



Municipality of Anchorage

Dave Bronson
Mayor

Senior Citizens Advisory Commission

October 15, 2022

Dear Mayor Bronson,

The Senior Citizens Advisory Commission has had a very active and rewarding year benefiting our aging seniors and the role they contribute within our community. As you are aware, for the past decade, Alaska has continued to have the fastest growing Senior population per capita. Our Seniors are a vital part of Anchorage's rich culture, economy, mentorship, and tradition.

To expand our knowledge on how to better serve our citizens of Anchorage we regularly invite professionals and experts to share their up-to-date expertise regarding a variety of subject matter to ageing. This year we have had several speakers to include Jim Curran and Meneka Thiru from the Anchorage Public Library (one of 5 current locations available to our Anchorage residents). They briefed on several convenient resources our Anchorage residents can utilize. Bethany Burgess of Hospice of Anchorage presented to the Commission about coping with stress and the services they provide. Britney Mitchell with the Anchorage Senior Activity Center in Anchorage also presented about a plethora of services that are available daily to our seniors. New and exciting programs and activities are constantly being added for education and socialization. Hollis Mickey with the Anchorage Museum, Pam Kelley, the Executive Director with Alzheimer's Resource of Alaska, Nila Morgan Master Certified Medicare Counselor, and Teresa Holt, Executive Director and Madeline Holdorf with AARP, are other included presenters ensuring our Anchorage Commissioners are supported with the most helpful and recent material to support our Senior residents.

In June of 2021, the Anchorage Senior Advisory Commission recognized David Washburn for his exemplary work as the Editor and Media Manager of the Senior Voice. The Senior Voice is a Nationally recognized publication providing information since 1978, serving 11,500 monthly copies to our Anchorage Seniors and online across the state. The Senior Voice is tailored uniquely to our Senior population providing them with up to date, entertaining, and useful content.

Alzheimer's and related dementias continue to be the largest health struggle our elderly population today. The BOLD Infrastructure for Alzheimer's Act was recognized through the Health and Human Services Department and passed on December 31, 2018. The Anchorage Senior Citizens Advisory Commission approved the continued motion to support the BOLD Act on February 22, 2022. In doing so, the continued backing in conjunction with you, as our mayor, this will support our Seniors with supplied grants to implement interventions, improved resources, preventing hospitalizations, expand and increase reporting in a timely manner for our seniors here in Anchorage improving their quality of life.

On February 24, 2022, the Senior Citizens Advisory Commission requested Anchorage to be recognized as a designated age-friendly city. This was a proud request after being named as the 678th age-friendly city in AARP's Network of Age-Friendly States and Communities. With Alaska being the fastest growing Senior population per capita, this will continue to drive economic growth statewide and exclusively here in Anchorage, (the state's largest city). In 2018, the 50 and older population assumed 31% of the state's population, but virtually 40% of the state's total gross domestic product. Their spending is expected to grow to 58 cents of every dollar spent in Alaska by 2050, making our ageing population a vital contributor not only to the state but to Anchorage as well.

On May 4, 2022, the Senior Citizen Advisory Commission presented the Older Americans Month Kickoff Event hosted at the Anchorage Senior Activity Center. This year's theme was Age my Way focusing on our Anchorage ageing Senior community and how every individual embodies his/her own way in navigating their health and happiness for what's best for them and their families. Over 80 people attended this year's event in person which included dignitary introductions, entertainment, food, and door prizes. Guest Speaker was Madeline Holdorf, AARP Alaska State President. This year the annual Ron Hammett Award for Service to Seniors was presented to long-time Alaskan, Pat Abney, via zoom. Major sponsors included AARP, The Anchorage Senior Activity Center and staff, Arctic Rose Restaurant and staff, NANA, OPAG, and Senior Voice.

On August 5, 2022, the Senior Citizens Advisory Commission, in conjunction with Alaska Hearing and Tinnitus Center and Makar Eyecare, held a free health screening event for Anchorage seniors. This very successful event offered free hearing and vision examinations to those within our Anchorage community. A huge thank you to Alaska Hearing and Tinnitus Center and Makar Eyecare as well as the volunteers and staff of the Anchorage Senior Activity Center.

The Senior Citizen Advisory Commission hopes this letter continues to support your vision as well as the citizens of Anchorage. We have many new and exciting things on the horizon for the coming year and look forward to continually serving your administration. Please feel free to contact us with any questions or anything that you feel could be of extended support to our ageing citizens here in Anchorage. We are all truly passionate about our elder population, their families, and how we can better serve them.

Sincerely,

Senior Citizens Advisory Commission

James Bailey, Chair

Abi Haring-Brito, Vice Chair

Suzanne Hickel

Dr. Emily McMahan

Mary Shields

Dawnia Clements

Traci Willett

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