

RESOURCE



USDA FOOD BOX



As a senior 60+ yrs. monthly packages of nutritious foods may be available you. Qualifying income limits increased for 2017. Apply in the SSC office.

Distribution is on the **3rd Thursday of every month** in the SSC basement between



SNAP referral forms available in SSC office.

SNAP Outreach Coordinator, Alaska Food Coalition, 2121 Spar Ave., Anchorage, AK.; Ph: 907.222.3119
Web: snap@foodbankofalaska.org

ATLA | ASSISTIVE TECHNOLOGY OF ALASKA

Start connecting again. Grants available. Alert systems; amplified phones; handheld magnifiers; large-button phones; personal listening devices.

Call 800.723.ATLA

AGING & DISABILITY RESOURCES (ADRC)

Alaska Toll-free: (6AK-ADRC) 877.625.2372
Kenai Peninsula Central Office 907.262.6333
Independent Living Center 224.8711

ALZHEIMER'S RESOURCE OF ALASKA

Alzheimer's Resource of Alaska facilitates a statewide telephone support group for caregivers from **2-3:00pm on the 1st and 3rd Wednesday of each month**. Interested persons should call **1-877-216-1555** just before 2:00pm, then enter pass code **927989** to enter the group. More resources are available from ARA, 1750 Abbott Rd., Anchorage, AK 99507, 907-561-3313. Seward Senior Center is available for more information or referral at 226-5604.

ALASKA 2-1-1 No matter where you live in Alaska, when you need help *finding help*, call **2-1-1**. (800.478.2221) Visit the website at: www.alaska211.org for more details. Email: alaska211@ak.org

SENIOR RESOURCES

SEWARD/KENAI:

Public Assistance Office:
Qutekcak Native Tribe 224-3118
Kenai Public Assistance 800.478.9032
Independent Living Center 224.8711
www.peninsulailc.org
Medicare Information Office 800.478.6065
<http://dhss.alaska.gov/dsds/Pages/medicare/default.aspx>
or, ILC @ 224.8711, or, SSC@ 224.5604
Social Security 800.772.1213 <http://www.ssa.gov>
Or, call for appointment at SSC, 224.5604
Seward Community Health Center 224.CARE
Domestic Violence/Sexual Assault
Crisis Line 362.1843

ALASKANS:

Alaska Fish & Game/Free Fishing License:
<http://www.adfg.alaska.gov/>
Alaska Housing Finance Corp. 800.278.2432
Alaska Legal Services Corp. 888.478.2572
Alaska Permanent Fund: 907.269.0370
dor.pfd.info@alaska.gov
Alaska Senior Benefits Program 888.352.4150
Taxpayer Advocate Services 907.271.6877
949 E. 36th Ave., MS A405, Anchorage, AK

ALZHEIMER'S RESOURCE OF ALASKA

Podcasts, information and resources: 800.478.1080
<http://www.alzalaska.org/>

SENIOR HOUSING

Glacierview Apartments 224.3737 / 800.478.2432
Clearview Haven (Assisted Living) 224.5220
Alaska Housing Finance Corp. 800.338.6100

DIRECTORY

INDEPENDENT LIVING CENTER

Phone: 224.8711

Suite 104B , 201 Third Ave.

Seward, AK

Promoting Choice, Independence, and Quality of Life for Persons and Families Living with Disabilities. Information and Referral Services; Advocacy; Nursing Home Transitions; Americans with Disabilities Act; Community Closet; Assistive Technology ; Aging and Disability Resource Center; Vision Service Program; STAR Program; and TRAILS, and **taxi vouchers**. Open 9:00am to 4:00pm Monday -Thursday.



SEWARD TAXI'S

Mad Jack's Taxi	362.6055
Greg's Taxi	362.0707
Resurrection Taxi	224.5678
Mike's Taxi	224.2244
Sheila's Taxi & Tours	362.8000
<i>Accepts ILC TAXI VOUCHERS</i>	
Alaska Cab	491.1007
<i>Accepts ILC TAXI VOUCHERS</i>	

SEWARD NOTARIES

Seward City Clerk	224.4046
Wells Fargo Bank	224.5283
FNBA	224.4200

SEWARD LIBRARY SERVICES

The Seward Community Library offers the use of a printer/copier/scanner hooked up to a computer that is located in the Research Room **for free by appointment**. Walk-in's are welcome if it is available. Also, for a nominal fee of **\$3 per file**, a library employee will scan for you. In addition, there is a coin/small bill-operated copier for public use that will print from a **USB device** such as a flash drive. Coin operated copies are **\$0.20 per page**. Call the Library for more information at 224.4082.

ALASKA SENIOR RESIDENT BENEFITS

STATE OF ALASKA I.D. card is *free* to Alaskan seniors age 60 and older @ DMV office located in Seward City Hall building, 224.4037. Instructions and form: <http://doa.alaska.gov/dmv/akol/stateid.htm>

AK SENIOR BENEFITS pays cash benefits to Alaskan seniors who are age 65 or older and have low to moderate income. (ie one in household income maximum \$14,580; two in household maximum \$19,660, etc.) Applications are available at SSC, or, call Wasilla office at 1.888.352.4150, or online at: <http://dhss.alaska.gov/dpa/Pages/seniorbenefits/>

FISH/HUNT: 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 senior identification card (PID) in order to hunt, sport fish, or trap for *free*.

PROXY FISH/HUNT: Alaska residents who are blind, 65 years of age or older, or who are physically disabled may be eligible to have another Alaska resident hunt or fish for them. Call Anchorage, 907.267.2218, or online at: <http://www.adfg.alaska.gov/index.cfm?adfg=license.general>

SENIOR PROPERTY TAX EXEMPTION: Up to \$300,000 of assessed value for the primary residence of a senior citizen, 65 years and older, may be exempted. More information: Cheryl Seese, 224.2001. Seward KPB Annex: 47140 E. Poppy Lane, Seward, 224.5327. Online at: <http://www.borough.kenai.ak.us/assessing-dept/forms/432-exemptions-and-deferments>

SENIOR VEHICLE REGISTRATION: An Alaska resident who is age 65 or older is entitled to register one non-commercial vehicle during that calendar year exempt from registration fees and the motor vehicle registration tax. A senior must complete a Senior Citizen Exemption Certificate. Details: <http://doa.alaska.gov/dmv/reg/senior.htm>

YOUR LEGISLATORS

U.S. CONGRESSMAN Don Young	866.990.5979
U.S. SENATOR Lisa Murkowski	202.224.6665
AK. SENATOR Peter Micciche	800.964.5733
AK. REPRESENTATIVE Mike Chenault	800.469.3779



SSC TRANSPORTATION

(*Reserve 24 hrs. in advance at 224.5604/SSC Office)

MONDAYS & FRIDAYS TO SSC & POST OFFICE RUN

9:30am-10:00am Home to USPO Round Trip (RT) *(Downtown addresses only)*

9:15am-10:45am Home to SSC

12:45pm SSC to USPO/Home *(Downtown addresses only)*

1:15pm SSC to USPO/Home *(All addresses)*

TUESDAYS

TO SSC & BANK RUN (FNBA, WELLS FARGO)

9:15am-9:45am Home to SSC

10:00am SSC to BANKS (RT) or HOME *(leaves from SSC)*

10:15am-10:45am Home to SSC

12:45pm SSC to BANK/Home *(Downtown only)*

1:15pm SSC to BANK/Home *(All addresses)*

WEDNESDAYS

TO SSC & TRUE VALUE, 3 BEARS

9:15-9:30AM Home to True Value/3Bears (RT) *(Downtown addresses only)*

9:45am-10:45am Home to SSC

12:45pm SSC to True Value/3Bears to Home *(Downtown only)*

1:15pm SSC to True Value/3Bears to Home *(All addresses)*

THURSDAYS

SENIOR SHOPPING @ SAFEWAY*

*Limited seating**

9:00am Home to Safeway (RT) (4 seats available) *(Downtown addresses only)*

10:30am-10:45am Home to SSC

12:45pm SSC to Safeway to Home (4 seats available)

1:15pm SSC to Safeway to Home *(South of Nash Rd. addresses)*



*Senior Shopping allows seniors up to 6 grocery bags of food per shopping time

WINTER 2016-2017



WINTER 2016-2017

Activities

EVERYDAY @ SSC

MONDAY'S
PINOCHLE
@ 1:00pm

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**SINGING
WITH SUE**
@ 11:30am



TUESDAY'S
**ART GROUP
& HAND
QUILTERS**
@ 1:00pm

Join other artists
and be inspired
to learn!

WEDNESDAY'S
**2nd & 4th
WRITER'S
GROUP**
@ 1:00pm

Gather with
other writers
who aspire to
capture memoirs
and life-long
adventures.

THURSDAY'S
(OPEN)

**SCHEDULE
YOUR
GROUP
ACTIVITY!**

FRIDAY'S
BINGO
@ 1:00pm

(11:45am on
Brunch days)

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EVERY DAY
Wii BOWLING
A.M. or P.M.

EVERY DAY
FITNESS
9:30am-Noon

TAI-CHI

Mon, Wed, Fri

STRENGTH

Tues. & Thurs.

CORE

BALANCE

Fridays