

RESOURCE



USDA SENIOR FOOD BOX

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

Distribution is on the **3rd Thursday of every month** in the SSC basement between **11:00am-12:00pm**.



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

He Will Provide LOCAL FOOD BANK

Open Thursdays 3:00pm - 6:00pm

Old Library bldg. (alley entrance), 5th & Adams St.

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/Seward Community Health Center 224.CARE
Kenai Public Assistance 800.478.9032
Qutekcaq Native Tribe 224-3118
Independent Living Center 224.8711
www.peninsulailc.org
Medicare Information Office (Anch) 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
Domestic Violence/Sexual Assault
Seaview 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.alzaska.org/>

SENIOR HOUSING

Glacierview Apartments 224.3737 / 800.478.2432
Clearview Haven (Assisted Living) 224.5220
Harmony Villas 907-235-4357

DIRECTORY

INDEPENDENT LIVING CENTER



Suite 104B , 201 Third Ave., Seward, AK
Phone: 224.8711

Open: Monday - Thursday 9:30am - 12:30pm

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**.

SEWARD AREA HOSPICE

907 3rd Avenue, Suite C, Phone: 224-3051

(Phoenix Building across from Wells Fargo)

Open: Tuesday through Friday: 10:00am to 2:00pm

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

SEWARD NOTARIES

Seward City Clerk 224.4046
Wells Fargo Bank 224.5283
FNBA 224.4200

SEWARD LIBRARY SERVICES

Free public Wi-Fi is available daily.

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, a library employee will scan it for you. In addition, there is a coin operated copier for public use that will print from a **USB device** such as a flash drive. 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 \$25,970; two in household maximum \$35,035, 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

TRANSPORTATION



Seward Senior Center

336 Third Avenue, Seward, AK 99664

TRANSPORTATION SERVICES

Guarantee a seat: call 224-5604 by 4pm the day before travel.
Same day service available, however, not guaranteed.

VAN RUNS TO/FROM SSC DAILY
Doctor appointment? Call us!
9:15am-1:15pm M, T, W, F
9:00am-1:15pm Thursdays

MONDAYS & FRIDAYS: POST OFFICE

AM 9:30am Round Trip from Home to POST OFFICE (*Downtown addresses only*)
10:00am Home to SSC
PM 12:45pm SSC to Post Office/Home (*Downtown addresses only*)
1:15pm SSC to Post Office/Home

TUESDAYS: BANKS (FNBA, WELLS FARGO)

AM 9:15am-10:00am Home to SSC
10:00am Round Trip from SSC to BANK
10:30am-11:00am Home to SSC
PM 12:45pm SSC to Bank/Home (*Downtown addresses only*)
1:15pm SSC to Bank/Home

WEDNESDAYS: TO CENTER

AM 9:15am-11:00am Home to SSC
PM 12:45pm SSC to Home (*Downtown addresses only*)
1:15pm SSC to Home

THURSDAYS: SHOPPING to SAFEWAY/ or SEWARD MARKETPLACE

AM 9:00am Round Trip from Home to SHOPPING (*Downtown addresses only*)
10:20am-11:00am Home to SSC
PM 12:45pm SSC to Safeway/OR Seward Marketplace/HOME
1:00pm Round Trip from Home to Shopping (*Downtown addresses only*)



NUTRITION

MEALS ON WHEELS

SEWARD SENIOR CENTER offers nutritious lunches Monday-Friday through its Meals-on-Wheels program. To be eligible the following conditions must all be true:

- 1) Age 60 or above (or the senior spouse of any age)
- 2) Physically and/or Mentally Incapacitated (ie. long-term illness, surgery, bedbound)
- 3) Unable to Prepare Nutritious Meals
- 4) Lack of Informal Supports (ie. no relative or friend who can assist with meal preparations)

Please contact the SSC office for more information at 224-5604.

Meals on Wheels supported by:



DINING AT THE CENTER

Salad Bar opens
at 11:30am
Hot Entrée is served at 12:00pm
Buffet closes 12:30pm



Suggested meal donation
\$5.00 per senior

"To Go" meals
\$5.00 each
12:30 - 12:45pm

SPRING & FALL



Celebrating 40 years serving seniors

SPRING & FALL

Activities

EVERYDAY @ SSC

MONDAY'S

SINGING
WITH SUE

@ 11:30am

~ ~ ~

PINOCHLE

@ 1:00pm

TUESDAY'S

BEGINNER'S
ART

~ ~ ~

HAND

QUILTING

@ 1:00pm

Join other artists and be inspired

WEDNESDAY'S

2nd & 4th
WRITER'S
GROUP

@ 1:00pm

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

THURSDAY'S

COLORING

WITH

CAROL

@ 1:00pm

FRIDAY'S

BINGO

@ 1:00pm

~ ~ ~

EVERY DAY

Wii BOWLING

A.M. or P.M.

EVERY DAY

FITNESS

Classes 9:20 - 11:30am

TAI-CHI

Mon, Wed, Fri

S.A.I.L.

A strength & core balance program

M-T-W-TH-F