Community Room
Friday October 24 | 11:00am-1:00pm
Friday November 21 | 11:00am-1:00pm

Chugiak-Eagle River Library Program Room
Friday October 31 | 3:00pm-5:00pm
Friday November 21 | 3:00pm-5:00pm

Workshops with **Anchorage Genealogical Society**

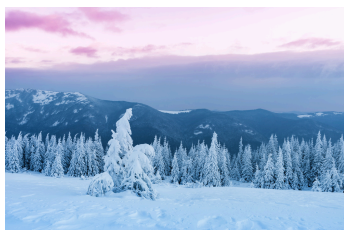
Anchorage Public Library's Z.J. Loussac and Chugiak-Eagle River locations have many resources for researching your family history. Join Anchorage Genealogical Society representatives to learn more about APL's varied genealogy resources, get assistance with your research and the scanning of photos, and have your research questions answered.

Tuesday October 14 | 3:00pm-5:00pm
Z.J. Loussac Library, Raven Room



Saturday October 18 | 2:00pm-4:00pm
Chugiak-Eagle River Library Program Room

ADRC Brown Bag Education Series



You are invited to attend the free monthly Brown Bag Education Series presentations, hosted by the ADRC. The series is held on the second Tuesday of the month from 12:00pm-1:00pm on Teams. Contact Karla Wright at karla.wright@anchorageak.gov or 907-343-7778 to receive an invite.

October 14 no program

11th Annual Alaska Disability & Aging Summit

November 11 no program

Closed for Veterans' Day

December 9 Kay Papakristo, Outreach Director
Alzheimer's Resource of Alaska



Hunger & Homelessness Awareness Week November 16-22

Hunger and Homelessness Awareness Week is sponsored by the National Coalition for the Homeless and the National Student Campaign Against Hunger and Homelessness.

No one should have to worry about whether they will have food on their plate or a roof over their head. But the reality is that hunger and homelessness are widespread problems that affect far too many people.

In the United States alone, many Americans are living on the edge, forced to choose between basic necessities like purchasing food, paying rent, or going to the doctor. Every day:

- 37.2 million Americans live below the poverty level
- 580,000 Americans are homeless on a typical night
- 44 million Americans are at risk of suffering from hunger
- 1 in 6 children in the USA live in poverty

Source: hhweek.org/hunger-and-homelessness/

According to Food Bank of Alaska (FBA), right now 94,000 (or 1 out of every 8) Alaskans are worrying about where their next meal will come from. Food Bank of Alaska is dedicated to eliminating hunger in Alaska by obtaining and providing food to partner agencies feeding hungry people and through anti-hunger leadership.

FBA's mission is based on the beliefs that no Alaskan should go hungry, food should not go to waste, and we share what we have. FBA is not a food pantry; they are a warehouse, distribution center, and office space where donated food is inventoried and distributed to local pantries and soup kitchens. FBA serves over 150 community partners as well as three affiliate food banks.

Learn more about their food programs.

Food and Grocery donations accepted at 24/7 drop boxes or in person Monday-Friday 8:00am-4:00pm.
2192 Viking Drive | 907-222-3122





December

December 3rd is International Day of Persons with Disabilities

The theme for 2025 is: *Amplifying the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future*

Since its inception in 1945, the United Nations (UN) has outlined and reiterated its commitment to calling for the creation of inclusive, accessible and sustainable societies and communities, most notably with adoption of the Universal Declaration of Human Rights in 1948. Over time, the UN has honed its focus on promoting the well-being and welfare of people living with disabilities and in 1992 called for an international day of celebration for people living with disabilities.



International
Day of
Persons with
Disabilities
3 DECEMBER

- Over 1 billion people in the world have some form of disability
- 50% of people with disabilities cannot afford health care
- Not all disabilities are visible
- An estimated 46% of older people aged 60+ are people with disabilities

Evidence and experience shows that when barriers to their inclusion are removed and persons with disabilities are empowered to participate fully in societal life, their entire community benefits. The Convention on the Rights of Persons with Disabilities (CRPD) recognizes that the existence of barriers is a central component of disability. Accessibility and inclusion of persons with disabilities are not only objectives but also pre-requisites for the enjoyment of other rights.

For people with disabilities, barriers can be more frequent and have greater impact. The World Health Organization (WHO) describes barriers as being more than just physical obstacles. Barriers are factors in a person's environment that, through their absence or presence, limit functioning and create disability. Often there are multiple barriers that can make it extremely difficult or even impossible for people with disabilities to function. The U.S. Centers for Disease Control and Prevention (CDC) does a good job of defining the seven most common barriers: attitudinal, communication, physical, policy, programmatic, social, and transportation.



Assistive Technology of Alaska

*To enhance the quality of life for Alaskans
through assistive technology.*

Assistive Technology of Alaska (ATLA) helps individuals overcome some of the barriers to access. ATLA is the only private non-profit, statewide, comprehensive resource center serving Alaskans of any age to make informed decisions about Assistive Technology (AT) that best meets their needs at work, school, home, and life.

AT solutions are used to increase, maintain or improve the functional capabilities of individuals with disabilities in all aspects of life. AT solutions range from low tech to high tech.

ATLA's Services assist Alaskans understanding, determining, accessing, and training with AT. ATLA's Programs, whether in-house or a partnership, are in place to assist Alaskans in finding solutions and services to increase their quality of life. Learn more about the different tools available for all types of barriers here: AT Solutions.

atlaak.org 907-563-2599 or 1-800-723-2852

ADA National Network

Information, Guidance, and Training
on the Americans with Disabilities Act



The ADA National Network (ADANN) provides information, guidance and training on how to implement The Americans with Disabilities Act (ADA) in order to support the mission of the ADA to “assure equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.” Founded in 1991, it serves all sectors of society, including those with responsibilities under the ADA such as businesses, employers, state and local governments, architects, disability organizations, and individuals with disabilities whose rights are protected under the ADA.

The ADANN provides information and guidance from ADA specialists. Specialists address complex questions on a wide range of ADA topics such as reasonable accommodations at work, building codes for new construction projects, accessible housing, and transitioning from school to work. ADA Centers develop evidence-based factsheets and guidebooks on high priority and timely ADA topics such as service animals, effective communication, accessible parking, and how to plan accessible events. Trainings and outreach are another component of what the network offers. The majority of training activities are conducted at the local, state or regional level and are tailored to meet the needs of each specific audience.

The ADANN is divided into regions; Alaska is in Region 10, the Northwest ADA Center. You can contact them by calling 800-949-4232, Relay 711, 7:30am-3:30pm AKDT Monday through Friday or by emailing nwadactr@uw.edu.



The Aging and Disability Resource Center (ADRC) is a one-stop resource center. Our trained and certified Resource Specialists are available to answer your questions about services within the community. We advocate for seniors and individuals experiencing disabilities.

The ADRC 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

Call today to get started! 907-343-7770

ADRC Office:

825 L St Ste 200
Anchorage, AK 99501
www.muni.org/adrc

Office Hours:

Monday-Friday 8:00am-5:00pm
Closed for lunch 12:00pm-1:00pm

Holidays Observed (we are closed)

Indigenous Peoples Day
Monday October 13

Veterans' Day
Tuesday November 11

Thanksgiving
Thursday November 27
Friday November 28

Christmas Day
Thursday December 25