



## *A Health and Healing Space*

Please join neighbors  
of the U-Med District in  
improving this health  
and healing park.

# Folker Park



2701 East 42nd Avenue  
Folker Street @ 42nd Ave  
Anchorage, Alaska





**Passionate neighbors of Folker Park** have been putting their heads and hearts together with a vision to transform a raw wooded park into an intergenerational health and healing park.

The community vision, brought forth through an advisory committee and community process in 2017, was to maintain the park's best characteristics (beautiful old growth trees that attract birds and their song) and to draw more users to the park with safer, better features addressing the work of the U-Med District. The park imagined is a place for neighboring healthcare employees to walk or run on their lunchbreaks, local families to explore nature and play, and senior residents of Providence Horizon House to enjoy outdoor activities and picnics with their loved ones.

Walk into this park via the Welcome Plaza and immediately you'll enjoy the sun filtering through old growth trees. From this plaza surrounded with benches, art, and flowers, you can access Folker Park's entwined ADA accessible pathways, a longer fitness path and a reflective-paced healing path, both wide enough to accommodate two wheelchairs. Meander to enjoy each of the distinct areas of this park created to align bodies, hearts, and minds for all ages and abilities.



**Welcoming Plaza**  
This beautiful welcome space features lively perennial flower beds to activate the senses, with ample bench seating and iconic sculpture art.



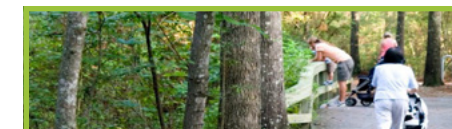
**Stream of Flowers**  
Alaska's state flower, the blue forget-me-not, is planted to mimic a stream winding through the park's east side. A small mobility bridge will rise over the "stream" to aid in climbing skills. **Funded!**



**Labyrinth Plaza**  
Walk onto the in-laid labyrinth path to release tension and walk away free from worry. The labyrinth doubles as an event space, with subliminal seating built into a natural berm feature.



**Outdoor Music Area**  
Away from the residential side of the park but easily accessible by either pathway, the outdoor music area will feature large-scale instruments like chimes.



**Trails and Lighting**  
Anchorage voters bonded \$200,000 in 2017 that will be used to build two intertwined ADA accessible 8-foot wide paved trails with safety lighting for night and winter use. The outer loop will be a fitness trail. The inner loop, shaped like a Celtic Healing Knot to symbolize eternity, will encourage a slower pace. **Funded!**

**Features of Folker Park**



**Play Area**  
A nature and art themed play area will inspire the imagination of younger park visitors, ages toddler to 12 years old.



**Art Area**  
At the center of the inner healing loop sits an art area, full of unique seating spaces, sculpture garden, and a space to create.



**Intergenerational Fitness Area**  
In spring 2017, the Anchorage Park Foundation awarded a community Challenge Grant to Folker Park advocates for their vision of a fitness area with equipment for seniors, adults, and youth of all ages to enjoy together. The Anchorage Park Foundation is matching every dollar that this group raises for the project up to \$12,500. **Partially Funded!**



**Reflexology and Birding**  
A mosaic of stones will be placed in this healing area for an outdoor reflexology path. Focus on your feet and listen to the birds in a serene wooded area of the park.

**\$270,000 needed to complete the park**



## *How to support the project*

Friends of Folker Park are seeking financial support for phased improvements that begin construction in 2018. Contributions of all amounts ensure activation of Folker Park's diverse health and healing spaces.

[www.AnchorageParkFoundation.org/donate](http://www.AnchorageParkFoundation.org/donate)

Your donations made through the Anchorage Park Foundation are tax-deductible. Please include "Folker Park" in the memo on your check or the designation line of your secure online donation.

To discuss a legacy gift, honorarium, or a donation to a specific aspect of the project plans, please contact Jess Rude, Director of Philanthropy, 907.274.1003 or [Jess@AnchorageParkFoundation.org](mailto:Jess@AnchorageParkFoundation.org)

## Contact Information

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Learn more: <http://www.muni.org/Departments/parks/Pages/FolkerParkSitePlan.aspx>



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