

SENIOR CITIZENS OF KODIAK, INC.

302 Erskine Ave. Kodiak, AK 99615 (907)486-6181
scokinc@ak.net

www.kodiakseniorcenter.org



Resource Guide for Seniors



**Your guide to support
services for those over 60.**

Accredited by 
National Institute of
Senior Centers

Senior Citizens of Kodiak, Inc.
mission is to
enhance the lives of older adults.

Spring 2023

INTRODUCTION

WELCOME!

There are many support services available to assist seniors and their caregivers in leading fulfilling lives. Senior Citizens of Kodiak, Inc. is happy to provide you with this guide to information and resources that can help you remain in your home safely and for as long as possible.

Most senior service providers collaborate to create a network of information and services to help seniors and caregivers. Senior Citizens of Kodiak, Inc. works closely with the Kodiak Area Native Association, Providence Kodiak Island Medical Center, Sunrise Assisted Living, and Kodiak Island Housing Authority, among others. Each agency works together to provide a comprehensive blanket of support to seniors in our community.

In 2018, Senior Citizens of Kodiak , was awarded it's fourth accreditation by the National Institute of Senior Centers, the first senior center in the State of Alaska to become nationally accredited and the only one to have completed the process 4 times.

The Family Caregiver Support Program is pleased to offer this guide to seniors and those who support, care and empower them to “to enhance the lives of older adults.”

Funding for this resource guide comes from a grant from the Division of Seniors & Disability Services.

Ella Santiago
Family Caregiver Support &
Senior In-Home Services Program Coordinator
302 Erskine Ave.
Kodiak, AK 99615
scokfcsp@ak.net

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SUPPORT SERVICES

Complete the checklist below to help determine what services might be most helpful to you.

Need	YES √	NO √	Page Number
Caring for a loved one (looking for help or ideas?)			1,5,6,7,11, 12,13,14,16, 17
Chore Services (housekeeping, snow removal, etc)			11,16
Crisis & Crisis Intervention			6,14,19
Dressing or grooming			5, 6,8,11,12, 18, 21
Emergencies			14
Fun/Recreation			5,6,11, 12,16,19
Home Remodeling			9,10,13, 15
Information and Referral			1, 11,12,16, 17
Legal Services			19
Living Alone (are you living alone and looking for alternatives)			6,9,10,11,12, 13,23
Managing Medication			5,6,10,12
Meals—Home Delivered and Congregate			6,12,16, 17,18
Medical Equipment and Supplies (wheelchair, cane, hospital beds, walkers, incontinence supplies)			5,11,15, 16,22,23
Medical Treatment			6,9,10,12, 13,14,15
Toileting			6,8,11,12,18, 21
Transportation (for appointments, meals, off island)			8,12,21, 24
Village Services			11,12,17,18
Walking			10,11,12, 15,18,21

Section One—Support Services By Service

Senior support services help seniors to live in their own home as independently and safely as possible. Many services can be provided in the home; others allow participation in social activities.

Activities and Events

Senior Citizens of Kodiak, Inc. has scheduled activities and events, including, computer classes, picnics, social events and entertainment.

Adult Day Programs

Located in the lower level of the *Kodiak Senior Center*, *Island Cove Adult Day Program* offers a safe, caring and active day environment for seniors with special needs while enhancing their lives and maintaining the highest quality of life.

Assistive Equipment (devices)

Sometimes a little extra support is needed for activities of daily living. *Senior Citizens of Kodiak, Inc.* has a loan program for wheelchairs, walkers, canes, bedside commodes, and shower chairs. *Lifeline* provides your aging loved one with an emergency button, on either a necklace or bracelet, that is connected to a response center allowing them the security to live independently, while still having help close at hand in an emergency.

Caregiver Support

The *Family Caregiver Support Program* is available to provide caregivers with information, referral, training, caregiving resources, lifeline and respite for those caring for individuals over 60, wherever they may live.

Chore Services

Chore service provides seniors with housekeeping and assistance to maintain the senior's home in a clean, sanitary and safe environment. A chore service worker can assist with all activities of daily living including, but not limited to, meal planning and preparation, shopping, cleaning household areas that cannot be maintained by the senior, mending clothes, shoveling snow to maintain walkways to the senior's home.

Congregate Meals

Congregate meals are scheduled meals served to seniors at a senior center or community hall. In Kodiak, seniors enjoy congregate meals at the *Kodiak Senior Center* Monday thru Friday, 12 noon to 1:00pm. In villages, senior meals are available at village senior centers or community halls. Contact the *Kodiak Area Native Association* for village specific senior meal days and times.

Crisis Support/Intervention

Kodiak Women's Resource and Crisis Center serves victims of domestic violence and sexual assault and offers support programs and training for the prevention of domestic violence and sexual assault. *Adult Protective Services* offers crisis intervention for

Section One—Support Services By Service

vulnerable adults and seniors.

Hand Therapy

Between hunting, fishing and recreating, Kodiak is a hands-on community, and only *Providence Kodiak Island Medical Center* employs a full-time hand therapist.

Health Care

There is a hospital and several clinics in Kodiak to assist with preventative, acute and emergency care. Please see individual listings for *Providence Kodiak Island Medical Center*, *Kodiak Area Native Association*, *North Pacific Medical Center*, *Public Health Center – Kodiak*, *Kodiak Island Ambulatory Care Clinic*, *Kodiak Community Health Clinic* and individual village listings.

Home Delivered Meals

If you meet medical criteria, cannot cook or shop for yourself and are unable to come to congregate meals at the senior center, home delivered meals may be a helpful option for you. These meals are prepared at the senior center and delivered to your door. The *Kodiak Senior Center* provides meals in town. Contact the *Kodiak Area Native Association* for village specific home delivered meal schedules.

Housing

There are Three senior housing complexes on Kodiak; *Bay View Terrace*, *Heritage Heights* and *Emerald Heights on Near Island* providing senior independent living only. Sunrise Assisted living for those that need more personal, non medical, care. The *Chiniak Bay Elderhouse - Providence Kodiak Island Medical Center* provides 24-hour skilled nursing to those seniors requiring medical assistance. See also: *Kodiak Island Housing Authority* and *Alaska Housing Finance Corporation*.

Information & Referral

Senior Citizens of Kodiak, Inc., the *Family Caregiver Support Program*, *Providence Kodiak Island Medical Center* and the *Kodiak Area Native Association* can all provide information and assistance with housing, insurance, Medicare, Medicaid and other benefits as well as referrals to senior support service agencies.

Lifeline

Lifeline provides assistance whenever you need it, 24-hours-a-day, 7-days-a-week, all at the press of a button. One press of the lightweight, waterproof help button activates a small in-home unit called a communicator. Once activated, a caring lifeline monitor will contact you to find out what kind of help you need. For more information about Lifeline Personal Response Services, Senior Citizens of Kodiak, Inc.

Section One—Support Services By Service

Low Income Assistance

The office of *Public Assistance*, *Alaska Legal Services Corporation*, *SeniorCare Program*, *Alaska Housing Finance Corporation*, and *Kodiak Island Housing Authority* can help seniors apply for the various financial, legal and residential assistance available to low income households.

Medicaid Choice Waiver

The Choice Waiver program offers home and community based services to persons instead of nursing facility placement. This allows the person to remain at home with support to the individual and family members providing care. To be eligible, a person must meet medical and income based criteria for admission to a nursing facility. Must be 65 and older and meet income guidelines. The types of services covered under the waiver program include care coordination, adult day services, chore services, respite, assisted living, private duty nursing, transportation, environmental modifications and meal services.

Occupational Therapy

Providence Kodiak Island Medical Center Rehabilitation department and *Artic Physical Therapy Services* have certified occupational therapists available to evaluate and train individuals in the needed skills of everyday life. Services typically include: customized treatment programs to improve abilities to carry out the activities of daily living; comprehensive evaluation of home and job environments and recommendations on necessary adaptation; assessments and treatment for performance skills; recommendations and training in the use of adaptive equipment and guidance to family members and caregivers.

Outreach

Senior Citizens of Kodiak, Inc. and *Kodiak Area Native Association* provide various outreach services to seniors including daily telephone assurance calls, medication pick up, shopping assistance, assistance with paying bills and referrals to other agencies.

Personal Care Assistance

If you need assistance with activities of daily living such as bathing, dressing, grooming, bowel or bladder care, exercise and meal preparation, *Consumer Direct Services*, *Angels Touch Care Providers* or *Access Alaska* may be able to help you live with greater independence. Patients and caregivers can hire individuals to provide personal care services when an individual's medical needs would otherwise require placement in an acute or long-term care facility. This program is designed for persons who are elderly or disabled, are eligible for Alaska Medicaid and want to direct their own personal care services.

Section One—Support Services by Service

Physical Therapy

Physical therapy and physical therapists provide evaluation and treatment of mobility (movement) problems. Upon a physician's orders, physical therapists will work with patients who experience difficulties moving with a focus on functional mobility including getting in and out of bed, wheelchair propulsion, walking and patient and caregiver training. *Providence Kodiak Island Medical Center Physical Therapy* and *Arctic Physical Therapy* can provide for your physical therapy needs.

Rehabilitation Services

Nurses or therapists are available to teach patients, family members and caregivers the information and skills needed to provide care and assistance to the patient recovering from injury or illness. See *Providence Kodiak Island Medical Center Rehabilitative Services* and *Arctic Physical Therapy Services*.

Respite

Respite is a short break from caregiving duties. *Senior Citizens of Kodiak, Inc.'s Family Caregiver Support Program* can provide a respite worker to come into the home to give the caregiver a chance to run errands or even stay at home and take a nap.

Transportation

In town, if you are unable to drive or do not have a car, the *Kodiak Area Transit System (KATS)* is available to seniors for rides to appointments, shopping and attending events. Just give them a call the day before and they can pick you up at home for a ride. 907-486-8308.

Section Two—Housing and Long Term Care Options

There are a variety of residential options for senior living in Kodiak.

Independent Living

Kodiak offers three apartment complexes for senior living, *Bay View Terrace*, *Heritage Heights*, and *Emerald Heights*. *Bay View Terrace* is situated right across the street from the *Kodiak Senior Center* (call 539-2054) and *Heritage Heights* is just up the hill on Mill Bay Road, *Emerald Heights* located on Near Island (call Kodiak Island Housing Authority 486-8111).

Assisted Living

Assisted living provides individual apartments for those needing extra help with activities of daily living, such as bathing, laundry, housekeeping, and meals. *Sunrise Assisted Living*, provides assisted living apartments on their first and second floors. (Call 539-8827)
Andrea Abena

Care Centers/Nursing Homes

Care Centers and Nursing Homes are residential facilities for those needing 24-hours skilled nursing services. *Chiniak Bay Elder House– Providence Kodiak Island Medical* is Kodiak's only skilled nursing facility.

Home Remodeling

An alternative to moving to an Independent Living or Assisted Living facility may be remodeling your home. Minor remodeling, such as adding a ramp to the entrance or grab bars in the bathroom, may be all you need to stay in your home. Physical therapists and *Alaska Housing Finance Corporation* can assist you with determining what changes will help you stay at home longer.

Long Term Care Ombudsman

Long-Term Care Ombudsmen are advocates for residents of nursing homes, board and care homes, assisted living facilities and similar adult care facilities. Ombudsmen work to help residents, families, and friends understand and exercise rights that are guaranteed by the law.

Section Three—Directory of Support Services by Agency

All agencies listed in this section, local, state & national, can assist residents of Kodiak Island. Agencies are listed by location for convenience.

Local Agencies

Alaska Center for Independent Living

ILC is an Aging and Disability Resource Center (ADRC) offering options counseling and person centered intakes for elders and those with disabilities seeking long term services and supports, including nursing home transitions and a Veterans-directed program that enables Veterans to receive what they need in a self-directed manner.

Address & Phone number

Beverly Cole
211 Mission Road
Kodiak, AK 99615
(907) 486-0493

Arctic Physical Therapy Services

Provides physical therapy services for sport/orthopedic injuries, neurological rehabilitation, work-related injuries, geriatrics, pediatrics, and women's health. Committed to providing the highest quality patient care with direct one-on-one services offered by licensed and certified physical therapists as well as the only Doctor of Physical Therapy and certified Sports Therapist in Kodiak

Address & Phone:
813 Mill Bay Rd.
Kodiak, AK 99615
(907)486-4499

Alaska Housing Finance Corporation (AHFC)

AHFC has housing programs to assist seniors and families. The weatherization program for low-income families provides funds for insulation, roof or window repair, heating systems and ventilation. The home modification program allows senior citizens, (those over 60 years of age) to make accessibility modifications to their homes. AHFC also offers programs to assist Alaskans with their rent.

Address & Phone:
521 Maple
Kodiak, AK 99615
(907)486-5513

Bay View Terrace

Owned by Brechan Enterprises, Bay View Terrace provides one-bedroom and some two bedroom apartments for independent living.

Address & Phone:
309 Erskine Ave.
Kodiak, AK 99615
(907)486-3215

SUPPORT AGENCIES

Section Three—Directory of Support Services by Agency

Local Agencies

Care Coordination

Care Coordinators are certified by Medicaid to coordinated home and community based services through the Medicaid CHOICE Waiver program for eligible seniors, who might otherwise require admission to a nursing home. Seniors are eligible for Choice Waiver if they need medical criteria and income guidelines.

Elaine Loomis (907) 942-4633

Also Abacus Care Coordination
Erika Madsen/Oni Kitsune
(907) 332-0065

Consumer Direct Services (CDS)

CDS can provide Medicaid eligible clients with Personal Care Attendants to assist with the necessary functions of everyday life such as bathing, dressing, meal preparation, exercise as prescribed by a physical therapist, shopping escort, medications and bowel & bladder care.

Wasilla Consumer Direct office:
Phone: 907-357-7962

Chiniak Bay Elder House — Providence

Kodiak Island Medical Center

- 22-bed, duplex model (each side has 11 bedrooms and its own shared common area)
- Full dietary services including registered dietitians
- Skilled nursing care
- Physical and occupational therapies
- Social services
- Activity therapy
- Spiritual services

Address & Phone:

1838 Chichenoff Street
Kodiak, AK 99615

(907)486-7800

Mailing address:

PKIMC

1915 E. Rezanof Drive
Kodiak, AK 99615

Section Three—Directory of Support Services by Agency

Local Agencies

Equipment Loan Program

Senior Citizens of Kodiak, Inc. has wheelchairs, walkers, canes, bedside commodes, hospital beds, shower chairs and other medical equipment for loan to anyone in the community. There are no rental fees for this service; however, *Senior Citizens of Kodiak, Inc.* does accept donations for equipment use and equipment donations to the loan program.

Address & Phone:
302 Erskine Ave.
Kodiak, AK 99615
(907)486-6181

Emerald Heights Senior Housing Units

Kodiak's new housing suites are available to any person over the age of 55 and provide safety, convenience and privacy with spectacular views of the ocean, mountains, channel, and the boat harbors. Emerald Heights offers one and two bedroom units with different apartment layouts and costs including handicap accessible and senior friendly designs. Wide hallways, large open areas and an activity room provide opportunities for recreation and social events. .

Address & Phone:
182 Alimaq Drive
Kodiak, Alaska 99615
(907) 486-8111
Email: mindyp@kiha.org

Medical Equipment Loan Closet

Kaleidoscope Kit & Kaboodle

Text for a quicker response time.
Donations accepted in good working condition.

Terra Cupp (907) 942-5499

Family Caregiver Support Program (FCSP)

A program of *Senior Citizens of Kodiak, Inc.*, the Family Caregiver Support Program can provide caregivers of persons over 60 with information and support, whether the senior lives on Kodiak Island or in the lower 48. FCSP can identify and assess caregiver needs and provide respite services, information & referral, caregiver training, and the "Caring Islander" newsletter article. We schedule two family caregiver trainings per year and have monthly support groups.

Address & Phone:
302 Erskine Ave.
Kodiak, AK 99615
(907)486-6181 or toll-free (800)774-6181

Section Three—Directory of Support Services by Agency

Local Agencies

Heritage Heights

Operated by *Kodiak Island Housing Authority*, Heritage Heights provides housing to low income seniors. Native preference is observed and rent is based on income.

Address & Phone:
Kodiak Island Housing Authority
(907) 486-8111

Island Cove Adult Day Program

A program of *Senior Citizens of Kodiak, Inc.*, Island Cove provides persons with dementia, those recovering from a stroke, those needing socialization or just a safe active environment during the day, with exercise, activities, coordination of appointments and transportation through *KATS*. Breakfast, lunch and snacks are provided. Care coordination and medicine management are available. Payment is on a sliding fee schedule. Open M-F 8-5 and 9:30-3:00 on weekends.

Address & Phone:
302 Erskine Ave. (Lower Level)
Kodiak, AK 99615
(907)486-2203

Hospice and Palliative Care of Kodiak, Inc.

To join the journey of those facing life threatening illness or loss, meeting needs, reducing fears and offering comfort.

Address & Phone:
PO Box 8682
Kodiak, AK 99615
(907) 512-0600

Kodiak Area Native Association (KANA)

KANA provides medical & dental services to beneficiaries on Kodiak Island. KANA also provides information and outreach to help elders find needed services. KANA provides congregate and home delivered meals in the villages.

Address & Phone:
3449 E. Rezanof Dr.
Kodiak, AK 99615
(907)486-9800

Section Three—Directory of Support Services by Agency

Local Agencies

Kodiak Area Transit System (KATS)

KATS is a coordinated transportation service operated by *Senior Citizens of Kodiak, Inc.*. Rides are scheduled 24-hours in advance. The fare is \$2.00 per ride, and the hours of operation are: 6:30 am to 6:30 pm Monday—Friday and 10 am to 3 pm Saturday and Sunday.

Phone:

(907)486-8308

Kodiak Island Ambulatory Care Clinic (KIACC)

A family practice clinic that provides urgent care and takes walk-in appointments. The clinic has day and evening hours and is located in downtown Kodiak.

Address & Phone:

202 Center Ave., Suite 102
Kodiak, AK 99615
(907)486-6188

Kodiak Community Health Care Clinic (KCHC)

Housed next to the Specialty Clinic at *Providence Kodiak Island Medical Center*, KCHC can meet all of your health care needs. KCHC is proud to offer discounts to those individuals **with or without** insurance coverage. Discount eligibility is income based and not based on insurance coverage.

Address & Phone:

1915 E. Rezanof Dr.
Kodiak, AK 99615
(907)481-5000

Kodiak Island Housing Authority (KIHA)

Using Housing and Urban Development (HUD) funds, KIHA manages several rental complexes throughout Kodiak and offers a variety of programs assisting low-income seniors with residential needs.

Email: kiha@kiha.org

Address & Phone:

3137 Mill Bay Rd.
Kodiak, AK 99615
(907)486-8111 or (800)478-5442

Kodiak Women's Resource & Crisis Center (KWRCC)

Serves victims of domestic violence and sexual assault and offers support programs and training for the prevention of domestic violence and sexual assault.

Address & Phone:

422 Hillside Dr.
Kodiak, AK 99615
(907)486-6171
E-mail: kwrc@kwrcc.net

Section Three —Directory of Support Services by Agency

Local Agencies

Lifeline

Managed by *Senior Citizens of Kodiak, Inc.* Lifeline provides your aging loved one with an emergency button, on either a necklace or bracelet, that is connected to a response center allowing them the security to live independently, while still having help close at hand in an emergency.

Address & Phone:

302 Erskine Ave
Kodiak, AK 99615
(907)486-6181

North Pacific Medical Center

Located in downtown Kodiak, NPMC is a Family Practice and Obstetric Care clinic. There are 2 physicians and 1 physician's assistant on staff to provide for the entire family's care.

Address & Phone:

104 Center Ave., Suite 100
Kodiak, AK 99615
(907)486-4183

Providence Kodiak Island Medical Center (PKIMC)

PKIMC features 25 acute care beds, including 4 birthing suites and 4 psychiatric care beds. In and out patient services include emergency care, surgery, maternity, general medicine, physical therapy, specialty clinics, diagnostics, retail pharmacy and home health care. A mix of primary care physicians, surgeons and specialists who provide family practice, internal medicine, obstetrics, radiology and general practice staffs the Kodiak facility. The Specialty Clinic provides additional support services that include urology, chronic pain and ear, nose and throat physician specialists.

Address & Phone:

1915 E. Rezanof Dr.
Kodiak, AK 99615
(907)486-3281

Providence Kodiak Island Medical Center (PKIMC) Counseling Center

A comprehensive behavioral healthcare center. Their team of licensed mental health and substance use disorder professionals care for patients of all ages. They are equipped to treat a variety of behavioral health conditions with special programs that provide focused care.

Their goal is: To improve our community's wellbeing by making it easier to get the care you need with no stigma.

Address & Phone:

1818 E Rezanof Drive
Kodiak, AK 99615

SUPPORT AGENCIES

Section Three—Directory of Support Services by Agency Local Agencies

Providence Kodiak Island Medical Center (PKIMC) Physical Therapy

Physical therapists provide evaluations and treatment of mobility (movement) problems. Physical therapists work with occupational therapists to recommend assistive devices and equipment such as walkers, crutches and wheelchairs. Caregivers are taught how to help patients with mobility problems and are advised of any steps that need to be taken, including home modification, before a patient can be safely return home from the hospital.

Address & Phone:
1915 E. Rezanof Dr.
Kodiak, AK 99615
(907)486-9515

Providence Kodiak Island Medical Center (PKIMC) Rehabilitative Services

The Rehabilitative Services department offers a wide variety of occupational and physical therapy services including balance clinics, hand therapy, ergonomic evaluations and cardiac rehabilitation. Cardiac services are comprehensive, supervised and will assist the patient or family member after heart surgery or a heart attack.

Address & Phone:
1915 E. Rezanof Dr.
Kodiak, AK 99615
(907)486-9515

Public Assistance, Division of (DPA)

DPA provides assistance with food (Food Stamps), medical care (Medicaid), rent/utilities (General Relief), and disabilities (Adult Public Assistance) for low-income households.

Address & Phone:
211 Mission Road.
Kodiak, AK 99615
(907)486-3783

Public Health Center—Kodiak

Provides a wide variety of health assessment, health promotion, and disease prevention services and program management in the broad categories of: infectious disease, family and individual health, non-infectious disease, violence and injury, health data assessment, community health, quality assurance, policy development and administration. Services are available to all residents of Alaska. There is no cost for any services to children. There is a small cost for services to adults however, **no one** is denied service due to an inability to pay.

Address & Phone:
211 Mission Road, Room 211
Kodiak, AK 99615
(907)486-3319

Section Three—Directory of Support Services by Agency**Senior Citizens of Kodiak (SCOK)**

SCOK provides a variety of support services for those persons over 60.

Congregate Meals are served Monday – Friday, noon to 1:00, at the Kodiak Senior Center. Home Delivered Meals are available for 7 days a week with a \$7 suggested donation. Transportation is arranged through KATS. Provides assistance with information and outreach, link-up to needed services, housing, state and federal benefits, insurance, completion of forms and *care coordination*. Other SCOK services are: the *equipment loan* program that includes beds, shower chairs, commodes and wheelchairs; *Island Cove Adult Day Program*, providing adult care for those recovering from illness or with dementia; the *Family Caregiver Support Program*, providing support and respite to those persons caring for individuals over 60 (see individual listings for more detail on each program); *Senior In-Home Service Program*, providing care coordination and chore service for non-Medicaid CHOICE Waiver eligible seniors.

Address & Phone:
302 Erskine Ave.
Kodiak, AK 99615
(907)486-6181

Tax Exemptions—Borough

Property Tax exemptions are available annually, in January, to those 65 and older through Kodiak Island Borough. Individuals must live in the borough at least 6 months of the year.

Address & Phone:
710 Mill Bay Rd.
Kodiak, AK 99615

Local Agencies**Sunrise Assisted Living**

Sunrise Assisted Living is a non-medical facility with the capacity to provide comfortable homes with a nice living area. With the Senior Center and Island Cove located across the parking lot, and the downtown nearby, we offer a lifestyle of convenience to all our residents. Our dedicated staff team members' are trained to provide a skilled approach when providing resident assistance with activities of daily living such as bathing, dressing, medication and meal prep.
(907) 539-8827

Tax Exemptions—City

A Sales Tax exemption is available to those 65 and older through the City of Kodiak. Individuals must have ID card and have lived in the city for one year.

Address & Phone:
710 Mill Bay Rd.
Kodiak, AK 99615
(907)486-8655

Veterans service officer-Kodiak

Trina Crimmins
(907) 512-0688
Trina.crimmins@va.gov
2414 Mill Bay Rd

Kodiak, AK 99615

Mill Bay Health Center

Section Three—Directory of Support Services by Agency

Village Agencies

Akhiok

Akhiok Health Clinic
PO Box 5009
Akhiok, AK 99615
(907)836-2230

Akhiok Tribal Council
PO Box 5030
Akhiok, AK 99615
(907)836-2313

Karluk

Karluk Health Clinic
PO Box 22,
Karluk, AK 99608
(907)241-2212

Karluk IRA Tribal Council
PO Box 22
Karluk, AK 99608
(907)241-2218

Port Lions

Port Lions Health Clinic
PO Box 12
Port Lions, AK 99550
(907)454-2275

Community Hall
(907)454-2552

Port Lions Traditional Tribal Council
PO Box 69
Port Lions, AK 99550
(907)454-2234

Larsen Bay

Larsen Bay Health Clinic
PO Box 127
Larsen Bay, AK 99624
(907)847-2208

Larsen Bay Tribal Council
PO Box 35
Larsen Bay, AK 99624
(907)847-2207

Old Harbor

Old Harbor Health Clinic
PO Box 72
Old Harbor, AK 99643
(907)286-2205

Old Harbor Senior Citizens Center
(907)286-2259

Old Harbor Tribal Council
PO Box 62
Old Harbor, AK 99643
(907)286-2215

Ouzinkie

Ouzinkie Health Clinic
PO Box 149

Ouzinkie, AK 99644
(907)680-2262

Ouzinkie Tribal Council
PO Box 130
Ouzinkie, AK 99644
(907)680-2259/2217

Section Three—Directory of Support Services by Agency

State Wide Agencies

AARP

Formerly known as the American Association of Retired Persons, AARP is a nonpartisan and nonprofit membership organization dedicated to addressing the needs and interests of persons 50 and older. Through information and education, advocacy and service, AARP seeks to enhance the quality of life for all by promoting independence, dignity and purpose.

E-mail: ak@aarp.org

Address & Phone:

3601 C Street, Suite 1420
Anchorage, AK 99503
1(866)227-7447

Vision and Independent Living Services Independent Living Center

A private, non-profit, consumer-controlled organization that provides independent living services to people who need assistance with activities of daily living. Through assistance and support, frail individuals or those with disabilities can identify and obtain needed services in an effort to maintain their independence as opposed to living in an institution.

Address & Phone:

P.O. Box 2474
Homer, AK 99603
(907)235-7911; 1(800)770-7911
Fax (907) 235-6236

Section Three—Directory of Support Services by Agency

State Wide Agencies

Adult Protective Services (APS)

APS provides information & referral, report investigation, protective placement, guardianship/conservatorship counseling, care coordination, training and designation of local resources to provide services.

Address & Phone:

3601 C. St., Suite 310
Anchorage, AK 99503
(907) 269-3666 or 1(800)478-9996

Alaska Comfort One Program

The Alaska Comfort One program is a system for identifying and respecting the wishes of terminally ill patients outside the hospital who do not wish to have life-saving measures such as CPR performed when their breathing and heart stop. A terminally ill person who is considering enrolling in the Comfort One Program should discuss this program and other advance directives with their physician. Comfort One does not replace a living will or medical durable power of attorney.

Address & Phone:

6130 Tuttle Place
Anchorage, AK 99507
(907)562-6449

Alaska Center for the Blind and Visually Impaired

The Center equips the blind and visually impaired for success in life and work. Their staff acts to make sure that vision loss is not the barrier to clients meeting their vocational goals or living safely and independently in retirement. They offer day and residential instruction in ADL's, orientation and mobility, Braille, assistive technology and manual skills. The Center offers job development and placement, on-the-job technology assessments, and coaching for retention.

Address & Phone:

3903 Taft Drive
Anchorage, AK 99517
Toll-free (800)770-7517 or 248-7770

Alaska State Library Talking Books Center (ASLTBC)

The Talking Books Center provides talking books (books on tape) to individuals with visual or physical impairments that reduce the ability to read independently. ASLTBC provides the machine, tapes and postage at no charge—the program is funded through the National Library Service to the Blind. A catalog of titles is available through the Talking Books Center or on-line at <http://library.state.ak.us/dev/tbc.html>

Address & Phone:

344 W. 3rd, Suite 125
Anchorage, AK 99501
(800)776-6566

Section Three —Directory of Support Services by Agency

State Wide Agencies

Alaska Legal Services Corporation (ALSC)

The Alaska Legal Services Corporation is a private non-profit law firm that serves low-income individuals throughout the state. The Elder Law Project provides legal advice, information, representation in court and administrative hearings, referrals, community education, and training on legal issues to those eligible individuals over 60. Services are available on a statewide basis at no charge to older persons who have a legal problem of the nature described.

Address & Phone:

1016 W. 6th Ave. Suite 200
Anchorage, AK 99501
(907)272-9431 or 1(800)478-9431

Alaska Stairlift & Elevator, LLC

Alaska Stairlift & Elevator has been serving the state of Alaska since 1998. We install and service elevators, stairway lifts and platform wheelchair lift

Address & Phone:

1200 E 76th St 1201
Anchorage, AK 99518-3219

American Diabetes Association, Alaska Area

Works to prevent and cure diabetes. Services provided are patient, professional and public information; youth camp; health fairs, counseling; research and public advocacy.

Address & Phone:

801 W. Fireweed Lane, Suite #103
Anchorage, AK 99503
(907)272-1424 or toll free 1(888)342-2383

Alzheimer's Disease Resource Agency of Alaska (ADRAA)

ADRAA is a statewide organization dedicated to providing a broad range of programs and services for individuals with Alzheimer's disease, their caregivers and frail elders. Services include: outreach and information, respite, information and referral services, family consultations and support groups. Mini-grants are available to cover the cost of living needs which improve quality of life, including home modification, and increase independence

Address & Phone:

1750 Abbott Rd.
Anchorage, AK 99507
(907) 561-3313 or 1(800)478-1080

American Cancer Society—Alaska Office

Dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering through research, education and service. Also provides rehabilitation services for local cancer patients.

Address & Phone:

1057 W. Fireweed Lane, Suite #204
Anchorage, AK 99503
(907)277-8696

Section Three —Directory of Support Services by Agency

State Wide Agencies

American Heart Association (AHA)

The mission of the AHA is to reduce disability and death from heart disease and stroke. The AHA funds medical research, professional and public education and community service programs including CPR training.

Address & Phone:

1057 W. Fireweed Lane, Suite #100
Anchorage, AK 99503
(907)263-2044

American Lung Association of Alaska (ALAA)

The ALAA serves thousands of Alaskans every year through health education, training, media campaigns, and policy work. Programs and services are delivered statewide from the Association's office in Anchorage. The American Lung Association of Alaska is dedicated to the conquest of lung disease and the promotion of lung health in Alaska.

Address & Phone:

500 W. Int'l Airport Rd. Suite. A
Anchorage, AK 99518
(907)276-5864

AnchorRIDES

Primarily funded by the Municipality of Anchorage, AnchorRIDES is a coordinated transportation service with other funding agencies purchasing transportation services. It is a convenient and safe transportation system for senior citizens and people with disabilities who are unable to use People Mover buses. AnchorRIDES provide non-assisted door-to-door or curb-to-curb ride for health related appointments, senior meals, adult day centers and employment.

Address & Phone:

9525 King Street
Anchorage, AK 99515
(907)743-7433 TTY (907)343-4775

Comfort Keepers

Provides non-medical services such as transportation, companionship, housekeeping, laundry, shopping and meal preparation in the Anchorage area. Comfort Keepers can also provide assisted transportation from the airport to appointments.

On the web at:

anchorage@comfortkeepers.com

Address & Phone:

1023 East 6th Ave
Anchorage, AK 99501
(907)334-3000

Section Three —Directory of Support Services by Agency

State Wide Agencies

Frontier Medical

An Alaskan owned and operated full service home medical equipment company able to meet most medical equipment needs. Providing rehabilitation equipment, durable home medical equipment, respiratory equipment, bath safety equipment, vehicle adaptation, accessibility remodeling, ramp systems, incontinence products, and medical supplies. The complete billing department will assist with billing private insurance, Medicare, Medicaid, workers' compensation, Veteran's Administration and Tricare. For items that are not covered by insurance, convenient payment plans are available.

Address & Phone:

907 E. Dowling Road, Suite 26
Anchorage, AK 99518.
(907)258-8618 Toll Free 1(877)563-9290

Geneva Woods Pharmacy

Geneva Woods Pharmacy was established in 1977 as a community based independent pharmacy. Originally located in the "Geneva Woods" neighborhood in Anchorage, Alaska, Geneva Woods Pharmacy's objective was, and remains, to provide quality complete home care services to rural communities. Forty years later, Geneva Woods Pharmacy is the premiere pharmacy care service company in Alaska, Montana, Oregon, Washington, and Wyoming. 501 W. International Airport Road, Suites 6

Address & Phone

Anchorage, Alaska 99518
Phone: (907) 565-6100
Medset Pharmacy Fax: (844)297-7323

Heating Assistance

Assistance in paying home heating bills for homeowners & renters, based on income. Applications are accepted November 1 to April 30 each year. Contact the State of Alaska, Dept. of Health & Social Services, Heating Assistance Program for more information.

Address & Phone:

400 Willoughby, Suite 301
Juneau, AK 99801
(907)269-5777 or toll-free (888)804-6330

Hospice of Anchorage

Assists the dying person and the family with the transition from life to death and helps those left behind resolve their loss. Hospice of Anchorage is committed to ensuring comfort, support, dignity and choices for the dying person and the grieving family.

Address & Phone:

500 W. Int'l Airport Rd. Suite. C
Anchorage, AK 99518
(907)561-5322

Section Three —Directory of Support Services by Agency

State Wide Agencies

Long Term Care Ombudsman

Long-Term Care Ombudsmen are advocates for residents of nursing homes, board and care homes, assisted living facilities and similar adult care facilities. Ombudsman work to help residents, families, and friends understand and exercise rights that are guaranteed by the law.

Address & Phone:
550 W. 7th Ave., Suite 1830
Anchorage, AK 99501
(907)334-4483 or toll-free 1(800)730-6393

Permanent Fund Dividend (PFD)

PFDs are paid annually by the State to Alaskan residents. Application deadline is March 31 each year. Applicants must have lived in the state for one year. For more information, contact the Dividend Information Office.

Address & Phone:
616 E Street
Anchorage, AK 99501
(907)269-0370 or toll-free (800)733-8813

Pioneer Homes of Alaska

There are 6 assisted living homes in the state operated by Pioneer Homes of Alaska. These residential settings are for seniors over 65 and who have resided in the state for at least one year. Locations include: Anchorage, Fairbanks, Juneau, Ketchikan, Palmer & Sitka. This program is administered in Juneau. For more information, contact the Alaska Pioneers' Home System Administrative Services Manager.

Address & Phone:
P.O. Box 110690
Juneau, Alaska 99811-0690
(907)465-4422

ProCare Home Medical Equipment & Supplies

In addition to supplying hospital beds, wheelchairs, disposable supplies, nutrition supplies, rehab products, and medical equipment, ProCare also provides a variety of professional services. These include CPAP & BiPAP, wound care and oxygenation & apnea screening. ProCare bills third party payors, including Medicare, Medicaid, TriCare, and private insurance.

Address & Phone:
709 Northway Dr.
Anchorage, AK 99403
(907)274-0770 or toll-free (877)274-0770

Section Three —Directory of Support Services by Agency

State Wide Agencies

TransCare Medical Services

TransCare's Mobility Van service provides transportation services 24 hours a day around the Anchorage area to those patients who are medically stable and do not require medical monitoring or care during transport. Service is on an scheduled basis and priority is given to those patients with pre-scheduled appointments.

Address & Phone

521 W. 41st Ave., Suite 101
Anchorage, AK 99403
(907)562-3534 or toll-free (800)770-3534

Senior Benefits Program

Alaska residents who are age 65 or older may qualify for a monthly payment of \$76, \$175, or \$250 depending on your annual gross income. Income limits are tied to the Alaska Federal Poverty Guidelines and will change every year.

Address & Phone:

855 W. Commercial Drive
Wasilla, AK 99654
1-888-352-4150

Veteran's Affairs, Dept. of (VA)

VA provides medical and treatment through the Veterans Health Administration (VHA), provides financial assistance through the Veterans Benefits Administration (VBA), and burial services for Veterans and their families through the National Cemetery Administration (NCA). Services are designed to support combat veterans and assist in their readjustment to civilian life. For all services, Veterans must apply or be enrolled in the VA system.

Address & Phone

2925 DeBarr Road
Anchorage, AK 99508
(800)827-1000

Section Three —Directory of Support Services by Agency

National Agencies

Eldercare Locator

Provides individuals with access to an extensive network of organizations serving older people at the state and local level. Eldercare Locator can connect you to information sources for a variety of services across the country. Eldercare Locator utilizes the individual's postal zip code to find services nearby. Have that information ready when using this service. <http://www.eldercare.gov/Eldercare/Public/Home.asp>

Phone:

1(800)667-1116

Medicare

For people 65 and older. A federal program covering some, but not all medical needs; no long-term care, dental or hearing coverage. Senior needs to make sure doctor accepts Medicare payment.

*Part A will cover hospital stays

*Part B will cover medical service & outpatient care; a monthly premium does apply.

*Part D offers some prescription drug coverage; a monthly premium does apply

*Supplemental Insurance for Medicare – 1(800)478-6065.

Address & Phone:

1(800)633-4227

Or call Senior Citizens of Kodiak and ask for Laurie Murdock. (907) 486-6181

National Association of the Deaf

The mission of the National Association of the Deaf is to promote, protect, and preserve the rights and quality of life of deaf and hard of hearing individuals in the United States of America.

E-mail: NADinfo@nad.org

Address & Phone:

814 Thayer Avenue

Silver Spring, MD 20910-4500

301-587-1789 TTY, 301-587-1788 Voice

Social Security

Retirement benefits for people who qualify with enough working quarters. SSA The Social Security Administration is no longer conducting face-to-face teleconferences during the pandemic, but you can call them directly at 1-866-772-3081

(Anchorage office) for assistance.

***SSI – Supplemental Security Income** from Social Security if you are 65 and older and have few resources 1(800)478-4455.

Address & Phone:

222 W. 8th Ave. M/S 66

Anchorage, AK

1(866)772-3081

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**SENIOR CITIZENS OF
KODIAK, INC.**

302 Erskine
Kodiak, AK 99615

Phone: (907)486-6181
Fax: (907)486-4503
Email: scokinc@ak.net
www.kodiakseniorcenter.org

