



## 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.



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## 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

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### **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

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### **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



Brought to you by the

Law Office of  
**Connie A. Aschenbrenner**  
205 E. Benson Blvd.,  
Suite 121-D  
Anchorage, Alaska 99514  
Phone: (907) 334-9200  
Fax (907) 334-9036

## 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 & Recreations at (907) 343-4355.

[David Green Park](#)

[Duldida Park](#)

[Kincaid Park](#)

[Kiwanis Fish Creek Park](#)

[South Anchorage Sports Park](#)

[Suzan Nightingale McKay Park](#)

[Balto Seppala Park](#)

[Barbara Street Park](#)

[Campbell Creek Park](#)

[Chanshtnu Muldoon Park](#)

Cuddy Family Midtown 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.

## ADRC Brown Bag Education Series

You are invited to attend the **FREE Brown Bag** monthly educational presentations, **hosted by the ADRC.**

The monthly **Brown Bag** presentation is on the **second Tuesday of each month** from **Noon-1:00 PM** at the **BP Energy Center.**

Due to the variety of presenters, contact Karla to be placed on the evite list to find out the monthly presenter.

Contact Karla at  
(907) 343-7778 or  
[wrightki@muni.org](mailto:wrightki@muni.org)  
for more information.

**Alaska Institute for  
Justice  
Language Interpreters**

**BP Energy Center**

**July 10, 2018**

**12:00 PM to 1:00 PM**

**Presenter: Barb Jacobs -  
Program Manager**



## Contact Us

Give us a call for more information about our services and resources

### ADRC

825 L Street Suite 203  
Anchorage, Alaska 99501

(907) 343-7770

Visit us on the web at <http://www.muni.org/adrc>

## Office Hours

Monday through Friday

8:00 AM to 4:30 PM

Closed for Lunch

12:00 PM to 1:00 PM

## Holidays Observed

Independence Day  
— July 4

Labor Day  
— September 3

## 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/](http://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

