

SENIOR RESOURCE GUIDE

FAIRBANKS NORTH STAR BOROUGH PARKS AND RECREATION

2024 EDITION



UPDATED GUIDE

More than 75 local and state resources at your fingertips!

Page 24



SENIOR POTLUCK

Socialize with the group.
3rd Friday of each month.
Call 459-1136 to sign up!

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Fairbanks North Star Borough Parks & Recreation

Main Office: 1920 Lathrop Street
Hours: Monday-Friday, 8AM -5PM
Website: <http://parks.fnsb.gov>
Phone: (907) 459-1070



Fairbanks North Star Borough Parks & Rec



FNSB_Parks_and_Rec



FNSB Parks and Recreation

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OUR MISSION

The Fairbanks North Star Borough Parks and Recreation Department preserves and creates an inclusive community culture by providing places and programs designed to enrich the quality of life.

HEAR FROM US

Sign up for our Parks and Recreation Newsletter and FLiP program. A fun way to know about all the events happening in your parks and facilities! Receive VIP access to various park events and special coupons in our monthly e-newsletter!

Don't miss out! Sign up online at <http://parks.fnsb.gov> or at the Parks and Recreation office in the Big Dipper Ice Arena.



Senior Citizens Advisory Commission

Senior Advisory Commission meetings are held Quarterly on the second Thursday in January, April, July and October!

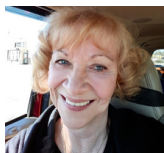
Meet the current commission members:



Denise Daniello, Chair
(219) 381-8421



Darlene Supplee
(907) 452-1735



Marleyne Hunter
(208) 599-0579



Karen Wood
(907) 474-2121



Carol Anthony, Vice-Chair
(907) 378-2769
(907) 458-5545



Barbara Tarkiainen
(907) 978-6543

Could
This
Be You?

3 Vacant Seats

Apply today fnsb.gov

Contact any member of the Commission if you have ideas or concerns that bear upon the welfare of senior citizens and are within the powers of the Fairbanks North Star Borough.



THANK YOU FOR ATTENDING OUR SENIOR PROGRAMS!



SENIOR REC DAY



SENIOR EXERCISE



WALKING CLUB



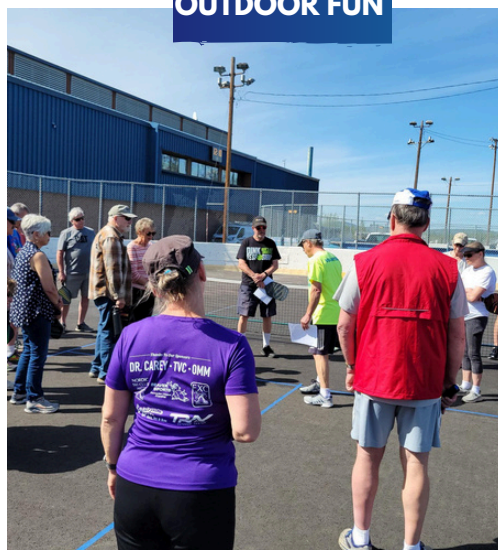
OUTDOOR FUN



LUNCH OUTINGS



SOCIAL GATHERINGS



AQUACISE



MAYOR'S MESSAGE



Bryce Ward

Bryce Ward
Fairbanks North Star Borough Mayor



Fairbanks North Star Borough

Mayor Bryce Ward
Mayor's Office

Bryce.Ward@fnsb.gov
Main: (907) 459-1300
Fax: (907) 459-1102

March 13, 2024

Dear Honorable Seniors and Elders,

Welcome to the Fairbanks North Star Borough's FNSB Senior Resource Guide. Alaska's older population contributes enormously to the state economically, socially, and intellectually. Older Alaskans have a wealth of knowledge and experience. They helped build our nation and our state, and their contributions continue through their roles in their families and communities and through civic engagement, volunteerism, and entrepreneurship.

Most older Alaskans are active and healthy; however, there may come a time when an older adult or their loved ones have concerns or are overwhelmed and need some community assistance to maintain their independence or understand their options.

We hope this assists you in finding and understanding many of the benefits and services you have earned. This user-friendly guide is designed to serve as a general directory and provide key information about federal, state, and community-based programs. It is not an exhaustive list of all benefits, services, and organizations available in the FNSB or at the federal level. That being said, this guide is designed to provide many helpful details.

If you need more information, please get in touch with our office. As always, we will do our best to answer any questions you may have.

Bryce Ward, Mayor
Fairbanks North Star Borough

STAFF Parks & Recreation Fairbanks North Star Borough

Matthew Boyer, Parks & Recreation Director
matthew.boyer@fnsb.gov

John Haas, Parks Maintenance Superintendent
john.haas@fnsb.gov

Brian Charlton, Recreation Superintendent
brian.charlton@fnsb.gov

Lee Williams, Riverside Superintendent
lee.williams@fnsb.gov

Linda Handeland, Aquatics Manager
linda.handeland@fnsb.gov

David Jones, Maintenance Manager
david.jones@fnsb.gov

Evan Williams, Recreation Parks Manager
evan.williams@fnsb.gov

Terrell Echols, Carlson Center Manager
terrell.echols@fnsb.gov

Michelle Leonard, Recreation Program Manager
michelle.leonard@fnsb.gov

Marya Lewanski, Recreation Specialist III
marya.lewanski@fnsb.gov

Evee Rynish, Recreation Specialist III
evee.rynish@fnsb.gov

McKinee Webber, Riverside Division Event Coordinator
mckinee.webber@fnsb.gov

Robyn Dick, Administrative Assistant - Big Dipper
907-459-1070

Alyssa Ide, Administrative Assistant - Big Dipper
907-459-1070

Xena Saunders, Administrative Assistant - Pioneer Park
907-459-1087



staff SPOTLIGHT

Faces of the Recreation Division - Senior and Community Programming

Marya Lewanski

Recreation Specialist III



I have worked with the Parks and Recreation Department for 10 years. I started at the Adaptive Recreation program and moved on to work with the Senior Program.

I very much enjoy working with hundreds of seniors and learning about the impact senior programs has had in their lives. Some have lived here since before statehood and I love hearing how they decided to call Fairbanks home. I moved to Fairbanks in 1996 and graduated from UAF. I didn't plan on staying permanently, but this community grew on me and I stayed.

When I am not working, I spend my time cross-country skiing, dog-mushing, or quilting and I also love to travel. I am a proud aunt to 7 nieces and nephews, who live all over the country.

Evee Rynish

Recreation Specialist III



Evee is the Community Events & Programming coordinator for the Recreation Division at Parks & Rec. She has worked in the Recreation Division for four years, starting with lifeguarding! The fun filled pool events she helped coordinate were the perfect stepping stone into her current role now. Evee enjoys bringing the community together with entertaining and inviting events throughout the year.

When Evee is not at work, you can find her on her bike or enjoying a hike.

PARKS & RECREATION SENIOR PROGRAM

Staying active and engaged leads to good health and well-being. Join us for walking at the Big Dipper Ice Arena, exercise at the Joy Community Center and Santa Senior Center, and scheduled social outings.

WEEKLY ACTIVITIES

Walking: Tuesday & Thursday 9:30AM-10:30AM

Exercise:

Monday & Friday - Santa Senior Center 11:15am-11:45am

Tuesday & Thursday - Joy Community Center 11:15am-11:45am

Aquasize: Monday & Wednesday & Friday 1:00PM-1:45PM

Social Outings: Tuesday & Thursday- Times Vary

Grandparent/Grandkid Craft:

April-Sept. 4th Thursday 4:00PM -5:30PM

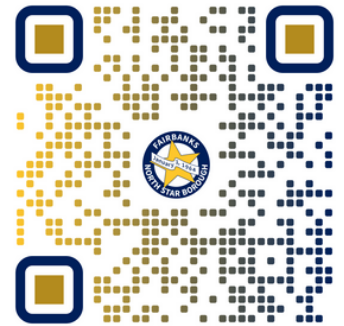
Oct.-Mar. 2nd and 4th Thursday 4:00PM-5:30PM

Senior Potluck: 3rd Friday of the Month 2:00PM-4:00PM



Join us by signing up! Scan the QR code by using the camera on your phone.

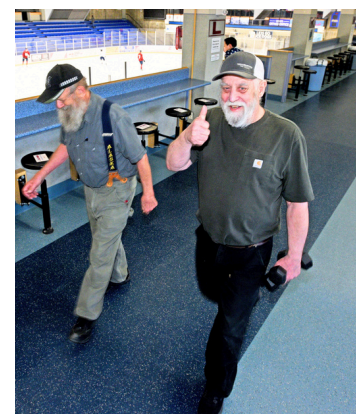
Use the form to sign up for our monthly newsletter options too!



CONTACT US

Questions about our program?
Call Senior Program at 907-459-1136

For general questions contact us at
parks@fnsb.gov or 907-459-1070



FLiP

FAIRBANKS LOVES ITS PARKS

Designed to highlight the parks, services, programs & facilities that FNSB Parks & Recreation provides to the community.

Membership is **FREE**
and the benefits are endless!

Benefits of FLiP:

- A FREE FLiP window cling
- A monthly newsletter filled with upcoming events, signup deadlines, fun programs and valuable FLiP discounts.
- Increased pride in our beautiful parks & playgrounds; and all of the recreation facilities and programs in the Fairbanks North Star Borough
- FLiP Appreciation Day- second Wednesday of every month. Get free admission to one drop-in program free with promo code.



VISIT OUR WEBSITE
TO SIGN UP:

PARKS.FNSB.GOV

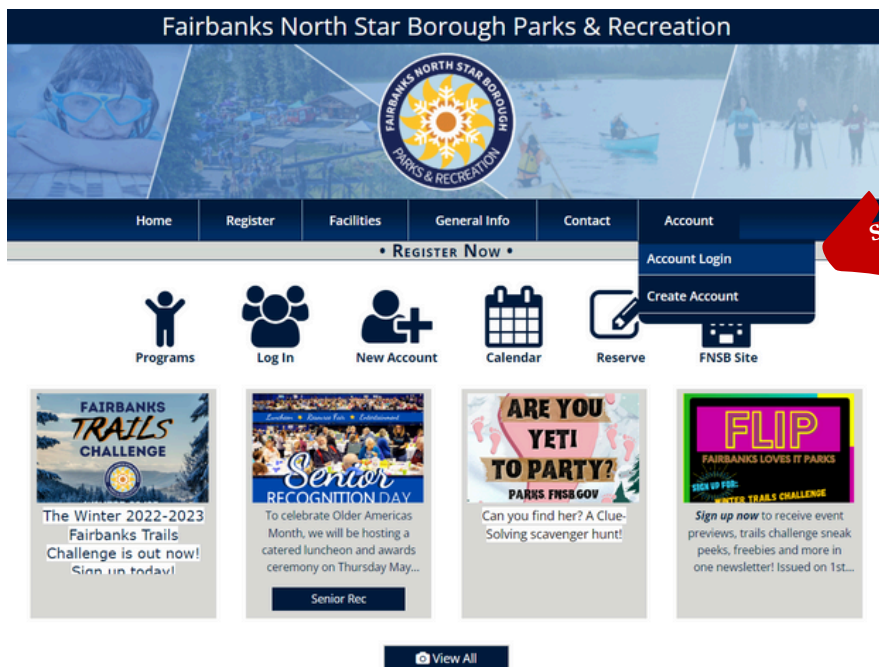


IT'S ENOUGH
TO MAKE YOU
FLIP FOR JOY!



HOW TO REGISTER

SOME PROGRAMS & EVENTS, ICE HUT RESERVATIONS OR SWIMMING LESSONS REQUIRE REGISTRATION ONLINE. CREATING AN ONLINE ACCOUNT IS EASY!



REGISTER ONLINE OR IN-PERSON

Start here!

To register online, visit our website at parks.fnsb.gov.

Create an account if you don't have one already:

1. Create a Household Account by clicking "Create Account"
2. Enter the primary adult first.
3. Create account login and password.
4. Add other members of your household.
5. Now you can register or make other purchases using the site navigation!

Or give us a call! We can set an account up for you!

We welcome walk-in registration too! Visit us at:

CANCELLATION & REFUND POLICY

We depend on your enrollment for a successful class! Classes which do not meet minimum enrollment are subject to cancellation. In the case of a cancellation, please contact us at (907) 459-1070.

Refunds are issued:

- If class or program is canceled.
- By request (by phone or email)

Refund Options:

- Account credit
- Refund (please allow 2-4 weeks for processing.)

Refunds are subject to approval from the Parks & Recreation Director.

Parks and Recreation Office
Big Dipper, 2nd Floor
1920 Lathrop Street
Fairbanks, Alaska 99701
907-459-1070

AQUATICS

HAMME POOL

931 Airport Way
Fairbanks, AK
(907) 459-1086

WESCOTT POOL

300 E 8th Ave
North Pole, AK
(907) 488-9402

MARY SIAH POOL

803 14th Ave
Fairbanks, AK
(907) 459-1082

FEES

Single Admission		10 Punch Pass		3 Month Pass		1 Year Pass	
Youth	\$5.00	Youth	\$45.00	Youth	\$110.00	Youth/Senior	\$400.00
Adult	\$7.00	Adult	\$63.00	Adult	\$154.00	Adult	\$575.00
Senior	\$5.00	Senior	\$45.00	Senior	\$110.00	ADA <small>(with ID)</small>	\$300.00
ADA <small>(with ID)</small>	\$4.00	ADA <small>(with ID)</small>	\$36.00	ADA <small>(with ID)</small>	\$88.00	Aquacise General Admission fees include participation in Aquacise.	
Household*	\$20.00	Household*	\$180.00	Household*	\$300.00		
Showers	\$5.00	Showers	\$45.00	Showers	\$110.00		
Showers <small>(Senior/ADA)</small>	\$3.00	Showers <small>(Senior/ADA)</small>	\$27.00	Showers <small>(Senior/ADA)</small>	\$66.00		

*Household is 2 adults and 3 youth, additional members will be charged the group rate.
Fees subject to change July 1st 2024.

MEMBERSHIPS

Buy one today and
explore the
possibilities with
FNSB Parks & Rec!



Passes valid for drop-in
programs entry at:

- Hamme Swimming Pool
- Wescott Swimming Pool
- Big Dipper Ice Arena
- Carlson Center
- Mary Siah Rec Center

**Purchase at any facility or online
anytime at: PARKS.FNSB.GOV**

*YOUTH & SENIOR

10 PUNCH	\$45.00
3 MONTH	\$110.00
ANNUAL	\$400.00

GENERAL POOL RULES

- Listen to the lifeguards.
- All swimmers must take a complete shower, including hair.
- Walk, don't run.
- Rough horseplay, foul language and fighting are not permitted.
- Please put your gum in the trash. No food or drink is allowed in the Locker rooms or pool deck.
- No resting on or swimming over the lanes lines or safety ropes.
- Children age five (5) and over must dress in the locker room that corresponds to their gender. If you would rather your child didn't go through the locker room alone, ask a Lifeguard about alternatives.
- The pool is for aquatic activities only.
- Harassing or unwelcome behavior that results in multiple complaints could result in loss of facility privileges.
- No aquatic instruction is allowed during open or lap swim times except by certified pool staff or with prior parental consent.
- The use of photographic equipment or imaging devices is prohibited in the locker rooms and rest rooms. Video Recording or photography of any kind elsewhere within this facility must be approved by the Facility or Event Manager.

CLOSURES

ALL POOLS

May 27- Memorial Day

July 4- 4th of July

HAMME POOL CLOSURES

Midnight Sun Invitational - June 7-9

Maintenance Closure

April 29th-May 21st

WESCOTT POOL CLOSURES

Maintenance Closure

March 11th 2024- January 2025

MARY SIAH REC CENTER CLOSURES

Maintenance Closure

June 3rd-July 1st 2024



FAIRBANKS NORTH STAR BOROUGH

Parks & Recreation Public Open Recreation Times Summer 2024

Family Swim

Mary Siah Rec Center

Closed for Maintenance June 3rd - June 28th, Opens July 1st

Mon/Wed/Fri : 10:00-11:15a

Family swim requires one parent or guardian in the water with their children. Family swim may be limited to shallow water only.

Open Swim

Mary Siah Rec Center

Closed for Maintenance June 3rd - June 28th, Opens July 1st

Monday-Friday : 3:30-4:30pm

Hamme Pool

Closed for Maintenance April 29th - May 21st

Tuesday- Friday: 7:00-8:30 pm

Saturdays: 2:00-4:00 pm

Wescott Pool

Closing March 11, 2024 for Repairs. Reopening January 2025

Tuesday- Friday: 7:00-8:30 pm

Saturdays: 1:30-3:45 pm

The Playzone

The Carlson Center Closed for Construction May 2nd - TBD

Monday-Friday: 10:00am-5:00pm*

Saturday: 10am-2pm*

The Playzone is designed for kids ages 0-8. Children must be accompanied by a parent or guardian.

*Schedule varies according to other events; please check our Facebook page for up to date open times.

Recreational Skating

The Big Dipper Closed for Maintenance June 15th - July 22nd

Monday- Friday: 11:45am-1:15pm*

Wednesdays: 5:30-6:45 pm

Saturdays: 3:45-5:15 pm

Sundays: 1:30-2:45pm

*times may vary due to hockey games. Call (907) 459- 1104 to confirm times



Mary Siah Rec Center
803 14th Ave
Fairbanks, AK 99701
(907) 459 1082

Hamme Pool
931 Airport Way
Fairbanks, AK 99701
(907) 459-1086

Wescott Pool
300 East 8th Ave
North Pole, AK 99715
(907) 488-9402

The Carlson Center
2010 2nd Ave
Fairbanks, AK 99701
(907) 459-1087

The Big Dipper
1920 Lathrop St
Fairbanks AK, 99701
(907) 459-1104

BIG DIPPER ICE ARENA

The Big Dipper Ice Arena is commonly referred to as "The Dipper," and hosts public skating, youth and adult hockey, and is home of the Ice Dogs of the North American Hockey League. A walking and jogging track is free to the public during scheduled hours. Most areas of the facility, including the ice, are available for private rentals and special events.

VISITOR INFORMATION

HOURS OF OPERATION

Mon—Fri: 6AM—9PM

Saturday: 6AM—4PM

Sunday: 6AM—4PM

IMPORTANT CONTACTS

Parks & Recreation Office
(907) 459-1070

Skateroom
(907) 459-1104

parks.fnsb.gov

**CLOSED: JUNE 15TH TO
JULY 22ND 2024 FOR
REGULAR MAINTENANCE**

Walking/Jogging

Direction:

Hours: Mon - Fri 6am-6pm
Saturday No walking
Sunday 11am-4pm

Monday, Wednesday, & Friday

Tuesday & Thursday

7 1/2 times around = 1 mile

Slower traffic stay to the inside of track

BIG DIPPER ICE ARENA FEES:

Single Admission

Youth	\$5.00
Adult	\$7.00
Senior	\$5.00
ADA (with ID)	\$4.00
Household*	\$20.00
Ice Skate Rental	\$4.00
Showers	\$5.00

10 Punch Pass

Youth	\$45.00
Adult	\$63.00
Senior	\$45.00
ADA (with ID)	\$36.00
Household*	\$180.00
Ice Skate Rental	\$36.00

3 Month Pass

Youth	\$110.00
Adult	\$154.00
Senior	\$110.00
ADA (with ID)	\$88.00
Household*	\$300.00
Ice Skate Rental	\$88.00

1 Year Pass

Youth/Senior	\$400.00
Adult	\$575.00
ADA (with ID)	\$300.00

**Household is 2 adults and 3 youth, additional members will be charged the group rate.
Fees subject to change*



2024

Upcoming Pioneer Park Events

25-27
MAY

Opening Weekend

5/25 - Living History Day

5/26 - Chalk the Park

5/27 - Memorial Day Ceremony

15
JUNE

Gold Rush Town Bonanza

4
JULY

4th of July
Community Celebration

21
JULY

Golden Days Bathtub
Races



10
AUG

Fairbanks Day Block Party

24
AUG

Wickersham Day

31
AUG

Museum Appreciation Day

26
OCT

Halloween Trick or Treat Town

**MORE
INFORMATION**

907-459-1087
PARKS.FNSB.GOV

An illustration of various craft supplies including brushes, paint tubes, a palette, scissors, and a glue stick, arranged around the central text.

Grandparent & Grandkid Crafts

**4TH THURSDAY OF THE MONTH APRIL – SEPTEMBER
2ND AND 4TH THURSDAY OF THE MONTH OCTOBER – MARCH**

**At Joy Community Center
4:00PM - 5:30PM**

SENIOR POTLUCK

**2:00PM - 4:00PM 3rd Friday
Mary Siah Recreation Center**

**EVERY
MONTH**

Join the Fairbanks Parks & Recreation Senior Program for some socialization and fun! Bring a dish to share. Look online for the monthly theme.

Contact us:

907.459.1070

www.parks.fnsb.gov



FAIRBANKS TRAILS CHALLENGE

Summer Challenge beginning in June

Details online at [Parks.fnsb.gov](https://parks.fnsb.gov)

Are you a
Sourdough
Trailblazer?
(60 and up)



JOY COMMUNITY CENTER TABLE TENNIS

OUTDOOR RECREATION

WEDNESDAYS
3:00PM - 4:30PM

FEES:

\$7.00 Adults

\$5.00 Senior/Youth



For information call Michelle Leonard at (907) 459-1097

**Two tables available and limited number of
loaner paddles available**



Fairbanks North Star Borough Parks and Recreation



fnsb_parks_and_rec

MUSEUMS



Pioneer Museum

Memorial Day - Labor Day:
Open daily from 11 am - 8 pm
Pioneer Park



Aviation Museum

Ⓢ May 25 - September 2
Open Wed - Sun from 12 pm - 8 pm
Pioneer Park



Fountainhead Antique Auto Museum

Ⓢ May 5 - Mid September
Open daily from 11 am - 5 pm
212 Wedgewood Drive



Fairbanks Community Museum

May 26 - September 15
Open Mon -Fri 11am - 7pm
Sat from 11 am - 3 pm
535 2nd Avenue



Ⓢ UA Museum of the North

Summer hours May 15 - September 15
Open daily from 9 am - 7 pm
1962 Yukon Drive



Morris Thompson Cultural & Visitor Center

May 27 - September 3
Open daily from 8 a.m. - 6 p.m.
101 Dunkel Street



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
UAF Legacy Lecture honoring distinguished alumni 6/3 An Evening with Jo Heckman Fairbanks Tall Timbers honoring those deeply rooted in the golden heart community 6/10 Jack Wilbur 6/17 Samantha Kirstein 6/24 John Manthei 7/8 Greg Hill 7/15 Jennifer Jolis 7/22 Susan Henrichs 7/29 Roger Brunner 8/5 Wendy Dominique 8/12 George Rydlinski  Sponsored by 	Healthy Living 6/4 AI and Predictive Cardiac Maintenance 6/11 Advances in Vascular Surgery: Forget About the Pump. It's all About the Pipes 6/18 Spotting a Stroke: BEFAST 6/25 Gut Health: Preventing and Managing Digestive Disorders 7/9 Transformative & Weight Wellness: the Role of Medications 7/16 Changing Attitudes: Use of Alcohol and Healthy Living 7/23 Movement Magic: Aging Joints and What We Can Do 7/30 Arthritis Surgery Victory: Guidelines for the Win 8/6 Fairbanks as We Age: Pieces of the Livability Pie 8/13 The Gentle Art of Swedish Death Cleaning: An Alaskan Version  Sponsored by 	Discover Alaska 6/5 Overwintering in the Arctic: Animal Strategies for Surviving the Long, Cold, and Dark 6/12 Changing Interactions Among Alaska's Wildlife, People, and Environment 6/19 Berries in a Changing Climate: Threats and Opportunities 6/26 Cleaning Up Contaminants with Native Plants and Microbes 7/10 Food, Nutrition and Health in Alaska 7/17 Measuring Methane from Alaska to Mars 7/24 Herbivores and the Structure and Function of Alaska's Boreal Forests 7/31 Hibernation for Space Torpor and Remote Emergency Medicine 8/7 Longevity and Senescence: Are Maximum Lifespans of Whales Longer than We Believe? 8/14 Tools for Life: Alaska Native Solutions to End Suicide  In cooperation with 	Music in the Garden 5/23 Fireweed Fiddle Steve Brown and the Baiters 5/30 Cold Steel Drums Marc Brown and the Blues Crew 6/6 Ice Jam, Sourdough Rizers 6/13 UAF Music Academy Red Hackle Pipe Band 6/20 Serevende Marimba Ensemble Kinky Slinky 6/27 Almost a Minyan, O Tallulah 7/11 WT Effington, Badger Street Jazz Band 7/18 FSAF Stepwise: Liam Lewis and Olivia Breidenthal FSAF Emily Anderson and Ryan Bower 7/25 Dry Cabin String Band South Cushman Social Club 8/1 Diamond Fuller Ryan Bowers and the Brain Trust 8/8 Headbolt Heaters Fairbanks Community Jazz Band 8/15 Susan Grace, ET Barnette String Band First band starts at 6PM Second band at 7:30PM At UAF Georgeson Botanical Garden    

Monday, Tuesday & Wednesday lectures held at UAF
7PM BP Design Theater
401 Usibelli Engineering Building



UAF SERVICES

UAF Summer Sessions offers credit and noncredit courses throughout the summer, as well as a large number of free events most weeknights.

<https://uaf.edu/summer/>

Osher Lifelong Learning Institute is a nationwide program, operated by the University of Alaska Fairbanks, aimed at people age 50 and older. OLLI offers a wide variety of courses in academic subjects, the arts and physical fitness.

<https://uaf.edu/summer/about/olli.php>

Nanook Recreation operates the UAF Student Recreation Center and offers reduced-cost memberships for seniors and UAF alumni. The membership includes access to the indoor track, fitness equipment, pool, ice rink and more.

<https://www.uaf.edu/recreation/memberships.php>

UAF Cooperative Extension Service offers free and low-cost workshops and publications about things like food preparation and preservation, health, lawn and garden, and energy and housing.

<https://www.uaf.edu/ces/>

The **UAF Rasmuson Library** is open to the public. Alaska residents with a Fairbanks North Star Borough library card can also borrow items from the Rasmuson Library using their public library card.

<https://library.uaf.edu/home>

UAF North Campus trails are open to the public for walking in the summer and cross-country skiing in the winter. There are also some winter walking trails available.

<https://uaf.edu/fs/north-campus.php>



SENIOR CENTERS



FAIRBANKS SENIOR CENTER

1424 Moore Street
Fairbanks, AK
(907) 452-1735

Opening June 2024
Grand Opening
Saturday June 29th 11am-2pm



SANTA'S SENIOR CENTER

101 E. 5th Avenue
North Pole, AK
(907) 488-4663



SALCHA SENIOR CENTER

6073 Salcha Pioneer Court
Salcha, AK
(907) 488-1606
(907) 322-1777 (SSC President)

SENIOR CITIZENS ADVISORY COMMISSION

If you have any ideas or concerns that bear upon the welfare of senior citizens and are within the powers of the Fairbanks North Star Borough, you may contact any member of the Senior Citizens Advisory Commission.

fnsb.gov/Senior-Citizens-Advisory-Commission

TRANSPORTATION Info for Parks & Recreation Programs

Transportation is available through Van Tran. If you would like more information on requesting rides for our senior outings and programs please call Fairbanks North Star Borough Transportation Department at (907) 459-1010 ext. 2. The transportation is at no cost to you when attending designated Parks & Recreation Senior Programs and Outings.



Questions, comments and concerns for the Senior Recreation Program should be directed to the Coordinator:
Marya Lewanski, (907) 459-1136, marya.lewanski@fnsb.gov



Meals on Wheels Fairbanks Celebrates 51 years of service!

Fairbanks Senior Center

1424 Moore Street

Fairbanks, AK 99701

Main: (907) 452-1735

Fax: (907) 451-9974



Meals on Wheels delivering hot meals to individuals 60 years or older!

Call, or come to the **Fairbanks Senior Center** in person to
find out if you are eligible, **907-452-1735**.



WE NEED VOLUNTEERS!

Together, we can eliminate hidden hunger.

For Volunteer opportunities contact our
Volunteer Coordinator Ashley at 907-452-2561,
email volunteer@fairbanksseniorcenter.org



Fairbanks Senior Center



1424 Moore Street
Fairbanks, AK 99701
Main: (907) 452-1735
Fax: (907) 451-9974

Who is in the House?



2024 the **Fairbanks Senior Center** celebrates 51 years of service to the Borough!
The Senior Center's vision, is to promote independence of our pioneers who are 60 years and older. The Senior Center offers: exercise classes, transportation services, congregate meals, socialization, and volunteer opportunities.



The **Meals-On-Wheels** program is critical on helping our Seniors 60 years or older with daily hot meals. The program's mission is to help seniors stay in their home of choice, and to support a good quality of life for each individual.



The **Silver Squad** is an amazing volunteer opportunity program that will enhance the lives of our local seniors. Volunteer opportunities include: Meals on Wheels Delivery Drivers, Wellness Callers, Errand Runners to the Nutritional program, and Homemaker Services. These volunteer opportunities are designed to promote successful aging in place, and are completely free of charge to the recipient. Intakes can be done over the phone by calling our Front Desk. Fingerprints and State Background Checks are required for all volunteers, and the cost are covered by the Fairbanks Senior Center.



Helping Hands Home Modifications focuses on projects to improve accessibility to support safety and security, and help keep seniors living independently, while living in their home of choice. Home modifications consist of bathroom grab bars, hand-held showerheads, toilet seat risers, handrails for stairways and steps, lighting enhancement for safety, smoke and carbon monoxide detectors, and exterior/interior ramps.



ADRC North connects seniors, people living with disabilities, their families, and caregivers with long-term support services to help them live independently. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites. Local ADRC specialists counsel individuals regarding care options and help facilitate access to community services.



Aging at Home Fairbanks (AAH Fairbanks) is a membership organization for older adults in the Fairbanks area. Members help each other remain independent and engaged as they age. For an annual membership fee, members will have one-call access to support services, social events, and to help them stay active and living in their home of choice.



Even though the
the Joy Community Center Library
will be closed beginning
March 18th



**WE'VE GOT YOU
COVERED!**

Library Locations and Hours

North Pole Branch Library

Monday-Wednesday: 10am-8pm

Thursday-Friday: 10am-6pm

Saturday: 10am-5pm

- The North Pole Branch Library will return to its pre-renovation schedule when the Noel Wien Library reopens.
- All remaining holds at the Joy Community Center Library will be automatically transferred to North Pole Branch on March 18th.

Noel Wien Library

Tentatively reopening on June 1st, 2024

Bookmobile

Regular schedule: 907-459-1031

Expanded hours & hold pickup @ North Pole Branch

Meeting Spaces @ North Pole Branch

Programs for kids, teens, & adults @ North Pole Branch

Outside Book Return @ Noel Wien Library & North Pole Branch

Continued outreach service provided by the Bookmobile

Continued Access to Statewide Materials

February 2024

Contact Us



907-459-1020



fnsblibrary.org



Noel Wien Library
1215 Cowles Street
Fairbanks, AK 99701
907.459.1020

North Pole Branch Library
656 NPHS Boulevard
North Pole, AK 99705
907.488.6101

LOCAL RESOURCES

17 MILE HOMEMAKERS - FCE

AARP

ACCESS ALASKA

ADRC NORTH: AGING & DISABILITY RESOURCE CENTER FOR THE NORTHERN REGION OF ALASKA

AGING AT HOME FAIRBANKS

ALASKA COMMISSION ON AGING

ALASKA HEALTH FAIR, INC. - TVNR PROGRAM

ALASKA HOUSING FINANCE CORP.

ALASKA INTERNATIONAL SENIOR GAMES

ALASKA LEGAL SERVICES CORP.

ALASKA LONG TERM CARE OMBUDSMAN

ALLWAYS CARING

ALZHEIMER'S RESOURCE OF ALASKA

AMERICAN HEART ASSOCIATION

AMERICAN RED CROSS - TANANA VALLEY

BREAST CANCER DETECTION CENTER OF ALASKA

DENAKKANAAGA, INC.

FAIRBANKS COMMUNITY FOOD BANK

FAIRBANKS NATIVE ASSOCIATION ELDERS PROGRAM

FAIRBANKS PIONEER HOME

FAIRBANKS REGIONAL PUBLIC HEALTH CENTER

FAIRBANKS RESOURCE AGENCY SENIOR SERVICES

FAIRBANKS RETIRED TEACHERS ASSOCIATION

GREEN STAR OF INTERIOR ALASKA

HOLIDAY HEIGHTS SENIOR HOUSING

HQ LEGAL

INTERIOR ALASKA CANCER ASSOCIATION

INTERIOR ALASKA SOURDOUGHS

INTERIOR WEATHERIZATION, INC.

LITERACY COUNCIL OF ALASKA

MASST

MLH MANOR SENIOR HOUSING

MOORE STREET SENIOR APTS.

NENANA TORTELLA COUNCIL ON AGING

NINE ONE TEN

NORTH POLE BRANCH LIBRARY FRIENDS

OLDER PERSONS ACTION GROUP, INC.

OSHER LIFELONG LEARNING INSTITUTE AT UAF

QUILTING LIONS AND FRIENDS

RAVEN LANDING CENTER

SALVATION ARMY

SOCIAL SECURITY ADMINISTRATION

SOUTHEAST REGIONAL RESOURCE CENTER (SERRC)

SPIRIT OF ALASKA FEDERAL CREDIT UNION

UNIVERSITY OF ALASKA FAIRBANKS

USDA RURAL DEVELOPMENT

FOUNDATION HEALTH PARTNERS - SERVICES

STATE OF ALASKA SERVICES

17 MILE HOMEMAKERS

3705 Horus Ct.
North Pole, AK 99705
407-257-4100

Our goal is to promote family and community education by working with the North Pole Library. Some fun community services include: Raise a Reader, Christmas stockings for North Pole Rotary, Corsage making for Senior Rec Day, Projects for Children's Hospital in Seattle. Give us a call if you're interested in joining the fun!

AARP

3601 C Street Suite 1420
Anchorage, AK 99503
866-227-7447

Website: aarp.org/ak

AARP supports individuals 50+ to choose how they live as they age with advocacy, education, fun events (in-person and online) and community action teams with local volunteers.

ACCESS ALASKA

3399 Peger Road
Fairbanks, AK 99709
907-479-7940

Website: www.accessalaska.org

Helping Seniors remain independent is Access Alaska's mission. We offer Consumer Directed Personal Care services in the home, a durable medical equipment loan closet, information and referral services, and more! By appointment or walk-ins are also welcome.

ADRC NORTH: AGING & DISABILITY RESOURCE CENTER FOR THE NORTHERN REGION OF ALASKA

1424 Moore Street
Fairbanks, AK 99701
907-452-2551

Website: adrcnorth.org

ADRC North's mission is to connect seniors, individuals with disabilities, and caregivers with local supports and services that will help them remain safe and well at home. We strive to be a reliable and friendly source of information in the northern region of Alaska, and hope to help people plan for a healthy and vibrant life in the communities we love!

AGING AT HOME FAIRBANKS

1424 Moore Street
Fairbanks, AK 99701
907-799-4026

Website: aahfairbanks.org

AAH is a membership organization for older adults. We provide one call access to services and support to help people stay in their homes as they age. Services like computer help, light home maintenance and transportation are provided by volunteers. Socials, lectures, workshops, and access to a screened list of paid service providers are added benefits!

ALASKA COMMISSION ON AGING

PO Box 99811
Juneau, AK 99811
907-465-325

Website: aging.alaska.gov

The mission of the Alaska Commission on Aging is to ensure the dignity and independence of all older Alaskans, and to assist them to lead useful and meaningful lives through planning, advocacy, education, and interagency cooperation. Visit our website and learn how to:

-View the latest Commission meetings

ALASKA HEALTH FAIR, INC. - TVNR PROGRAM

725 26th Avenue, Suite 201
Fairbanks, AK 99701
907-374-6853

Website: alaskahealthfair.org

Our Non-Profit offers free spring and fall community events (statewide) where Alaskans can access free health education and basic screenings, plus affordable comprehensive blood tests; with worksite health fairs available for employees.

ALASKA HOUSING FINANCE CORP. SENIOR HOUSING OFFICE

PO Box 101020
Anchorage, AK 99510
907-330-8436

Website: ahfc.us/senior-support

AHFC's Senior Housing office assists both developers of senior housing; and, seniors in obtaining secure and affordable housing statewide. A senior housing inventory lists are available for both independent & assisted living are on the website.

ALASKA INTERNATIONAL SENIOR GAMES

PO Box 73225
Fairbanks, AK 99707
907-978-2388

Website: alaskaisg.org

Hey Seniors! Get ready for FUN at the 2024 Alaska International Senior Games coming August 2-11th! Events like swimming, bocce, bowling, power walk, and pickleball are waiting for you. Check out our website!

ALASKA LEGAL SERVICES CORP.

100 Cushman Street, Suite 500
Fairbanks, AK 99701
888-478-2572

Website: alsc-law.org

We assist seniors with income maintenance issues, housing issues, health care, power of attorneys, living wills, wills, and other civil matters not listed.

ALASKA LONG TERM CARE OMBUDSMAN

3745 Community Park Loop Suite 200
Anchorage, AK 99508
800-730-6393

Website: akoltco.org

The Office of the Long Term Care Ombudsman (OLTCO) offers assistance with issues concerning senior residential living circumstances. OLTCO investigates and resolves complaints concerning elders (60 years old and older) who reside in a long term care facility (nursing and assisted living homes).

ALLWAYS CARING

1405 Kellum Street, Suite 201
Fairbanks, AK 99709
907-456-4524

Website: allwayscaring.com

Expert care in the comfort of home. From people you trust. We're always there when you need us, ready to provide care in all ways. Our flexible, innovative services are designed around your needs. We've helped seniors remain independent in their homes for more than twenty years.

ALZHEIMER'S RESOURCE OF ALASKA

565 University Avenue, Suite 2
Fairbanks, AK 99709
907-452-2277

Website: alzalaska.org

We are the leading source of information, support, referral and education in the state for individuals 60+ and persons of any age with Alzheimer's disease and related disorders. Education and support for family caregivers, dementia specific training for professionals and a library of books, tapes, and articles. Visit our website for our calendar and upcoming classes.

AMERICAN HEART ASSOCIATION

4300 B Street Suite 212
Anchorage, AK 99503
800-AHA-USA-1

Website: heart.org/alaska

The American Heart Assoc. provides information and resources on heart disease and stroke. AHA provides further information on exercise, tobacco, diet, nutrition, and other topics relating to fighting heart disease and stroke in the United States and the world.

AMERICAN RED CROSS - TANANA VALLEY

3501 Lathrop Street, Unit G
Fairbanks, AK 99701
907-750-1729

Website: redcross.org

Training classes for Red Cross Volunteers. Disaster Action Team opportunities. Volunteer opportunities for events. Brochures/Information on health, safety and disaster preparedness. Also, our home fire campaign where we will install free smoke alarms.

BREAST CANCER DETECTION CENTER OF ALASKA

1905 Cowles Street
Fairbanks, AK 99701
907-479-3909

Website: bcdcofalaska.org

BCDC provides screening Mammogram, diagnostic mammogram, breast ultrasound and bone density scan. Services offered to seniors regardless of ability to pay.

DENAKKANAGA, INC.

101 Dunkel Street, Suite 135
Fairbanks, AK 99701
907-451-3900

Website: denakkanaaga.org

Denakkanaaga is a regional non-profit organization which advocates on behalf and for native elders of the 42 villages in Interior Alaska. Our organization also carries out services under Title VI, including providing shelf stable meals to some 210 elders in eight villages each month. Each June, Denakkanaaga holds an elders and youth conference in one of the 42 villages that brings together native leaders and other officials to discuss and act on issues impacting our elders and youth. A core commitment of Denakkanaaga is to keep the Native voice strong, so together we can have positive action and carry on our traditional cultures. Denakkanaaga is a Koyukon-Athabascan word which means "our people speak."

FAIRBANKS COMMUNITY FOOD BANK

725 26th Avenue
Fairbanks, AK 99701
907-457-4273

Website: fairbanksfoodbank.org

The Commodity Supplemental Food Program (CSFP) provides monthly packages of nutritious foods and nutrition education for seniors. We provide a 30lb. box of food for those over 60 and income qualified.

FAIRBANKS NATIVE ASSOCIATION ELDERS PROGRAM

329 First Avenue
Fairbanks, AK 99701
907-452-5225 ext. 6013

Website: fairbanksnative.org

This program provides weekday hot lunches, limited transportation for medical appointments, grocery shopping, monthly social activities, potlatches and participation in native community gatherings. Assistance with paperwork and correspondence is also available. Participants must be 60 years of age or older.

FAIRBANKS PIONEER'S HOME

2221 Eagan Avenue
Fairbanks, AK 99701
907-458-2221

Website: dfcs.alaska.gov/daph

The Fairbanks Pioneer Home is a licensed assisted living home owned and operated by the State of Alaska. Licensed nurses and aides are on duty 24 hours a day providing health-related and personal care services to all residents who require them. Other staff who provide a range of services to our residents work in housekeeping, activities, food services, social services, maintenance and administration. All staff are committed to creating a home that enriches the lives of our residents by providing the highest quality care and services.

FAIRBANKS REGIONAL PUBLIC HEALTH CENTER

1025 W. Barnette Street
Fairbanks, AK 99701
907-452-1776

Website: health.alaska.gov

Public health community education, immunizations, TB screening, STD screening, communicable disease investigation, chronic disease education, linkage to resources. Services by appointment only. Free COVID shots, Boosters and Flu vaccines available on the third Thursday of each month at North Pole Fire Dept. Walk-ins available Wednesday from 1pm to 6pm for all services.

FAIRBANKS RESOURCE AGENCY SENIOR SERVICES

805 Airport Way
Fairbanks, AK 99701
907-456-8901

Website: fra-alaska.org

FRA Senior Services supports seniors (60+) with frail or disabling conditions and adults with Alzheimer's and related dementias. Our goal is to maximize independence and allow seniors and older adults to remain in the comfort of their home for as long as possible while lessening the stress of caregiving. Adult Day Care and caregiver resources available.

FAIRBANKS RETIRED TEACHERS ASSOCIATION

1035 Kellum Street Unit 2E
Fairbanks, AK 99701
907-347-2899

Website: akfrta.webstarts.com

Provides social contact with other retired educators, informative presentations on community issues and other topics of interest. Opportunities for personal growth and public service scholarships for graduating high school seniors, and support at risk students.

GREEN STAR OF INTERIOR ALASKA

2134 Texaco Ave.
Fairbanks, AK 99701
907-452-4152

Website: iagreenstar.org

Green Star encourages and enables our community to reduce waste and increase recycling. We try to have all the information folks need to help reduce, reuse and Recycle in the FNSB.

The FNSB Central Recycling Facility is located at 1855 Marika Rd. Hours are T-F, 10:00pm-5:30pm & Sat., 9am-5pm.

*Recyclable items include (clean): Paper, Cardboard, #1 and 2 plastic bottles and jugs (caps removed), Aluminum beverage containers, Household batteries, Electronics ("anything with a plug"). Nothing with oil or fluids Thanks for recycling!

HOLIDAY HEIGHTS - NORTH POLE AREA HOUSING

353 E. 8th Avenue
North Pole, AK 99705
907-322-8873

Senior apartment housing right in the center of North Pole. One & two bedroom units, with community room and elevator. On-site laundry.

HQ LEGAL

PO Box 74821
Fairbanks, AK 99707
907-371-4153

Our mission is to connect Alaskan seniors to fast and affordable Alaska specific legal forms.

INTERIOR ALASKA CANCER ASSOCIATION

PO Box 80063
Fairbanks, AK 99708
info@interioralaskacancer.org

Website: interioralaskacancer.org

The Interior Alaska Cancer Association is a nonprofit organization that helps cancer patients and their families, and educates the community about cancer-related issues. We are here to help physicians and members in the Interior fight cancer. We provide support groups, financial assistance, and resource guidance for those who have cancer.

INTERIOR ALASKA SOURDOUGHS

PO Box 72497
Fairbanks, AK 99707
907-452-6929

The Interior Alaska Sourdoughs (IAS) or "Sourdoughs" is an organization founded by Jack Coghill and Harry Jenkins in 2000 for Alaskans with interest in community activities and Alaskan History. Meetings take place quarterly. Lunch meetings November and February. Dinner Meetings May and August.

INTERIOR WEATHERIZATION, INC.

713 15th Avenue
Fairbanks, AK 99701
907-452-5323, ext. 0

Our goal is to make our client's homes safer, healthier, and more energy efficient. Interior Weatherization provides weatherization of homes and rental properties for clients who meet income guidelines.

LITERACY COUNCIL OF ALASKA

517 Gaffney Road
Fairbanks, AK 99701
907-456-6212

Website: literacycouncilofalaska.org

The Literacy Council of Alaska was started in 1973 with the same Mission as we have today: To change lives through literacy for people of all ages in Fairbanks and the Interior! We offer one-on-one tutoring for adults in need of reading, writing, speaking, math and English. Free books are available for everyone and we have many volunteer opportunities as well.

MASST (MATURE ALASKANS SEEKING SKILLS TRAINING)

675 Seventh Avenue, Station B
Fairbanks, AK 99701
907-451-5918

Website: labor.alaska.gov/masst

MASST: The mission of this program is to place individuals 55 and older in agencies that provide community service training. Participants we serve unemployed and trying to enter the workforce. They work an average of 20 hrs/week at \$15/hr, learning new skills and get back into the rhythm of getting to a job site, working with supervision, and discovering their capabilities. For most participants unsubsidized employment is the goal and to manage transition within 11 months.

MLH MANOR SENIOR HOUSING

301 7th Avenue
Fairbanks, AK 99701
(907) 251-7899

MLH Manor is a beautiful, handicap accessible complex designed to meet the needs of seniors. MLH Manor is close to shopping and medical facilities. All apartments are equipped with modern appliances, ceiling fans, and a sitting shower.

MOORE STREET APARTMENTS

1420 Moore Street
Fairbanks, AK 99701
907-479-4450

Beautiful, affordable, income qualified, secure, senior housing for 62+. These apartments are located next to the Fairbanks Senior Center, making participation in activities at the center just a short distance across the parking lot for our residents. HUD Program provide affordable housing to low income folks and those experiencing a disability who are 62 and older.

NENANA TORTELLA COUNCIL ON AGING

PO Box 205
Nenana, AK 99760
907-460-1477

NTCA delivers NTS services to the elderly and disabled people 60+ in and around Nenana. We assist people with nutrition, transportation and social support services.

NINE ONE TEN

PO Box 85228
Fairbanks, AK 99708
907-474-2121

Support, access to resources, "Best practice" information and Interdisciplinary advocacy. Educational offerings & strategies for individual community responsiveness with "aging".

NORTH POLE BRANCH LIBRARY FRIENDS

101 East 5th Ave.
North Pole, AK 99705
snowflakenpbl2011@gmail.com or
North Pole Branch Library Friends Facebook Page

Non-profit organization, North Pole Branch Library Friends support programs and events at the NP Library by fulfilling literary, technological, educational, community and cultural purposes.

OLDER PERSONS ACTION GROUP, INC.

3340 Arctic Blvd # 106
Anchorage, AK 99503
800-478-1059

Website: seniorvoicealaska.com

Est. in 1968, Older Persons Action Group, Inc. (OPAG) is a non-profit membership organization dedicated to improving services, developing programs, education, promoting and implementing changes to help Alaska seniors live healthy, productive lives. Some of OPAG's services are: information and referral services for Medicare, Medicaid, Social Security and senior issues, the Senior Care Providers Network Inter-Agency Breakfast, publishing and distributing the Directory for Older Alaskans and the Senior Voice monthly newspaper. Subscription/Membership to OPAG includes a monthly copy of Senior Voice delivered to your home. Annual Subscription/Membership is \$30 in state and \$35 out of state.

OSHER LIFELONG LEARNING INSTITUTE AT UAF

1001 University Avenue
UAF UPark Building
Fairbanks, AK 99709
907-474-6607

Website: uaf.edu/olli

UAF - OLLI offers non-credit short courses in a wide range of topics during fall and spring semesters, plus social events and special interest groups (SIGS). There are no tests, grades, certificates, or prerequisites. We welcome curious learners from all backgrounds. Registration for Fall 2024 starts August 12th, and more information of summer offerings and opportunities can be found on our website! Stay curious!

QUILTING LIONS AND FRIENDS

3590 Holden Rd.
Fairbanks, AK 99709
907-687-0048

Our volunteers make quilts for the Quilts of Valor Foundation. The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor. Follow us on Facebook!

RAVEN LANDING CENTER

1222 Cowles Street
Fairbanks, AK 99701
907-328-5458

Website: ravenlanding.org

Raven Landing Center serves meals to residents, and the public is invited to join them at a reasonable cost. This is a beautiful venue for holding Fairbanks meetings and events of all kinds. Meeting rooms and the large dining room can serve groups from 10-350 people, and our on-site catering staff can prepare delicious food for your special events.

SALVATION ARMY

Salvation Army Family Store & Donation Center
2222 S. Cushman Street
Fairbanks, AK 99701
907-456-2085

Salvation Army Fairbanks
1602 10th Avenue
Fairbanks, AK 99701
907-452-3103

SOCIAL SECURITY ADMINISTRATION

101 12th Avenue, Room 138
Fairbanks, AK 99701
855-601-2484

Website: ssa.gov

Social security provides income to seniors after retirement, disability, or death of a loved one. Social security also provides enrollment in Medicare and replacement social security cards. Please visit our user-friendly website for information about online services.

SOUTHEAST REGIONAL RESOURCE CENTER (SERRC)

675 7th Avenue - Job Center
Fairbanks, AK 99701
907-451-5918

Website: serrc.org

Paid training opportunities to help seniors find employment.

SPIRIT OF ALASKA FEDERAL CREDIT UNION

1417 Gilliam Way
Fairbanks, AK 99701
907-459-5900

Website: spiritofak.com

The Prestige Program is available to all Spirit of Alaska Federal Credit Union members age 55 and older. We offer a variety of educational and social events and an enrollment gift. Join now!

UNIVERSITY OF ALASKA FAIRBANKS

1810 Salcha Street
Fairbanks, AK 99775
907-474-7384

Website: uaf.edu/bursar/for-students/tuition-waivers

UAF offers senior citizen tuition waivers for permanent Alaska residents sixty-five or older. Senior citizens may register for courses on the first day of classes on a space-available basis.

USDA RURAL DEVELOPMENT

590 University Avenue
Fairbanks, AK 99709
907-479-4362 X4

Website: rd.usda.gov/ak

USDA provides grants and low interest home repair loans for elders 62 years and older who live outside of Fairbanks City Limits.

The Fairbanks North Star Borough Parks and Recreation Department cannot guarantee the accuracy of the listings. For more information on any of the groups, please visit the website listed.

**If your organization is not listed, contact the parks office to be included on the list.
Please send all updates to parks@fnsb.gov.**

FOUNDATION HEALTH PARTNERS

Senior Health Resources

Internal Medicine & Senior Care Clinic
1650 Cowles Street, Fairbanks, AK 99701
(907) 459-3570

Porter Heart & Vascular Center
1650 Cowles Street, Fairbanks, AK 99701
(907) 458-6450

Denali Center
1510 19th Ave, Fairbanks, AK 99701
(907) 458-5597

Hospice Services
2001 Gillam Way, Fairbanks, AK 99701
(907) 458-3090

Home Health
1701 Gillam Way, Fairbanks, AK 99701
(907) 458-5410

Tanana Valley Clinic 1st Care
1101 Noble Street, Fairbanks, AK 99701
(907) 458-2682

Lifeline Services
1650 Cowles Street, Fairbanks, AK 99701
(907) 458-5597

Osteopathic Manipulative Medicine
1919 Lathrop Street, Suite 105, Fairbanks, AK 99701
(907) 458-2619

Family Medicine
1001 Noble Street, Fairbanks, AK 99701
(907) 459-3511



TANANA VALLEY CLINIC
FAIRBANKS MEMORIAL HOSPITAL
DENALI CENTER

www.foundationhealth.org

SENIOR HEALTH GUIDELINES



Review With Your Doctor

- Diet, exercise and sleep habits
- Chronic physical concerns such as knee, back or joint pain
- Smoking, alcohol consumption and other substance-use habits
- Cardiovascular concerns
- Stress management and mental health
- Comprehensive screening labs
- Memory or cognitive concerns

Immunizations

- Flu Shot, every year
- Tetanus booster, every 10 years
- Shingrix, if you haven't already received it
- Pneumonia vaccines, starting at age 65
- COVID vaccine, as recommended

Screening Tests (Discuss with your provider which screening tests are appropriate for you)

- Blood Pressure
- Blood Cholesterol Levels
- Type 2 Diabetes
- Colorectal Screening
- Lung Cancer Screening
- Electrocardiogram
- Prostate Cancer Screening
- Depression Screening
- Hearing Test
- Visual Exams
- Cardiovascular Risk Assessment
- Osteoporosis and Balance Screening
- Dementia and Alzheimer's Disease Screening
- Mammogram
- Gynecological wellness: Pelvic exam, clinical breast exam
- Calcium Scoring

Wellness Checks

- Discuss these items with your provider annually



www.foundationhealth.org
(907) 459-3570

STATE OF ALASKA - SERVICES



STATE OF ALASKA - DEPARTMENT OF FISH & GAME

1300 College Road
Fairbanks, AK 99701
907-459-7206

Website: adfg.alaska.gov

Alaska residents who are 60 years of age or older and meet the Department of Fish and Game's residency definition are eligible for a permanent identification card in order to hunt, sport fish, or trap for free. Also, you are not required to purchase a king salmon stamp to fish for king salmon or an Alaska state conservation stamp to hunt waterfowl.

STATE OF ALASKA - DEPARTMENT OF HEALTH

751 Old Richardson Highway, Suite 100A
Fairbanks, AK 99701
907-451-5045

Website: dfcs.alaska.gov

Adult Protection Services is a state agency that protects vulnerable Alaskan's independence and physical, financial and emotional wellbeing. Programs include: ADRC, Medicare information, General relief programs, Senior Independent Living Companions (SILC), and Senior Benefits

STATE OF ALASKA - MEDICARE INFORMATION OFFICE

1835 Bragaw Street
Anchorage, AK 99501
907-269-3669

Website: medicare.alaska.gov

Provide authoritative, current information on how Medicare works in Alaska. How and when to enroll, parts of Medicare, Medicare supplement insurance booklets, part D, selection for prescription coverage, and how Medicare works with long term care.

An advertisement for the University of Alaska Fairbanks (UAF) Older Lifelong Learning Institute (OLLI). It features a photo of an older woman wearing a pink hat and glasses, smiling. The text "Stay Curious." is in large white letters on a blue background. Below it, "UAF.EDU/OLLI" and "907-474-6607" are in yellow. A circular logo on the right says "OSHER LIFELONG LEARNING INSTITUTE". At the bottom left, there is a small disclaimer: "UAF is an affirmative action/equal opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual. www.alaska.edu/nondiscrimination."

An advertisement for the Fairbanks North Star Borough Public Libraries' Bookmobile & Home Delivery service. It features a cartoon illustration of a person in a winter coat and hat carrying a book bag. The text describes the service: "HOME DELIVERY SERVICE is designed to bring the library to you if you are in a situation that makes it difficult or impossible to use the library yourself. Home delivery service is free of charge for people whose access to the library is restricted because of age or disability." It provides contact information: "For Information or to sign up, please contact us! 907-459-1031 bookmobile@fnsb.gov". A circular logo on the right says "FAIRBANKS NORTH STAR BOROUGH PUBLIC LIBRARIES".

An advertisement for AARP Alaska. It features a red background with the text "AARP Alaska Loves Seniors!" at the top. Below it, there is a graphic of many hands holding hearts. The AARP logo is prominently displayed, followed by "Alaska". The address "3601 C Street #1420 Anchorage, AK 99503" and phone number "(866) 227-7447" are listed, along with the website "www.aarp.org/ak".

ADDITIONAL RESOURCES

Assisted Living Homes
Caregivers/Respite
Counseling Services
FNSB Services
Funeral Homes

Legal Services
Medical Equipment & Supplies
Military Services
Transportation Services
911 & Emergency Services

The Fairbanks North Star Borough Parks and Recreation Department cannot guarantee the accuracy of the listings. For more information on any of the groups, please call the number provided.

ASSISTED LIVING HOMES

NAME	ADDRESS	PHONE NUMBER
Agewise A New Vision	1744 Farmers Loop Road	907-328-0557
Caring Bridges, ALH, Inc.	107 7th Avenue	907-479-0360
Denali Center	1510 19th Avenue	907-458-5100
Emmanuel Assisted Living	239 Ina St.	907-750-0785
Fairbanks Resource Agency Homes	Various locations	907-459-8901
Frontier St.Elias - Evergreen	1015 Evergreen Street	907-328-2200
Frontier St.Elias -Palo Verde	4910 Palo Verde Avenue	907-455-0408
Hope Haven Assisted Living, LLC	1511 21st Avenue	907-374-9785
Horizon Assisted Living of Fairbanks	821 17th Avenue #120	907-374-1303
Let Us Care ALH	3405 Sandvik Street	907-452-5624
Nadon Family Home	1506 Luke Street	907-799-5589
Pioneer Home of Fairbanks	2221 Eagan Avenue	907-458-2221
Rocking Years Assisted Living	3291 Jefferson Drive	907-388-4665
Timber Creek Senior Living	3415 Trothno Lane	907-328-2218
Wild Iris Comfort Care	1221 3rd Avenue	907-452-2345

CAREGIVERS/RESPITE

NAME	ADDRESS	PHONE NUMBER
Access Alaska	3399 Peger Road	907-479-7940
Allways Caring	1405 Kellum Street, Suite 201	907-456-4524
TLC -Private Pay	600 University Avenue	907-479-2273

COUNSELING SERVICES

NAME	ADDRESS	PHONE NUMBER
Alaska Behavioral Health	1323 Peger Rd, Ste. 200	907-371-1300
Crossroads Counseling	3180 Peger Rd, Suite 200	907-455-9737
Fairbanks Veteran's Affairs Dept.	540 4th Avenue, Suir 100	907-456-4238
FNA Elders Program	317 Wendell Street	907-451-7250
FNA Ralph Perdue Center	3100 S. Cushman Street	907-452-6251
HOPE Counseling Center	534 10th Ave.	907-451-8208
ND Systems, Inc.	815 2nd Ave. Suit 122	907-374-0852
Tanana Chiefs Behavioral Health	122 1st Avenue, Ste. 600	907-459-3800
Turning Point Counseling Services	315 5th Avenue	907-374-7776

FAIRBANKS NORTH STAR BOROUGH DEPARTMENTS

NAME	ADDRESS	PHONE NUMBER
Air Quality	3175 Peger Road	907-459-1005
Animal Control	2408 Davis Road	907-459-1451
Assessing (Exemption Inquiries)	907 Terminal Street, 1st Floor	907-459-1428
Clerks Office	907 Terminal Street, 1st Floor	907-459-1401
Community Planning	907 Terminal Street, 2nd Floor	907-459-1260
Mayors Office	907 Terminal Street, 3rd Floor	907-459-1300
Parks & Recreation	1920 Lathrop Street	907-459-1070
Rural Services (Road Service Areas)	520 5th Avenue Suite D	907-459-1223
Solid Waste	455 Sanduri Street	907-459-1482
Treasury Budget	907 Terminal Street, 1st Floor	907-459-1441
Transit Center	501 Cushman Street	907-459-1010 Ext 1

FUNERAL HOMES

NAME	ADDRESS	PHONE NUMBER
Blanchard Family Funeral Home	611 Noble Street	907-482-3232
Chapel of Chimes, Legacy Funeral Homes	415 Illinois Street	907-456-5566
Fairbanks Funeral Home & Crematory	3704 Erickson Avenue	907-451-1110
Northern Lights Memorial Park	2318 Yankovich Road	907-479-2545

FOOD SERVICES

NAME	ADDRESS	PHONE NUMBER
Fairbanks Community Food Bank	725 26th Avenue	907-457-4273
Food Stamps (SNAP)- Public Assistance	675 7th Avenue	907-451-2850
Health Education Learning Project	725 26th Avenue	907-457-4273
Holiday Food Boxes	1602 10th Avenue	907-452-5005
Immaculate Conception Soup Kitchen	115 N. Cushman Street	907-452-3533
Stone Soup/Breadline	507 Gaffney Road	907-456-8317
Meals on Wheels Program	1424 Moore Street	907-452-1735

LEGAL SERVICES

NAME	ADDRESS	PHONE NUMBER
Alaska Legal Services	100 Cushman Street, Ste. 500	907-452-5181
Disability Law Center	1949 Gilliam Way, Ste. H	907-456-1070
Human Rights Commission	901 Bragaw St. #300	800-478-4692
Long Term Care Ombudsman	3745 Community Park Lp., Anchorage	800-730-6393
Office of Elder Fraud & Assistance	900 W 5th Ave., Suite 525 Anchorage	907-334-5954
State of AK Ombudsman	1500 W Benson Blvd.	800-478-2624

MEDICAL EQUIPMENT AND SUPPLIES

NAME	ADDRESS	PHONE NUMBER
AK Center for Children & Adults	1020 Barnette Street	907-456-4003
Access Alaska -Loan Closet	3399 Peger Road	907-479-7940
Assistive Technology of Alaska	1500 W. 33rd Ave., Suite 120	907-563-2599
Home Medical Equipment	19 College Road, Suite D	907-458-5421
Interior Medical Supply	915 30th Avenue, Ste. 106	907-457-8486
ProCare Home Medical	3519 Industrial Avenue	907-458-8912

MILITARY SERVICES

NAME	ADDRESS	PHONE NUMBER
Fairbanks Veteran's Center	540 4th Avenue, Ste. 100	907-456-4238
Fort Wainwright Army Services	Building 3401, Ft. Wainwright	907-353-4227
Bassett Army Hospital	4076 Neely Road, Ft. Wainwright	907-361-4000
Survivor Outreach Services	Santiago Ave., Building 3401, Ft. Wainwright	907-353-4004
Eielson Community Center	Building 2555, Eielson Air Force Base	907-377-2642
Eielson Chaplains	452 North St., Eielson Air Force Base	907-377-2130
Eielson Airman & Family Readiness	Bldg 2631, Eielson Air Force Base	907-377-2178

TRANSPORTATION SERVICES

NAME	ADDRESS	PHONE NUMBER
Fairbanks Senior Center	1424 Moore Street	907-452-1735
FNSB MACS (bicycle racks & wheelchair accessibility)	501 Cushman Street	907-459-1011
Van Tran	501 Cushman Street	907-459-1010

911 & EMERGENCY SERVICES

NAME	ADDRESS	PHONE NUMBER
Police, Fire, Ambulance	---	911
Fairbanks Memorial Hospital	1650 Cowles Street	907-452-8181
Adult Protective Services	---	907-374-3749
American Red Cross	3501 Lathrop St., Unit G	907-456-5937
Alaska Careline Crisis Intervention	---	877-266-4357
Dept. of Emergency Operations	3175 Peger Road	907-459-1220
Fairbanks Rescue Mission	723 27th Avenue	907-331-6292
Lifeline Medical Alert Services	1650 Cowles Street	907-458-5597
National Suicide Prevention	---	800-273-8255
Poison Control	---	800-222-1222
Alaska 211	---	211

**Alaska
Health
Fair** INC

nonprofit serving Alaskans since 1980

*"Alaska Health Fair was founded on the vision of a physician who believed that the road to longevity rests in healthy lifestyles developed through education and screenings. Our mission is to promote statewide health education and preventative screenings, with a vision of optimal health for all Alaskans and a core purpose of promoting health and wellness and saving lives."
– AHF Team*

- ◆ **Health Fairs** ◆ **Affordable Blood Tests**
- ◆ **Volunteer Opportunities** ◆ **Health Screenings**
- ◆ **Free Exhibitor Space for Local Organizations!**



● **Blood chemistry screen**

(27 panels) - covers infection, anemia, liver disease, clotting ability, kidney and adrenal function, liver function, bone disease, tissue disease and damage, heart function, liver function, muscle function, and lipids (coronary heart disease) (fasting 10hrs.) - 45

● **Thyroid screen – 35**

Prostate disease screen – 25
Vitamin D screen (D2, D3) – 50
A1C diabetes – 25
Blood typing – 20
Vitamin B12 – 35
Ferritin – 35
Testosterone (men) – 55



**Men's
Wellness
Package**

Includes: Chemistry/Hematology Profile (Infection, Anemia, Liver Disease, Clotting ability, Kidney and adrenal function, Liver function, Bone disease, Tissue disease or damage, Heart function, Liver function, Muscle function, Coronary heart disease (lipids)), Thyroid Screen (Thyroid function), Vitamin D Screen (Bone metabolism, Parathyroid function), A1C Screen (Diabetes, Glucose), and Prostate Disease Screen (fasting 10hrs.).

\$180



**Women's
Wellness
Package**

Includes: Chemistry/Hematology Profile (Infection, Anemia, Liver Disease, Clotting ability, Kidney and adrenal function, Liver function, Bone disease, Tissue disease or damage, Heart function, Liver function, Muscle function, Coronary heart disease (lipids)), Thyroid Screen (Thyroid function), Vitamin D Screen (Bone metabolism, Parathyroid function), and A1C Screen (Diabetes, Glucose) (fasting 10hrs.).

\$155

Blood tests available for those 18 & older.

✉ www.alaskahealthfair.org

Alaska Health Fair, Inc. is a nonprofit delivering health fairs statewide since 1980.

- We deliver around 100 community and worksite events annually, in Spring and Fall.
- See our event schedule and make your own appointment at www.alaskahealthfair.org
- Various medical and non-medical volunteer opportunities are available. Check us out!
- If you have questions call our Tanana Valley/Northern Region Program at (907) 374-6853.



Fairbanks North Star Borough Parks and Recreation



fnsb_parks_and_rec



Rural CAP
Rural Alaska Community Action Program, Inc.

Join the Team!

Contact us to find out how
YOU can become an

Elder Mentor!

907-865-7276

ElderMentors@ruralcap.org

ElderMentor.org



Elder Mentor Program

Do you love working with children?

Elder Mentors are making a difference in their communities by creating intergenerational relationships with children in Head Starts and in classrooms across Alaska. Elder Mentors are role models, friends, and super heroes to the children they work with! Activities include: talking, reading, playing games, helping with assignments, modeling appropriate behavior, participating in crafts, telling stories, teaching cultural skills and language.

Qualifying seniors age 55+ can earn a tax free stipend, PTO, paid holidays, free meals, and transportation assistance for their participation in the Elder Mentor Program.

Now Recruiting!



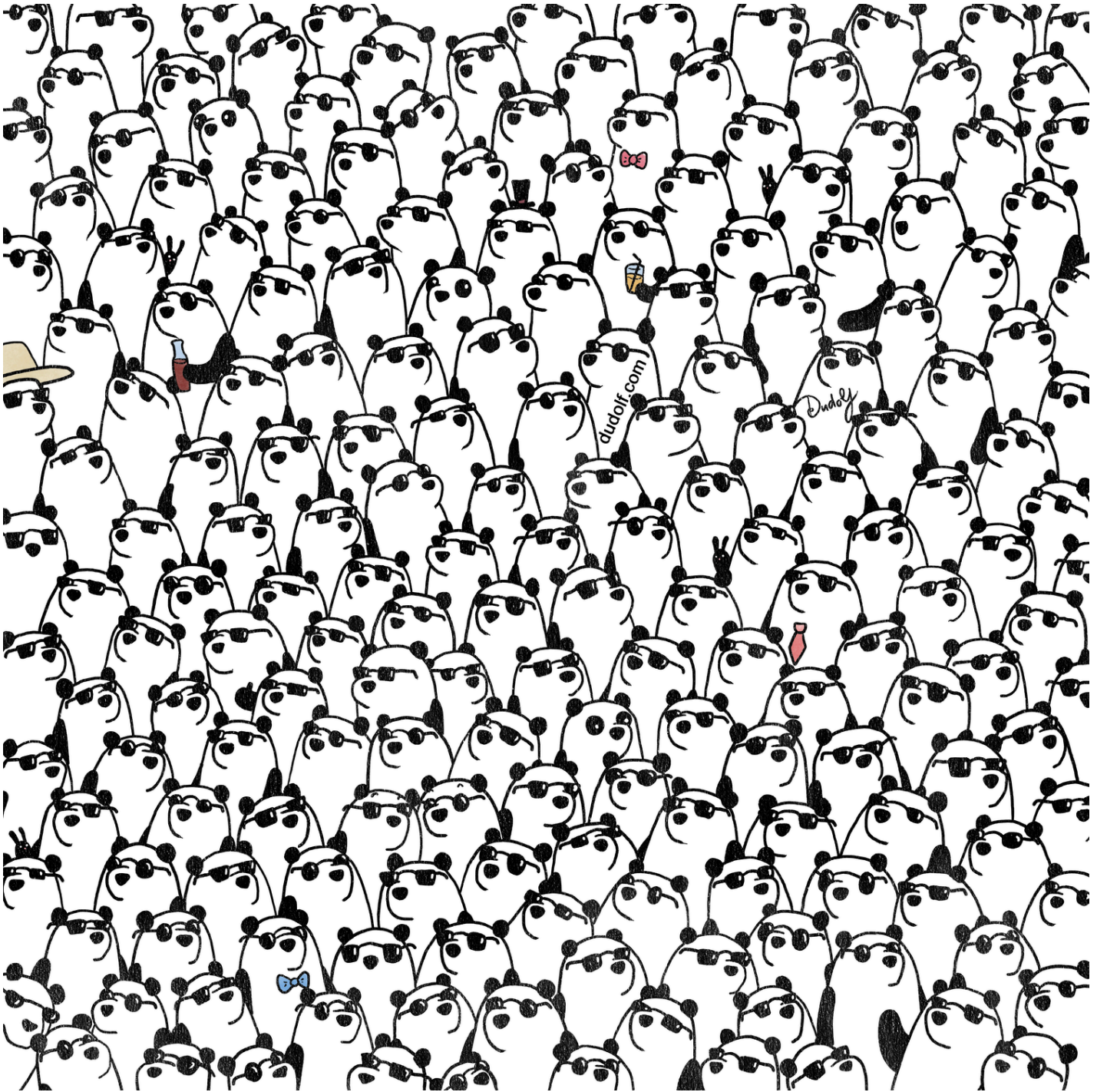
Scan QR Code

731 E 8th Avenue | Anchorage, Alaska 99501
p 907.279.2511 | www.ruralcap.org

BRAIN GAMES

Three pandas DON'T wear sunglasses.

Can You find them?

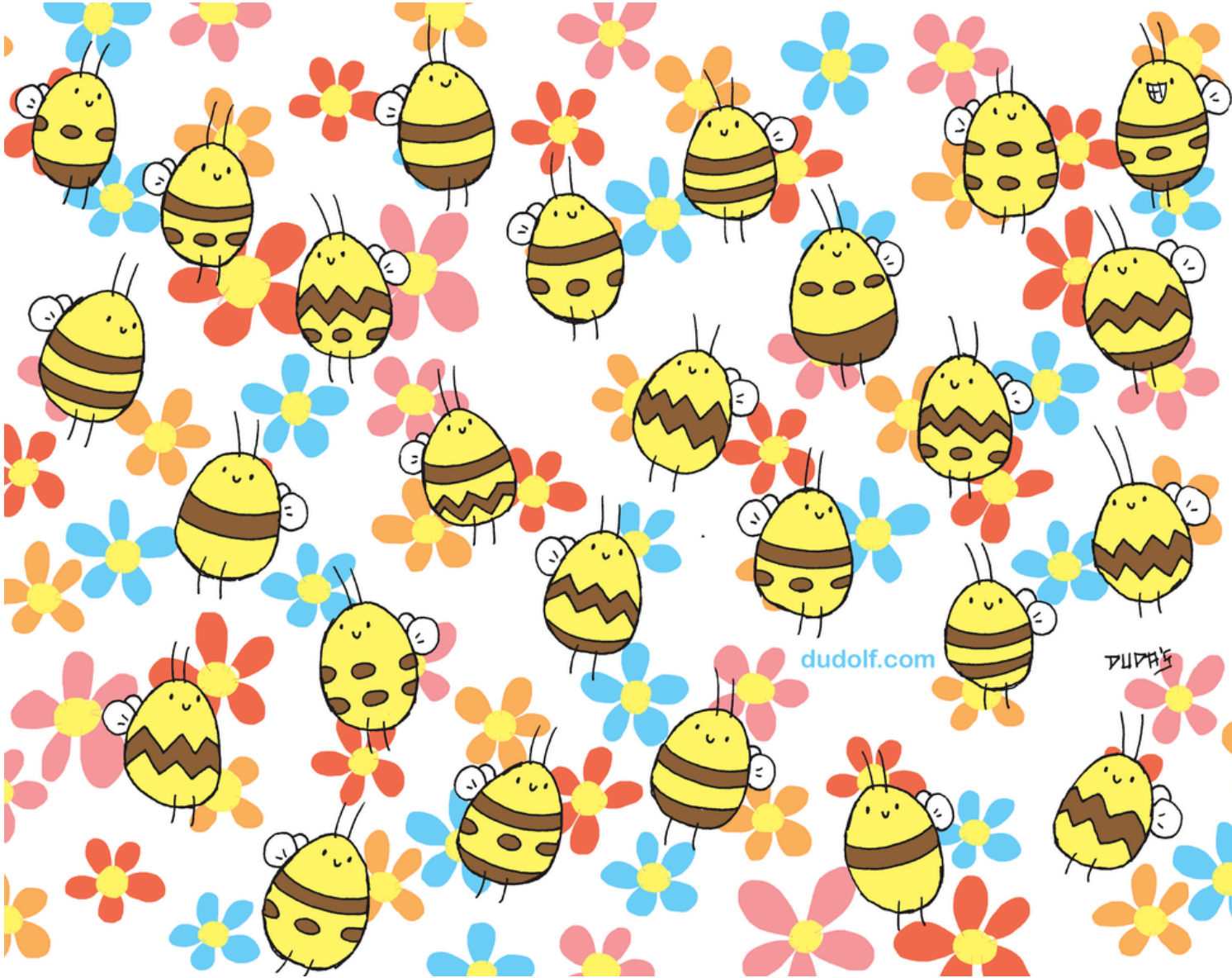


Solution on pg. 47

Follow Gergely Dudas-Dudolf on Facebook for more art puzzles.

BRAIN GAMES

Which bee has a unique pattern?

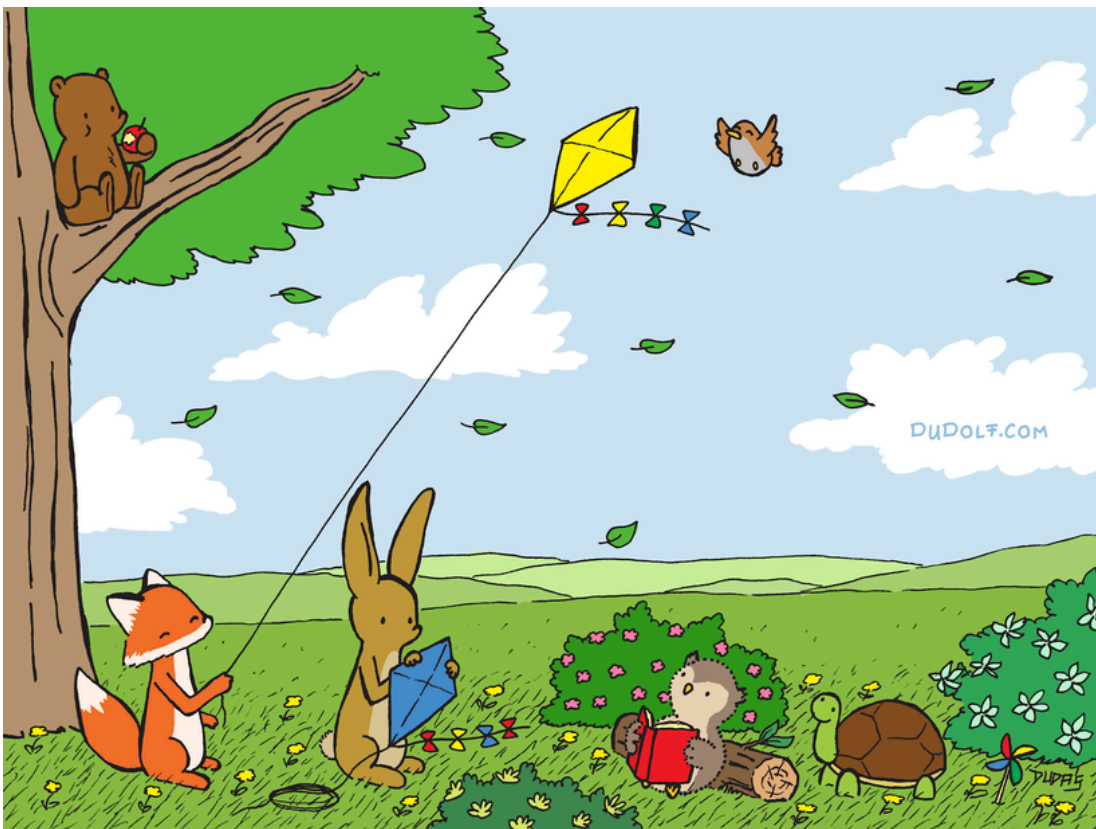
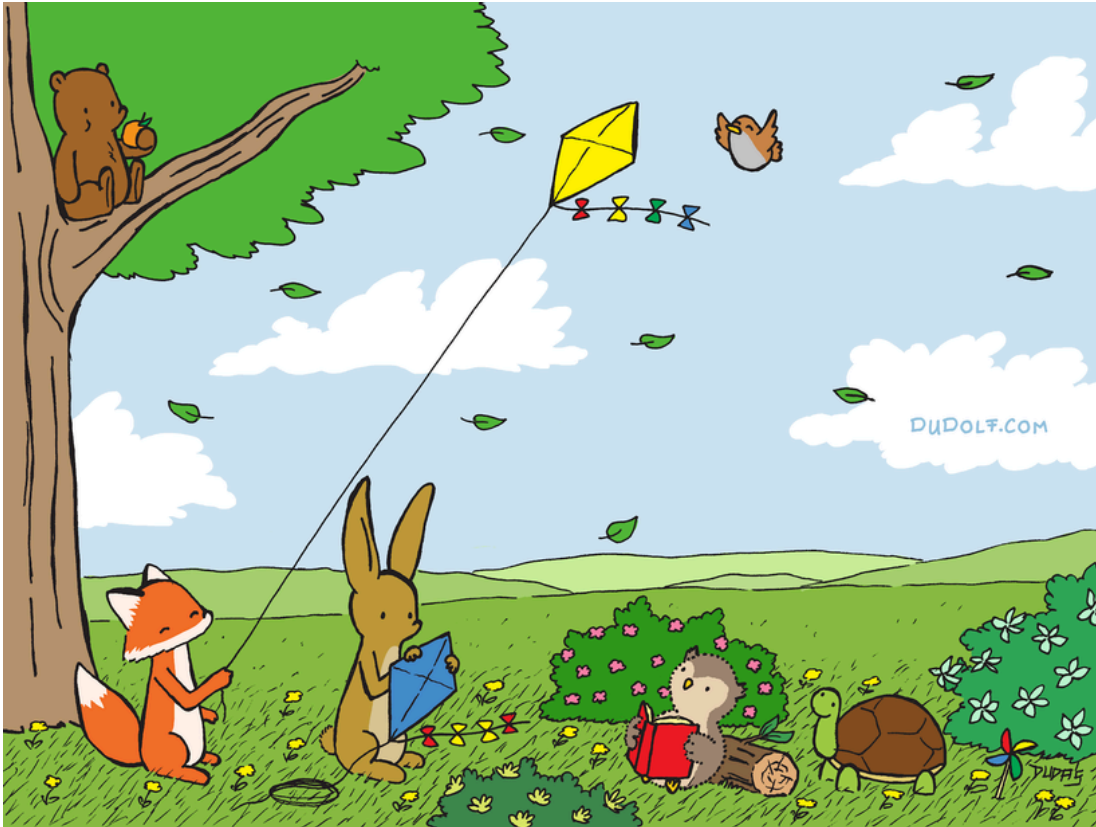


Follow Gergely Dudas-Dudolf on Facebook for more art puzzles.

Solution on pg. 47

SPOT THE DIFFERENCE

Can you spot 8 differences? Solution on pg 47



Solution on pg. 47

SUDOKU

Sudoku #1183 (Medium)

			9					
				7	2			
	6						8	
			7	4	3	5		2
4				2	5			
			6					
7		4			6		3	5
6	9				7	8		
		2		5			9	

Sudoku #1187 (Easy)

7				4			1	8
8	4		9		2		3	
3	6		7		8	4		9
2					6	1		5
	7			9	1	6		
4	1			2		9		
6		4	1					2
	8					5		
				8	4	3		

Sudoku #1184 (Medium)

				9	1		5	
5				7	6			3
	1	9	8		2			6
2								1
		6			7	9		8
1		8		2				5
	3	7						
	2	5		6				

Sudoku #1181 (Hard)

		7		1				6
4						8		
	8						5	
8	1			7			6	
					3	1		
6		3				5	2	
							4	
		2	1		5		7	
1			4				8	

Solution on pg. 47



3755 Airport Way
447-1400

930 Old Steese Hwy
459-4200

First Tuesday of Every Month

Senior Discount 55+ enjoy an extra 10% off.

Alaska Barber Shop

305 Eagle Avenue
Fairbanks, AK 99701
907-452-2459

**\$13.00 haircuts
for 65+**



530 Old Steese Hwy
907-457-9301
www.walgreens.com

First Tuesday of Every Month

Senior Discount 55+ enjoy an extra 20%
**Earn Walgreens cash rewards when you ask a
pharmacist about "tips for seniors."**



38 College Road
Fairbanks, AK 99701
907-452-2459

**10% discount on
products and
services for 55+**



**10% Senior
Discount
Everyday**

34 College Road
907-456-6046
www.michaels.com



58 College Road
Fairbanks, AK 99701
907-451-7206

3540 Airport Way
Fairbanks, AK 99701
907-451-7720

Wisdom Discount
**several light maintenance services are free with
purchase inquire in the store.**



Two Locations:

410 Trainor Gate Road
907-456-5433

3525 College Road
907-374-0990

First Tuesday of Every Month
Enjoy an extra 10% off for those 55 or older!



**10% discount on
select parts for
60+.**



**5% discount
every day!**

377 Helmericks Ave
907-457-8555



**Half fare program
65+ 50% fare (late
September - early May)
1-800-544-0552**



3023 Airport Way
907-474-4828

**Tuesdays
30% off for 55+**



University of Alaska Fairbanks

**UAF offers senior
discounts and OLLI
courses - UA Board of
Regents policy waives
regular tuition for
Alaska residents at the
age of 65.
907-474-6607**

Get your free senior hunting/fishing/trapping license today!

Did you know the Alaska Department of Fish and Game offers free senior hunting, fishing and trapping licenses to Alaska residents 60 years of age and older?



Stop in at ADF&G at 1300 College Road or go online at store.adfg.alaska.gov to get your free license today.



CITY OF FAIRBANKS GARBAGE DISCOUNT

65+ FOR QUALIFIED SENIOR CITIZENS WHO MEET CITY REQUIREMENTS

907-459-6713
for more information

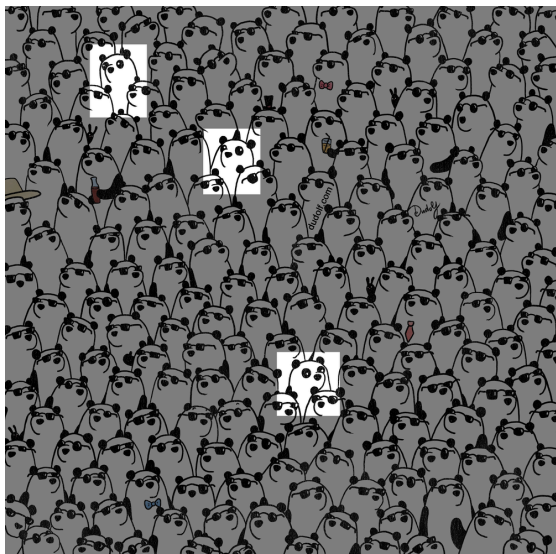


RESTAURANTS

NAME	DISCOUNT OFFERED	PHONE NUMBER
Brewster's	10% off for 65+	907-456-2538
Gallo's Mexican Restaurant	Special Senior Menu	907-455-9225
Food Factory	Special Senior Menu	907-452-3313
Airport Way Restaurant	Special Senior Menu	907-457-5182
The Cookie Jar	10% off for 60+	907-479-8319
The Pump House	\$36.95 Sunday Brunch	907-479-8452
A&W/KFC	5% off for 60+	907-452-1010
Airport Way McDonalds	.59 cent Coffee	907-452-4600
Fenders	10% off for 55+	907-452-3684

ANSWER KEY

Panda Sunglasses (p.41):



Which Bee has a unique pattern (p.42):



Spot the Difference 8 (p.43):



Sudoku Puzzles (p.44)

Sudoku #1183 (Medium)

3	5	7	9	6	8	1	2	4
1	4	8	3	7	2	6	5	9
2	6	9	5	1	4	3	8	7
9	8	6	7	4	3	5	1	2
4	7	3	1	2	5	9	6	8
5	2	1	6	8	9	4	7	3
7	1	4	8	9	6	2	3	5
6	9	5	2	3	7	8	4	1
8	3	2	4	5	1	7	9	6

Sudoku #1187 (Easy)

7	9	5	6	4	3	2	1	8
8	4	1	9	5	2	7	3	6
3	6	2	7	1	8	4	5	9
2	3	9	4	7	6	1	8	5
5	7	8	3	9	1	6	2	4
4	1	6	8	2	5	9	7	3
6	5	4	1	3	7	8	9	2
1	8	3	2	6	9	5	4	7
9	2	7	5	8	4	3	6	1

Sudoku #1184 (Medium)

7	6	4	3	9	1	8	5	2
5	8	2	4	7	6	1	9	3
3	1	9	8	5	2	7	4	6
2	9	3	5	4	8	6	7	1
4	5	6	1	3	7	9	2	8
1	7	8	6	2	9	4	3	5
9	4	1	2	8	3	5	6	7
6	3	7	9	1	5	2	8	4
8	2	5	7	6	4	3	1	9

Sudoku #1181 (Hard)

2	5	7	9	1	8	4	3	6
4	6	9	3	5	7	8	1	2
3	8	1	6	2	4	7	5	9
8	1	5	2	7	9	3	6	4
7	2	4	5	6	3	1	9	8
6	9	3	8	4	1	5	2	7
5	3	8	7	9	6	2	4	1
9	4	2	1	8	5	6	7	3
1	7	6	4	3	2	9	8	5

Fairbanks North Star Borough Parks & Recreation

Fairbanks North Star Borough Parks and Recreation
PO Box 71267
Fairbanks, Alaska 99707



Preserving and creating an inclusive community culture...



...by providing places and programs designed to enrich the quality of life!