

Fairbanks North Star Borough  
Parks & Recreation Department  
presents  
**SENIOR  
RECOGNITION  
DAY**



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.

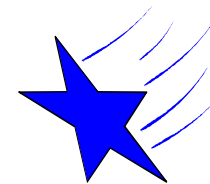


**Senior Recognition Day**  
May 2, 2019

Sponsored by



Bryce Ward, Mayor



Senior Citizens  
Advisory Commission



Michael Bork, Director

# 2019 Award Recipients

## **Lifetime Fitness**

Ruth Jolly Knapman  
Bruce Dale Hill

## **Outstanding Senior Volunteer**

Paralea Beckley  
Gerald & Geraldine Lizotte  
Martha Markey  
Madeline Nance



## ALASKA'S FLAG SONG

Eight stars of gold on a field of blue,  
 Alaska's flag, may it mean to you,  
 The blue of the sea, the evening sky,  
 The mountain lakes and the flowers nearby,  
 The gold of the early sourdough's dreams,  
 The precious gold of the hills and streams,  
 The brilliant stars in the northern sky,  
 The "Bear," the "Dipper," and shining high,  
 The great North Star with its steady light,  
 O'er land and sea a beacon bright,  
 Alaska's flag to Alaskans dear,  
 The simple flag of the last frontier.



### *The Pledge of Allegiance*

"I Pledge allegiance to the flag  
 of the United States of  
 America, and to the Republic  
 for which it stands, one Nation  
 under God, indivisible with  
 liberty and justice for all."



## WELCOME TO SENIOR RECOGNITION DAY

MAY 2, 2019

*Senior Recognition Day was founded in 1984 to bring senior citizens from the Fairbanks North Star Borough together with local, state, and federal agencies that provide services for senior citizens. It is also a day to recognize seniors who have contributed to the betterment of our community.*

*Sponsored by the  
 Fairbanks North Star Borough  
 Parks & Recreation Department  
 and the Senior Citizens Advisory Commission*

## SCHEDULE OF EVENTS

- 10:00 A.M. Doors Open  
 10:55 A.M. Welcome: Missey Kohler  
 Master of Ceremonies
- 11:00 A.M. Colors Presentation - Lathrop High School  
 Jr. ROTC Honor Guard
- National Anthem— Michael Bork  
 Pledge of Allegiance –Art DeLaune
- Invocation: Pastor Eric Jones  
 Governor’s Proclamation: Sydney Copley,  
 Constituent Services Assistant  
 Commissioner Recognition: Art DeLaune
- Presentation of Lifetime Fitness &  
 Outstanding Volunteer Awards**
- Bryce Ward Mayor, FNSB
  - Michael Welch Mayor, City of North Pole
  - Jim Matherly Mayor, City of Fairbanks
- Eldest Female & Male Awards**  
**Lunch to be served at conclusion of awards**
- 12:10 P.M. Entertainment by Joshua Hadik, Lizzie Hartman  
 Andrea Helfrick & Far North Christian Singers
- 12:45 P.M. Closing & Announcement of Door Prize  
 Winners  
 Door prize winners will be randomly drawn from the RSVP List

## THANK YOU FOR YOUR SUPPORT

Bryce Ward, FNSB Mayor  
 Jim Matherly, City of Fairbanks Mayor  
 Michael Welch, City of North Pole Mayor  
 Michael Bork, FNSB Director of Parks & Recreation  
 Missey Kohler, Master of Ceremony  
 Lathrop High School Jr. ROTC Honor Guard  
 Andrea Helfrick, Joshua Hadik, Lizzie Hartman  
 & Far North Christian School Singers

Pastor Eric Jones  
 Denali State Bank Staff  
 17 Mile Homemakers, FCE  
 North Pole Senior Center  
 &  
 All Service Provider Groups

## SENIOR CITIZEN CENTERS WITHIN THE FAIRBANKS NORTH STAR BOROUGH

### North Star Council on Aging—NSCA

#### **Fairbanks Senior Center**

1424 Moore Street

Fairbanks, AK 99701

452-1735

Monday—Friday 8:00a.m.—4:30 p.m.

Dances, Classes, Fitness Classes, Crafts, Potlucks,  
Lunches, & Birthday Parties.

### Santa's Senior Center Corporation, Inc.

101 E. 5th Avenue

North Pole, AK 99705

488-4663

Monday—Friday 11:00 a.m.—3:00 p.m.

Art Class, Bingo, Fitness Classes, Crafts, Potlucks,  
Lunches, Birthday Parties.

### Senior Citizens of the Interior

6062 Johnson Road

Salcha, AK 99714

488-1606

Monthly meetings, Bingo, Zumba, Fitness Classes, Food  
Bank pick-up site, Tuesday lunches.

## 2019 SENIOR CITIZENS ADVISORY 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, you may contact any member of the Senior Citizens Advisory Commission.

Art Delaune	479-2838
Karen Wood	474-2121
Sonja Younker	328-1090



## FNSB PARKS AND RECREATION

Michael Bork, Director

Steve Taylor, Recreation Superintendent  
Tiffany Corrigan, Adaptive & Senior Program  
Coordinator

<http://parks.fnsb.us>

# FNSB SENIOR ACTIVITIES PROGRAM

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**ADAPTIVE & SENIOR PROGRAM COORDINATOR**  
**Tiffany Corrigan 459-1136**

## SENIOR FITNESS

Open to all senior citizens  
Mon. & Fri. @ 10:45 A.M., North Pole Senior Center  
Tues. & Thurs. @ 11:00 A.M., Fairbanks Senior Center  
Cost: None; all equipment provided.

## WALKING CLUB - Transportation Available

Seniors of all levels and abilities are welcome. Some outdoor walking in the summer and inside in the winter.  
Tues. & Thurs. @ 9:00 A.M., Big Dipper Ice Arena walking and jogging track.  
Cost: None

## OUTINGS

Outings for Fairbanks and North Pole/Salcha seniors to various locations throughout the year.

## OTHER ACTIVITIES

Breakfast Club—Times vary  
Shopping monthly—dates & times vary.

## FAIRBANKS NORTH STAR BOROUGH PARKS AND RECREATION DEPARTMENT

**BIG DIPPER ICE ARENA**.....459-1104  
1920 Lathrop Street, Fairbanks

**HAMME POOL**.....459-1086  
901 Airport Way, Fairbanks

**MARY SIAH RECREATION CENTER**.....459-1082  
1024 14th Avenue, Fairbanks

**WESCOTT POOL**.....488-9402  
North Pole Middle School, 8th Avenue, North Pole

*NOTE: Schedules subject to change. Please call facilities for updated information or visit our website at:*  
<http://parks.fnsb.us>

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## USDA RURAL DEVELOPMENT

590 University Avenue, Ste A  
Fairbanks, AK 99709 479-6767 X 102

USDA provides grants and low interest home repair loans for elders 62 years and older who live in rural areas.

## VOLUNTEER SERVICE AT FAIRBANKS MEMORIAL HOSPITAL/DENALI CENTER

1650 Cowles St.  
Fairbanks, AK 99701 458-6494

Volunteering with Fairbanks Memorial Hospital/Denali Center Auxiliary gives seniors the chance to meet others, to make a difference in their community, to brighten a patient's day, or lighten the load for others. We offer a discounted prescription benefit for our volunteers through our retail pharmacy.

## WALL BUSTERS ADVOCACY GROUP

1841 Chelton Lane  
Fairbanks, AK 99709 479-2838

Our mission is to educate and advocate for the removal of barriers to independence for people with disabilities. Meetings are held twice a month at Access Alaska; Second Monday 12:30 pm — 2:00 pm & Fourth Monday 5:30 pm—7:00 pm. Call for information or to inquire about transportation.

**THRIVENT FINANCIAL**

250 Cushman Street, #4B  
Fairbanks, AK 99701

371-5200

We are holistic financial planners. We work with people to plan for life events, including saving for education, home buying, and retirement.

**TOPS (AK 0224)**

P.O. Box 55649  
North Pole, Alaska 99705

347-4987

TOPS is an affordable, non-profit weight-loss support group for all ages. We are all on the same journey to healthy weight loss and maintenance. Meetings include confidential weigh-ins and informative programs on nutrition, exercise, and motivation. Call for meeting locations and times.

**TRUE NORTH CHURCH**

2830 Airport Way  
Fairbanks, AK 99701  
9112

474-

True North Church has a vital group of seniors who meet Sunday mornings for food, singing the older songs of faith and bible study. This summer, we host a series of backyard potlucks and barbecues.

**UNIVERSITY OF ALASKA  
FAIRBANKS**

1810 Salcha St.  
Fairbanks, AK 99775

474-5149

UAF offers senior citizen tuition waivers that waive tuition for Alaska residents at full social security retirement age. Senior citizens may register for courses on the first day of classes on a space-available basis.

**FAIRBANKS NORTH STAR  
BOROUGH DEPARTMENTS**

**Parks & Recreation Department****Senior Activities Program:**

Offers recreational, educational, and cultural activities for seniors 60 years and older, throughout the Borough. The Senior Citizen Activities Coordinator works with seniors and the Senior Advisory Commission to plan and develop programs to meet the changing needs of seniors in the Fairbanks area. The Golden Age Gazette, a monthly newsletter lists activities, educational opportunities, and general senior news. The newsletter is available to all seniors and senior agencies at no cost.

**Other Programs:**

The Big Dipper Ice Arena, Mary Siah Recreation Center, Hamme and Wescott Pools, three recreation areas, and numerous parks and trails!

1920 Lathrop Street

Contact: 459-1070

**Transit**

**Metropolitan Area Commuter System**, better known as MACS, has bicycle racks and wheelchair accessibility on all bus routes. Senior citizens continue to ride for free (a program that started July 1, 2010).

501 Cushman Street

Contact: 459-1011

**Van Tran:**

Is a special service provided for the disabled and elderly to provide comparable para transit services for those who cannot (because of their disability) use the fixed route service. Applications are available by calling or visiting the transit park.

501 Cushman Street

Contact: 459-1010  
Ext. #2

## **Assessing**

Senior Citizens' Tax Exemption is available to persons 65 or older who may be entitled to certain reductions or rebates on property taxes and rent. The FNSB Assessing department can assist with applying for the senior citizen property tax exemption. Contact the Assessing Dept. for more information

907 Terminal St.

Contact: 459-1426/1429

## **Emergency Operations**

**Animal Control** offers free rental of bark collars with a \$150.00 security deposit required. The Fairbanks North Star Borough sponsors a Rabies Clinic once a year in the fall with rabies shots for \$5.00, this is an excellent service to take advantage of!

2408 Davis Road

Contact: 459-1451

## **FNSB Public Libraries**

Noel Wien Library  
1215 Cowles Street

Contact: 459-1020

North Pole Library  
656 NPHS Boulevard

Contact: 488-6101

FNSB Libraries offer a host of services for our community seniors:

- Access to almost 6 million items with your library card—get your card today at your nearest branch!
- Professional reference assistance available - 459-1046.
- Book-a-Librarian-schedule an appointment and receive assistance with digital books and resources—459-1107.
- Bookmobile— Visits senior living facilities and can deliver books to homebound— 459-1031.
- Interesting programs and speakers—check our website: [www.fnsblibrary.org](http://www.fnsblibrary.org)

## **STATE OF ALASKA MEDICARE INFORMATION OFFICE**

400 Gambell Street, Suite 303  
Anchorage, AK 99501

907-269-3669

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.

## **STATE OF ALASKA DEPT. OF HEALTH & SOCIAL SERVICES SENIOR & DISABILITY SERVICES & ADULT PROTECTION SERVICES**

751 Old Richardson Hwy Suite 100A  
Fairbanks, Alaska 99701

451-3187

Adult Protection Services is a state agency that protects vulnerable Alaskan's independence and physical, financial and emotional wellbeing. Alaska law requires that protective services not interfere with the elderly or disabled adults who are capable of caring for themselves. A vulnerable adult is an Alaskan 18 and older who can't protect him-or herself, due to a physical or mental condition.

## **THE ALASKA CLUB**

747 Old Richardson Hwy  
Fairbanks, AK 99701

458-1745

The Alaska Club offers: 25 yard pool with lap swim available 7 days a week, hot tub, sauna wet & dry, weight room, cardio room and running/walking track, tennis lessons, swim lessons, racquetball lessons, express way & massage therapy.



## SOCIAL SECURITY ADMINISTRATION

101 12th Avenue, Rm 138  
Fairbanks, Alaska 99701 855-601-2484 X 30100

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 ([www.ssa.gov](http://www.ssa.gov)) for information about online services.

## SENIOR COMPANION PROGRAM

1424 Moore St.  
Fairbanks, AK 99701 452-2551

Matching a senior companion with a client in our community who needs assistance with day-to-day activities, which allows them to remain living in their home for as long as possible.

## SPIRIT OF ALASKA FEDERAL CREDIT UNION

1417 Gilliam Way  
Fairbanks, Alaska 99707 459-5977

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. Newsletter and enrollment gift, join now for fun!

## STATE OF ALASKA DEPT OF FISH & GAME

1300 College Road  
Fairbanks, Alaska 99701 459-7346

Over 60 hunting, trapping & fishing license. Also offers the "Becoming an Outdoors-Woman" program.



# FLiP

**FAIRBANKS LOVES ITS PARKS**

**FLiP is designed to highlight the parks, services, programs & facilities that FNSB Parks & Recreation provides to the community.**



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

**VISIT OUR WEBSITE TO SIGN UP:  
[HTTP://PARKS.FNSB.US](http://PARKS.FNSB.US)**



## SENIOR CITIZEN RESOURCE ORGANIZATIONS

17 MILE HOMEMAKERS - FCE  
AARP  
AARP CHAPTER 770  
ACCESS ALASKA  
ADRC  
ADVOCACY SERVICES OF ALASKA  
AGING AT HOME FAIRBANKS  
ALASKA COMMISSION ON AGING  
ALASKA HOUSING FINANCE CORPORATION - SENIOR HOUSING OFFICE  
ALASKA INTERNATIONAL SENIOR GAMES  
ALASKA LEGAL SERVICES CORP.  
ALASKA LIFE REALTY  
ALASKA RELAY/ATLA  
ALZHEIMER'S RESOURCE OF ALASKA  
AMERICA HEARS  
AMERICAN HEART ASSOCIATION  
AMERICAN RED CROSS—TANANA VALLEY  
BREAST CANCER DETECTION CENTER OF ALASKA  
COLD CLIMATE HOUSING RESEARCH CENTER  
COMPANIONS, INC. PAWS FOR A CAUSE  
DENAKKANAAGA, INC.  
DO IT RITA RIGHT, LLC  
FAIRBANKS COMMUNITY FOOD BANK  
FAIRBANKS DIABETES CENTER  
FAIRBANKS FIRE DEPARTMENT  
FAIRBANKS MEMORIAL HOSPITAL—HOSPICE  
FAIRBANKS MEMORIAL HOSPITAL—LIFELINE  
FAIRBANKS NATIVE ASSOCIATION – ELDERS PROGRAM  
FAIRBANKS PIONEER'S HOME  
FAIRBANKS REGIONAL PUBLIC HEALTH CENTER  
FAIRBANKS RESOURCE AGENCY - SENIOR SERVICES  
FAIRBANKS RETIRED TEACHERS ASSOCIATION  
FAIRBANKS SENIOR CENTER HELPING HANDS HOME MODIFICATIONS  
FRIENDS OF MARY SIAH  
FRIENDS OF THE NORTH POLE BRANCH LIBRARY  
GREEN STAR OF INTERIOR ALASKA  
GOLDEN TOWERS, GOLDEN AGES, SOUTHALL MANOR  
HOLIDAY HEIGHTS & MOORE STREET SENIOR HOUSING

## SENIOR VOICE

3340 Arctic Blvd, Ste 106  
Anchorage, AK 99503  
[seniorvoiceads@gci.net](mailto:seniorvoiceads@gci.net)

276-1059

The Senior Voice is a 40 year old newspaper delivered statewide, serving Alaskans age 50+.

## SERRC

210 Ferry Way  
Juneau, AK 99701

451-5918

MASST: The intent of this program is to place older individuals in community service positions and provide job training to help them become self-sufficient, provide much needed support to organizations that benefit from increased civic engagement, and strengthens the communities that are served by such organizations. This program helps Alaska retain the valuable resources of older workers while enabling this population to maintain an independent lifestyle and make meaningful contributions to their communities.

**RESCARE HOME CARE**

3407 Airport Way  
Fairbanks, AK 99709

456-4506

ResCare Home Care provides personalized home care services for elders, individuals with disabilities and veterans who require assistance to remain in their own home.

**SALCHA SENIOR CENTER**

6062 Johnson Road  
Salcha, AK 99714

488-1606

The Salcha Seniors help people in emergencies, providing aid to fire and flood victims. We are a designated Red Cross emergency center. The Seniors pass out food boxes monthly. We have bingo monthly. Our building is used by the SPTG of Salcha Elementary, Quilters, Salcha Fair Association, Raven Football Lions, FNSB community meetings, meetings with our legislative representatives, and, last year, started what we hope will be a yearly event, a community picnic. We schedule meetings for Medicare information. Our building houses the Salcha Historical Society. We have a fun, caring group of people who give to the Salcha community.

**SANTA'S SENIOR CENTER CORPORATION, INC.**

101 E. 5th Ave.  
North Pole, AK 99705

488-4663

Fun environment to socialize and participate in various activities: weekly morning exercise, mid week luncheons, potluck/game days, bingo, bunco, community events, classes and outings. Facility is available for rent. Member crafted items are sold in the gift shop.

<b>SENIOR CITIZEN RESOURCE ORGANIZATIONS (cont.)</b>
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FOUNDATION HEALTH PARTNERS - HOME HEALTH CARE  
 INTERIOR ALASKA CANCER ASSOCIATION  
 INTERIOR ALASKA SOURDOUGHS  
 INTERIOR WEATHERIZATION, INC.  
 LITERACY COUNCIL OF ALASKA  
 MLH MANOR SENIOR HOUSING COMPLEX  
 MOORE STREET SENIOR APARTMENTS  
 NENANA TORTELLA COUNCIL ON AGING, INC  
 NINE ONE TEN  
 NORTH POLE AREA HOUSING  
 NORTH POLE FIRE DEPARTMENT  
 NORTH STAR COUNCIL ON AGING—FAIRBANKS SENIOR CENTER  
 OFFICE OF LONG TERM CARE OMBUDSMAN  
 OLDER PERSON'S ACTION GROUP  
 OPUS MEMORIA  
 OSHER LIFELONG LEARNING INSTITUTE  
 PORTER HEART AND VASCULAR CLINIC  
 PREFERRED CARE AT HOME  
 QUILTING LIONS AND FRIENDS  
 RAVEN LANDING  
 RAVEN LANDING CENTER  
 RESCARE HOME CARE  
 SALCHA SENIOR CENTER  
 SANTA'S SENIOR CENTER CORPORATION, INC.  
 SERRC  
 SENIOR COMPANION PROGRAM  
 SOCIAL SECURITY ADMINISTRATION  
 SPIRIT OF ALASKA FEDERAL CREDIT UNION  
 STATE OF ALASKA DEPT. OF FISH & GAME  
 STATE OF ALASKA MEDICARE INFORMATION OFFICE  
 STATE OF ALASKA SENIOR & DISABILITY SERVICES  
 THE ALASKA CLUB  
 THRIVENT FINANCIAL  
 TOPS (TAKE OFF POUNDS SENSIBLY)  
 TRUE NORTH CHURCH  
 UNIVERSITY OF ALASKA FAIRBANKS  
 USDA RURAL DEVELOPMENT  
 VOLUNTEER SERVICE AT DENALI CENTER/FMH  
 WALL BUSTERS ADVOCACY GROUP

**17 MILE HOMEMAKERS-FCE**

PO Box 57343

North Pole, AK 99705

488-2630

Our goal is to promote family and community education by working with the North Pole Library, Raise a Reader Project, Children's Hospital in Seattle, Santa's Senior Center, corsage making for SRD, Christmas stockings for North Pole Rotary, and various other community services.

**AARP**

3601 C Street, Suite 1420

Anchorage, AK 99503

762-3303

**AARP CHAPTER #770**

1909 Loose Moose Loop

North Pole, AK 99705

385-0660

The Fairbanks AARP chapter serves seniors residing in the Interior with education, advocacy, and services (driver safety and tax aide programs). AARP members volunteer their time and talents to provide community service, legislative and voter information, health care guidelines, and retirement planning. AARP is a non-profit, non-partisan, non-sectarian organization whose membership includes inter-generational and multi-cultural groups. Local Chapter 770 of AARP is an active group hosting a potluck meeting on the 4th Thursday of every month at the Fairbanks Senior Center. (except June, July & August)

**ACCESS ALASKA**

526 Gaffney Street, Suite # 100

Fairbanks, AK 99701

479-7940

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, Medicare counseling, information and referral services, and more!

**QUILTING LIONS AND FRIENDS**

1374 Farmers Loop

Fairbanks, AK 99709

479-5203

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.

**RAVEN LANDING**

949 McGown St.

Fairbanks, AK 99701

328-5458

[www.ravenlanding.org](http://www.ravenlanding.org)

Raven Landing provides well-designed one-and two-bedroom apartments for older adults 55+. Market rate pricing on most apartments. Amenities include all utilities, full kitchen, balcony, six meals/week, housekeeping, cable TV, internet, phone, emergency call system, carport and plug-in. Small pets allowed. All apartment buildings are connected to Raven Landing Center by heated corridors. Raven Landing was built with seniors in mind!

**RAVEN LANDING CENTER**

1222 Cowles St.

Fairbanks, AK 99701

328-5458

[www.ravenlanding.org](http://www.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, and our on-site catering staff can prepare delicious food for your special events.

## OSHER LIFELONG LEARNING INSTITUTE AT UAF

1000 University Ave.  
UAF UPark Bldg rm 159  
Fairbanks, AK 99709

474-6607

OLLI is a membership organization for adults age 50 and up. We offer non-credit short courses in a wide range of topics during fall and spring semesters, plus social events and special interest groups. There are no tests, grades, certificates, or prerequisites. We welcome curious learners from all backgrounds. Fall registration opens Aug. 22.

## PORTER HEART AND VASCULAR CLINIC

1650 Cowles St.  
Fairbanks, AK 99701

458-6459

Our services at the Porter Heart and Vascular Clinic focuses on general cardiology, preventative cardiology, and cardiac rehabilitation. We also offer services regarding arrhythmia, heart failure interventional cardiology, and vascular surgery. We utilize ultrasound, nuclear medicine physiologic testing and arrhythmia monitoring.

## PREFERRED CARE AT HOME

1222 Cowles Street  
Fairbanks, AK 99701

907-374-3995

[fairbankscafe@preferhomeak.com](mailto:fairbankscafe@preferhomeak.com)

As a home care company, we assist clients to improve quality of life while safeguarding their independence and dignity in the comfort of their own home. Our office is located inside Raven Landing.

## ADRC NORTH AGING:DISABILITY RESOURCE CENTER

1424 Moore Street  
Fairbanks, AK 99701  
[adrcnorth@alaska.net](mailto:adrcnorth@alaska.net)

452-2551

ADRC North connects seniors, people with disabilities, and caregivers with long-term care services and supports in their community. We are located at the Fairbanks Senior Center.

## ADVOCACY SERVICES OF ALASKA, INC.

516 2nd Ave. #322  
Fairbanks, AK 99701  
[asainfo@acsalaska.net](mailto:asainfo@acsalaska.net)

458-8222

Provides representative payer, guardianship, conservatorship services. We can provide nationally certified guardian for consultation; program speakers and training. We are a private agency.

## AGING AT HOME FAIRBANKS

1424 Moore Street  
Fairbanks, AK 99701  
[aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

(907) 799-4026

AAH is a membership organization for older adults. We provide one call access to services and support to help them stay in their homes as they age. Services are provided by volunteers or screened, paid service providers. Socials, lectures and workshops are added benefits!

## ALASKA COMMISSION ON AGING

Denise Daniello, Executive Director  
 P.O. Box 110693 150 Third St. Suite 103  
 Juneau, AK 99811-0693 (907) 465-3250  
[www.alaskaaging.org](http://www.alaskaaging.org)

The Alaska Commission on Aging has several statutory directives. The ACoA, an eleven-member statewide commission makes recommendations directly to the Governor, the Administration, and the Legislature with respect to the legislation, regulations, and appropriations for programs and services benefiting older Alaskans. ACoA has authority to develop a comprehensive state plan for senior services required by the U.S. Administration on Aging for states receiving federal funds under the Older Americans Act.

## ALASKA HOUSING FINANCE CORP. SENIOR HOUSING OFFICE

4300 Boniface Parkway  
 P.O. Box 101020  
 Anchorage, AK 99510-1020 (907) 330-8436

AHFC's Senior Housing office assists both developers of senior housing, as well as seniors themselves, in obtaining secure and affordable housing statewide. A senior housing inventory listing is available on our website.

## ALASKA INTERNATIONAL SENIOR GAMES

P.O. Box 73225  
 Fairbanks, Alaska 99707-3225 978-2388  
[info@alaskaaisg.org](mailto:info@alaskaaisg.org)

A variety of events to enhance senior fitness, health, and quality of life. The 2019 Games will offer over twenty events August 9 –18. Join the laughter and fun! Register today!

## OFFICE OF LONG TERM CARE OMBUDSMAN

3745 Community Park Loop , Suite # 200  
 Anchorage, AK 99508 1-800-730-6393  
 (907)334-4480

The Office of the Long Term Care Ombudsman (OLTCO) is mandated under the federal Older Americans Act and under state statute AS 47.62.015 to investigate and resolve complaints concerning elders (60 years old and older) who reside in a long term care facility (nursing and assisted living homes). The OLTCO offers assistance with issues concerning senior residential living circumstances.

## OLDER PERSON'S ACTION GROUP

325 E. 3rd Ave. # 300  
 Anchorage, AK 99501 907-276-1059

Publish and distribute "Senior Voice," statewide monthly newspaper and associated website, manage monthly, interagency breakfast, publish and distribute "Directory for Older Alaskans" and offer information and referral services on Medicare, Medicaid, social security, and senior topics.

## OPUS MEMORIA

701 W. 41st St. Suite 102  
 Anchorage, AK 99503 801-544-0234

Opus Memoria is an assisted living facility in Anchorage, Specializing in memory care. Our staff lovingly care for our residents using the most current training and techniques. This offers the best care in a home like setting.

**NORTH POLE FIRE DEPARTMENT**

110 Lewis St  
North Pole, AK 99705 378-4522

North Pole Fire Department is the primary emergency EMS transport for the city of North Pole and the North Pole area. They also provide fire and life safety education to all North Pole residents.

**NORTH STAR COUNCIL ON AGING—  
FAIRBANKS SENIOR CENTER**

1424 Moore St.  
Fairbanks, AK 99701 452-1735  
nscoa.manager@alaska.net

The Fairbanks Senior Center provides multiple services to seniors in our community. We provide transportation to and from medical appointments and shopping, home chore services, computer navigation and assistance, a complete list of resources available to seniors in our community, congregate lunches, and several exercise classes to join. The senior center is also the home to a handful of other agencies, such as: The Aging and Disability Resource Center (ADRC), Senior Companion Program, Aging at Home, Helping Hands and Meals on Wheels. The Senior Center is truly your one stop shopping center for any services a senior may need.

**ALASKA LEGAL SERVICES CORP.**

100 Cushman St., Suite 500  
Fairbanks, Alaska 99701 452-5181

We assist seniors with income maintenance issues, housing issues, health care, power of attorneys, living wills, wills, and other civil matters not listed. You may call for more information.

**ALASKA LIFE REALTY**

219 E. 5th Ave.  
North Pole, AK 99705 460-0759

Selling a home can be an emotional time involving other life decisions. I understand the issues facing older adults. I will take a no-pressure approach, help you navigate choices including alternatives to help you stay in your home.

**ALASKA RELAY/ATLA**

3330 Arctic Blvd, Suite 101  
Anchorage, AK 99503 907-563-2599

We provide assistive tools that help seniors be independent. Alaska Relay provides free specialized phones for individuals with hearing loss, deafness, or a speech impairment. For those that can't use a phone for communication, there is an i Pad Pilot program-free tablet and communication apps.

**ALZHEIMER'S RESOURCE OF  
ALASKA**

565 University Avenue, Suite 2  
Fairbanks, Alaska 99709 452-2277

Information and referrals to caregivers and families affected by dementia. Consultations, support groups, savvy caregiver class, community referrals and trainings, Dementia Care Essentials for professionals, memory screening, Early Memory Loss group, ABC's of Caregiving classes, mental fitness group, mini-grants for supplies or equipment, lending library.

**AMERICA HEARS**

32 College Rd.

Fairbanks, AK 99701

374-1954

Previously SAMS CLUB HEARING CENTER. America Hears provides FREE hearing testing for Fairbanks, and the State of Alaska. We have licensed hearing professionals to help you with your hearing concerns. We have top quality hearing instruments at reasonable prices backed with caring support nationwide.

**AMERICAN HEART ASSOCIATION**

1057 W. Fireweed Lane, #206

Anchorage, Alaska 99503-1760 1 (888) 276-0858

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**

725 26th Avenue, Suite 201

Fairbanks, AK 99701

456-5937

Free First Aid/CPR classes for Red Cross Volunteers. Disaster Action Team opportunities. Volunteer opportunities for events. Brochures/Information on health, safety and disaster preparedness.

**BREAST CANCER DETECTION  
CENTER OF ALASKA**

1905 Cowles Street

Fairbanks, AK 99701

479-3909

BCDC provides screening Mammogram, diagnostic mammogram, breast ultrasound and bone density scan.

**MOORE STREET SENIOR APT.**

1420 Moore Street

Fairbanks, AK 99701

479-4450

HUD Program which provides affordable housing to low income seniors and seniors experiencing a disability who are 62 and older. The one bedroom apartments are located next to the Fairbanks Senior Center making participation in activities at the center just a short walk across the parking lot for our residents.

**NENANA TORTELLA COUNCIL ON  
AGING**

PO Box 205

Nenana, AK 99760

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

474-2121

Support, access to resources, information and advocacy. Educational offerings on health care coverage.

**NORTH POLE AREA HOUSING AT  
HOLIDAY HEIGHTS**

981 Van Horn Road

Fairbanks, AK 99701

322-8873

Senior housing located in the heart of North Pole.



**INTERIOR WEATHERIZATION, INC.**

713 15th Avenue

Fairbanks, AK 99701

452-5323 ext. 2

[iwi@alaskan.com](mailto:iwi@alaskan.com)

Interior Weatherization provides weatherization of homes and rental properties for clients who meet the following income guidelines:

1 person—\$65,660      2 people—\$75,040

Our goal is to make our client's homes safer, healthier, and more energy efficient. There is no cost to qualified households. We can now weatherize homes that we have worked on prior to 4/1/08.

**LITERACY COUNCIL OF ALASKA**

1855 Holmes Road

Fairbanks, AK 99701

488-6458

Literacy Council of Alaska offers one-on-one tutoring for adults in need of reading, writing, speaking, and English, as well as math, and computers. We also offer small computer classes Tuesday & Thursdays 1:00p—3:00p focusing on very basic skills. Literacy Council of Alaska has free books for everyone and many volunteer opportunities as well.

**MLH MANOR SENIOR HOUSING**

301 7th Ave.

Fairbanks, AK 99701

347-7313

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.

**COLD CLIMATE HOUSING RESEARCH CENTER**

PO Box 82489

Fairbanks, AK 99709

457-3454

CCHRC promotes and advances the development of healthy, durable and sustainable shelter across the North. Our vision is for every home in Alaska to be energy efficient, affordable, safe, easy to access and healthy to live in.

**COMPANIONS, INC.****“PAWS FOR A CAUSE”.**

778 Quasar Dr.

Fairbanks, AK 99712

460-6038

We are a local nonprofit organization of volunteers and our screened pets. We provide weekly visits at FRA Adult Center, Fairbanks Senior Center, Denali Center, Pioneer Home and FMH. Fostering the proven therapeutic value of pets and people interactions.

**DENAKKANAAGA, INC.**

299 First Ave.

Fairbanks, AK 99701

451-3904

Provides information, referral, and assistance services for native and non-native elders in Fairbanks, and to rural communities of the Doyon/TCC region. We are advocates for elder issues throughout interior Alaska. We hold an annual Elder/Youth Conference in one of 43 host villages where elders and youth come together to focus on important issues via resolutions and plans of action. We work toward the preservation of culture, tradition and subsistence of the Athabascan people of the Doyon Region.

**DO IT RITA RIGHT, LLC.**

PO Box 373

Ester , AK 99725

www.ritaright.com

699-RITA(7482)

Through my business, I can provide you with professional services, giving you peace of mind and more personal time. My forte is declutter households, downsizing to the right size. Recycling and setting up manageable space.

**FAIRBANKS COMMUNITY FOOD BANK**

725 26th Avenue

Fairbanks, AK 99701

451-7751

Commodity Supplement Food Program. Provides a 34lb. box of food Seniors/Elders over 60 income qualified.

**FAIRBANKS DIABETES CENTER**

1001 Noble Street

Fairbanks, AK 99701

458-2676

Offers nutrition information and diabetes education.

**FAIRBANKS FIRE DEPARTMENT**

1101 Cushman Street

Fairbanks, AK 99701

450-6614

Fairbanks Fire Department is the primary emergency EMS transport.

**FAIRBANKS MEMORIAL HOSPITAL HOSPICE**

2001 Gilliam Way

Fairbanks, AK 99701

474-0311

Hospice provides support to those who are dying and their families through trained volunteers who assist as needed. We also offer individual counseling and support groups to anyone in the community who has lost a loved one.

**HOLIDAY HEIGHTS SENIOR HOUSING**

981 Van Horn Road

Fairbanks, Alaska 99701

328-3300

Independent senior apartments.

**INTERIOR ALASKA CANCER ASSOCIATION**

P.O. Box 80063

Fairbanks, AK 99708

374-0974

[www.interioralaska.org](http://www.interioralaska.org)

Helping cancer patients and their families with cancer related issues. We participate in health fairs, provide financial support for qualified patients and assist with transportation to treatment. A support group is also available.

**INTERIOR ALASKA SOURDOUGHS**

P.O. Box 72497

Fairbanks, AK 99707

452-6929

The Interior Alaska Sourdoughs (IAS) is a chapter of the International Sourdough Reunion organization who meet the 2nd Thursday of Feb., May, Aug., and Nov. in Alaska. Doors open at 6 P.M. Dues are \$2.00 single and \$3.00 a couple for a year. There is a fee for dinner. The meeting begins promptly at 7 P.M. We offer a scholarship to a daughter or son of a member of IAS to be used at the University of Alaska, Fairbanks. A 10-year residency is required.

**FOUNDATION HEALTH PARTNERS  
HOME HEALTH CARE**

1701 Gillam Way  
Fairbanks, AK 99701 458-5410

We provide skilled intermittent care to patients who are homebound and under care of a physician. Services include Registered Nurse, Physical Therapy, Social Work, Home Health Aid.

**GREEN STAR OF INTERIOR ALASKA**

1205 1st Ave.  
PO Box 82391  
Fairbanks, AK 99708 452-4152

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.

**GOLDEN TOWERS, GOLDEN AGES,  
SOUTHALL MANOR**

330 3rd Avenue  
Fairbanks, AK 99701 460-2773

The Service Coordinator Program offers services to residents residing at Golden Towers, Golden Ages, and Southall Manor including referral for services and medical equipment, liaison regarding residential issues, assistance with form completion, meals on wheels, food boxes, cleaning assistance, PCA-Personal Care Attendants, transportation, volunteer opportunities, and coordination of classes, workshops, and health clinics.

**FAIRBANKS MEMORIAL HOSPITAL  
LIFELINE**

1650 Cowles St.  
Fairbanks, AK 99701 458-5597

Lifeline is a 24-hour personal response system giving you the confidence and freedom to continue living on your own. With a simple push of a button, healthcare professionals are available to send the help you need. Pricing is affordable and no long-term commitment is required.

**FAIRBANKS NATIVE ASSOCIATION  
ELDERS PROGRAM**

315/317 Wendell St.  
Fairbanks, AK 99701 452-5225

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 458-2250

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

Fairbanks, AK 99701

452-1776

Public health community education, immunizations (limited, please call for more information), TB screening, STD screening, communicable disease investigation, chronic disease education, linkage to resources. Services by appointment, please call 452-1776.

## **FAIRBANKS RESOURCE AGENCY SENIOR SERVICES**

805 Airport Way

Fairbanks, AK 99701

456-8901

FRA Senior Services supports seniors with frail or disabling conditions and adults with Alzheimer's and related dementias. Programs include in-home chore, transportation, case management, respite and an adult day center.

## **FAIRBANKS RETIRED TEACHERS' ASSOCIATION**

1035 Kellum St.

Fairbanks, AK 99701

347-2899

We are a group of retired teachers who provide scholarships for graduating public high school students. We help advance the interests and welfare of retired educators in the state and local community and foster fellowship among retired teachers.

## **FAIRBANKS SENIOR CENTER HELP-ING HANDS HOME MODIFICATIONS**

1424 Moore Street

Fairbanks, AK 99701

[helpinghands@acsalaska.net](mailto:helpinghands@acsalaska.net)

Provides small health, safety and accessibility modifications in the homes of seniors. Examples: installing handrails, grab bars, height adjustable showerheads, safety lighting, ramps and Rent-A-Ramp. Volunteers provide labor and households contribute to the cost of building materials and parts.

## **FRIENDS OF MARY SIAH**

1228 Denali Way

Fairbanks, AK 99701

378-9353

Mary Siah Recreational Center provides the opportunity to stay healthy and fit. All kinds of swim times available, senior fitness classes, exercise room, hot tub and a sauna.

## **FRIENDS OF THE NORTH POLE BRANCH LIBRARY**

656 North Pole High School Blvd

North Pole, AK 99705

488-6101

Provides educational and volunteer opportunities to support the library's programs and events which fulfill its educational, technological, community and cultural purposes. Contact us at our message phone 488-6101.