

# SENIOR RESOURCE GUIDE

FAIRBANKS NORTH STAR BOROUGH PARKS AND RECREATION

2023 EDITION



## UPDATED GUIDE

More than 75 local and state resources at your fingertips!

**Page 25**

## SENIOR SOCIAL

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

**Page 16**





# Fairbanks North Star Borough Parks & Recreation

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



Fairbanks North Star Borough Parks & Rec



FNSB\_Parks\_and\_Rec



FNSB Parks and Recreation

## IN THIS GUIDE

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**SENIOR COMMISSION** 3

**MAYOR'S MESSAGE** 5

**STAFF SPOTLIGHT** 6

**AQUATICS** 10

**BIG DIPPER** 14

**PIONEER PARK** 15

**OUTDOOR RECREATION** 17

**SENIOR CENTERS** 21

**LIBRARY SERVICES** 24

**RESOURCE LIST** 25

**ADDITIONAL SERVICES** 36

**BRAIN GAMES** 42

## OUR MISSION

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

## HEAR FROM US

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

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

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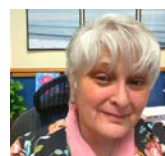
# Senior Citizens Advisory Commission

Senior Advisory Commission meetings are held on the third Thursday of every month!

## Meet the current commission members:



Denise Daniello  
(219) 381-8421



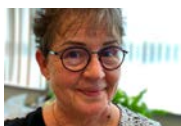
Darlene Supplee  
(907) 452-1735



Marleyne Hunter  
(907) 488-4116



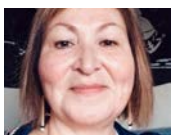
Karen Wood  
(907) 474-2121



Carol Anthony  
(907) 378-2769



Barbara Tarkiainen  
(907) 479-3209



Drena McIntyre  
(907) 347-1534

**Could  
This  
Be You?**

**2 Vacant Seats**  
Apply today [fnsb.gov](https://fnsb.gov)

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

# THANK YOU FOR ATTENDING OUR SENIOR PROGRAMS!



SENIOR REC DAY



SENIOR EXERCISE



WALKING CLUB



OUTDOOR FUN



BREAKFAST CLUB



SOCIAL GATHERINGS



AQUACISE



# MAYOR'S MESSAGE

A MESSAGE FROM THE MAYOR



## Fairbanks North Star Borough

Mayor's Office

Mayor@FNSB.gov  
Main: (907) 459-1300  
Fax: (907) 459-1102

April 25, 2023

Dear Honorable Seniors and Elders,

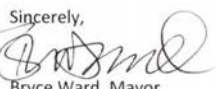
Thank you for participating in the FNSB 2023 Senior Recognition Day Event. Today, we are proud to honor each of you and recognize your contributions to our community. Your strength and resilience will continue to inspire for generations to come.

Senior Recognition Day was created nearly 40 years ago to recognize and celebrate the remarkable accomplishments of senior community members. FNSB's Parks and Recreation staff and volunteers have worked hard to plan an incredible event.

Your hard work and dedication to our community for so many years are visible in all that Fairbanks offers. Many of you still serve the community through your volunteer service, philanthropy, and a genuine commitment to helping your families and neighbors. Thank you all for continuing to make the Fairbanks North Star Borough your home; we are so glad to have you.

We look forward to listening to your needs and encourage you to contact any organizations in this booklet if you need assistance. We are grateful to have many resources here to help keep you engaged and healthy in the community.

Thank you for your attendance here today. I hope that you will enjoy the program and luncheon. I wish each of you and your families many blessings and continued well-being.

Sincerely,  
  
Bryce Ward, Mayor  
Fairbanks North Star Borough

## Bryce Ward

**Bryce Ward**  
Fairbanks North Star Borough Mayor



907 Terminal St. Fairbanks, AK 99701 | PO Box 71267, 99707 | Website: [fnsb.gov](http://fnsb.gov) | Facebook: [@FNSBGov](https://www.facebook.com/FNSBGov)

## STAFF Parks & Recreation | Fairbanks North Star Borough

Donnie Hayes, Parks & Recreation Director  
[donnie.hayes@fnsb.gov](mailto:donnie.hayes@fnsb.gov)

John Haas, Parks Maintenance Superintendent  
[john.haas@fnsb.gov](mailto:john.haas@fnsb.gov)

Brian Charlton, Recreation Superintendent  
[brian.charlton@fnsb.gov](mailto:brian.charlton@fnsb.gov)

Lee Williams, Riverside Superintendent  
[lee.williams@fnsb.gov](mailto:lee.williams@fnsb.gov)

Vacant, Aquatics Manager

David Jones, Maintenance Manager  
[david.jones@fnsb.gov](mailto:david.jones@fnsb.gov)

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Evee Rynish, Recreation Specialist III  
[evee.rynish@fnsb.gov](mailto:evee.rynish@fnsb.gov)

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

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

Sue Ann Denny, Administrative Assistant - Pioneer Park  
907-459-1087

# staff SPOTLIGHT

Faces of the Recreation Division - Adaptive Recreation

## Kellie Rhodes

Recreation Specialist II

My name is Kellie Rhodes and I enjoy traveling, spending time with family, reading and camping.

The best part of my job is working with the adaptive participants.



## Kris Tacheny

Recreation Specialist II

My name is Kris Tacheny and I have been a Fairbanks resident for over 25 years. I attended UAF and studied marketing and computer hardware and software. After graduating, I discovered a joy in helping people with developmental and other disabilities live fuller lives. I've worked helping people with developmental disabilities for the last 12 + years and really love our Adaptive Recreation Program which I have had the pleasure of working at for almost 5 years. Our community has some of the best year round trail systems, and I love spending time on our local ski and bike trails, this ski season I managed to ski over 800 miles.



## Mark Graham

Recreation Specialist II

My name is Mark Graham I enjoy working with special needs clients. I play softball and umpire games, as well as play basketball and referee it. Doing these things are a way I can give back to the community, and make a living by doing so. I love god, my family and work.



# PARKS & RECREATION SENIOR PROGRAM

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

## WEEKLY ACTIVITIES

- Walking Group: Tuesday/Thursday 9:30-10:30A
- Exercise Group: Monday-Friday 11:15-11:45A
- Aquasize: Monday/Wednesday/Friday 1:00-1:45P
- Social Outings: Wednesdays- Times Vary
- 1st Thursday: Grandparent/Grandkid Craft 4:00-5:30P
- 3rd Friday: Senior Social 10:00A-12:00P

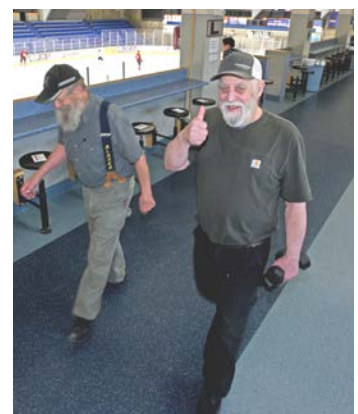


Join us by signing up! Scan the QR code by using the camera on your phone. Use the form to sign up for our monthly newsletter options too!



## CONTACT US

Questions about our program?  
Contact Marya Lewanski at 907-459-1136  
For general questions contact us at  
parks@fnsb.gov or 907-459-1070



# FLiP

## FAIRBANKS LOVES ITS PARKS

A newsletter sent to your email on the first of each month that highlights the parks, services, programs & facilities that FNSB Parks & Recreation provides to the community.

A fun, monthly  
newsletter  
packed with  
events, free  
promos and  
more!

**IT'S  
ENOUGH  
TO MAKE  
YOU FLIP!**



*Sign up  
online today!!* (or call 459-1070)

**PARKS.FNSB.GOV**



# FLiP

Fairbanks Loves Its Parks

## APPRECIATION DAY

FLiP Appreciation Day occurs the second Wednesday of every month! On FLiP Day, you can get one drop-in program free\* with your promo-code!



\*Covers one household admission

SIGN UP WITH THE QR CODE!



# AQUATICS

## HAMME POOL

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

## WESCOTT POOL

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

### FEES

Single Admission		10 Punch Pass		3 Month Pass		1 Year Pass	
Youth	\$4.00	Youth	\$36	Youth	\$88	Youth/Senior	\$320
Adult	\$6.00	Adult	\$54	Adult	\$132	Adult	\$500
Senior	\$4.00	Senior	\$36	Senior	\$88	ADA (with ID)	\$240
ADA (with ID)	\$3.00	ADA (with ID)	\$27	ADA (with ID)	\$66	<b>Aquacise</b>	
Household*	\$18.00	Household*	\$165	Household*	\$240	General Admission fees include participation in Aquacise.	
Showers	\$4.00	Showers	\$36	Showers	\$88		
Showers (Senior/ADA)	\$2.00	Showers (Senior/ADA)	\$18	Showers (Senior/ADA)	\$44		

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

# MEMBERSHIPS

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



Passes valid for drop-in programs entry at:

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

**\*YOUTH & SENIOR**

<b>10 PUNCH</b>	<b>\$36.00</b>
<b>3 MONTH</b>	<b>\$88.00</b>
<b>ANNUAL</b>	<b>\$320.00</b>

Purchase at any facility or online anytime at: [PARKS.FNSB.GOV](http://PARKS.FNSB.GOV)

# GENERAL POOL RULES

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

## CLOSURES

### \*ALL POOLS\*

May 29- Memorial Day

May 30- Staff Training

July 4- 4th of July

### HAMME POOL CLOSURES

Midnight Sun Invitational - June 9

Maintenance Closure July 1- Aug 6

### WESCOTT POOL CLOSURES

Maintenance Closure- May 22- July 4, 2023

### MARY SIAH REC CENTER CLOSURES

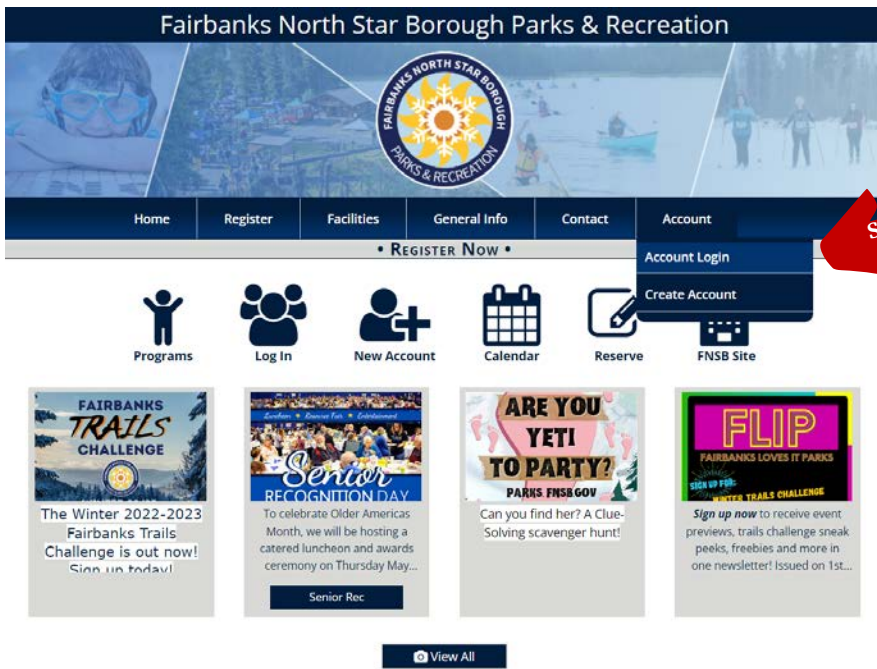
Maintenance Closure- May 29- June 30, 2023





# HOW TO REGISTER

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



**REGISTER ONLINE OR IN-PERSON**

To register online, visit our website at [parks.fnsb.gov](https://parks.fnsb.gov). Create an account if you don't have one already:

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

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

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

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

## CANCELLATION & REFUND POLICY

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

### Refunds are issued:

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

### Refund Options:

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

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

# FAIRBANKS NORTH STAR BOROUGH

## Parks & Recreation Public Open Recreation Times

Summer 2023

### Family Swim

Mary Siah Rec Center **Closed May 29-June 30, 2023**

Monday- Friday: 10:00-11:15a & 3:30-4:30p

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

### Open Swim

Hamme Pool

**Closed June 30-Aug 6, 2023**

Monday- Friday: 2:00-3:45 pm

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

### The Playzone

The Carlson Center

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

Saturday: 10am-2pm

The playzone is designed for kids ages 0-8. It includes kid carts, foam blocks, slides, tunnels, and more! Children must be accompanied by a parent or guardian.

### Recreational Skating

The Big Dipper

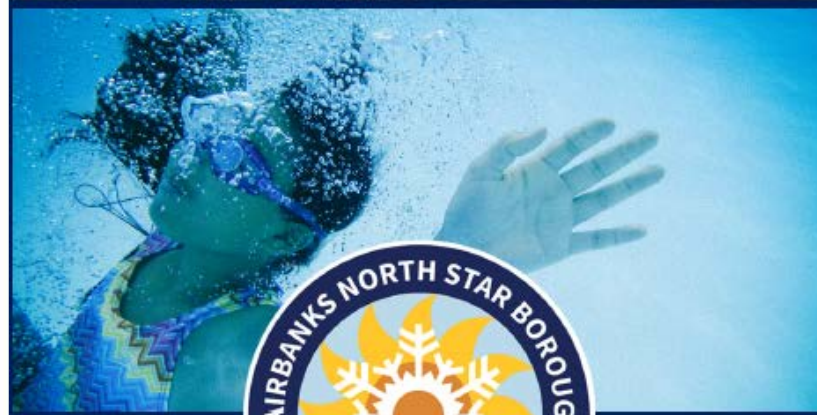
**Closed June 17-July 23, 2023**

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

Wednesdays: 5:30-6:45 pm

Saturdays: 5:00-6:30 pm

Sundays: 1:30-2:45pm



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

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

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

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

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

# BIG DIPPER ICE ARENA

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

**VISITOR INFORMATION**

**HOURS OF OPERATION**  
 Mon–Fri: 6AM–9PM  
 Saturday: 6AM–4PM  
 Sunday: 6AM–4PM

**IMPORTANT CONTACTS**  
 Parks & Recreation Office  
 (907) 459-1070

Skateroom  
 (907) 459-1104

parks.fnsb.gov

## Walking/Jogging




**Direction:**

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




7 1/2 times around = 1 mile

Slower traffic stay to the inside of track

## BIG DIPPER ICE ARENA FEES:

Single Admission	
Youth	\$4.00
Adult	\$6.00
Senior	\$4.00
ADA (with ID)	\$3.00
Household*	\$18.00
Ice Skate Rental	\$3.00
Showers	\$2.00

10 Punch Pass	
Youth	\$36.00
Adult	\$54.00
Senior	\$36.00
ADA (with ID)	\$27.00
Household*	\$165.00
Ice Skate Rental	\$36.00
Ice Skate Sharpening	\$18.00

3 Month Pass	
Youth	\$88.00
Adult	\$132.00
Senior	\$88.00
ADA (with ID)	\$66.00
Household*	\$240.00
Ice Skate Rental	\$88.00
Ice Skate Sharpening	\$44.00

1 Year Pass	
Youth/Senior	\$320.00
Adult	\$500.00
ADA (with ID)	\$240.00

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



# 2023

## Upcoming Pioneer Park Events

27-29  
MAY

### Opening Weekend

5/27 - Living History  
5/28 - Community Appreciation Day  
5/29 - Memorial Day Celebration

10  
JUNE

Military Appreciation Day

4  
JULY

4th of July  
Community Celebration

16  
JULY

Golden Days  
Bathtub Races



12  
AUGUST

Fairbanks Day  
Block Party

24  
AUGUST

Wickersham Day

2  
SEPT

Museum Appreciation Day

4  
SEPT

Labor Day Celebration

**MORE  
INFORMATION**



907-459-1087  
[parks.fnsb.gov](http://parks.fnsb.gov)



# Grandparent & Grandkid Crafts

**FIRST THURSDAY OF THE MONTH**

Check online for location

4:00PM - 5:30PM

## SENIOR SOCIAL

10:00AM - 12:00PM 3rd Friday  
Check online for location

EVERY  
MONTH

Join the Fairbanks Parks & Recreation Senior Program for some socialization and fun! Bring a craft you are currently working on, play a game, and make some friends! We will lead a featured craft project and refreshments will be available!

Contact us:

907.459.1070

[www.parks.fnsb.gov](http://www.parks.fnsb.gov)





# FAIRBANKS TRAILS CHALLENGE

Summer Challenge begins June 20th!

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



Are you a  
Sourdough  
Trailblazer?  
(60 and up)

FNSB PARKS&REC  
PRESENT

# PICKLEBALL

## CLINIC

Anyone over the age 50 welcome

• THURSDAY, MAY 25, 2023 •

12P-2P

REGISTRATION LIMITED TO 30 PEOPLE  
SIGN UP ONLINE AT [PARKS.FNSB.GOV](https://parks.fnsb.gov)  
OR BY CALLING 907-459-1070

**BIG DIPPER**

1920 LATHROP ST, FAIRBANKS AK 99709

**FREE**

[PARKS.FNSB.GOV](https://parks.fnsb.gov)

FOR QUESTIONS CALL  
907-459-1070

OR DROP US EMAIL TO  
[parks@fnsb.gov](mailto:parks@fnsb.gov)



OUTDOOR RECREATION

# MUSEUMS



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



**Aviation Museum**  
Ⓢ May 28 - Labor Day  
Open Wed - Sun from 11 am - 7 pm  
Pioneer Park



**Fountainhead Antique Auto Museum**  
Ⓢ May 8 - Mid September  
Open daily from 11 am - 5 pm  
212 Wedgewood Drive



**Fairbanks Community Museum**  
Memorial Day - Labor Day:  
Open Mon - Sat from 11 am - 3 pm  
535 2nd Avenue



**UA Museum of the North**  
Ⓢ Summer hours May 22 - Aug 20  
Open daily from 9 am - 7 pm  
1962 Yukon Drive



**Morris Thompson Cultural & Visitor Center**  
May 30 - Dec 31  
Open daily from 8 a.m. - 5 p.m.  
101 Dunkel Street



MONDAY

**UAF Legacy Lecture**

*honoring distinguished alumni*

6/5 An Evening with Mary Ehrlander

**Fairbanks Tall Timbers**

*honoring those deeply rooted in the golden heart community*

6/12 Barbara Lando

6/19 Bev Byington

6/26 Theresa Reed

7/10 Jim Barker

7/17 Terry Reichardt

7/24 Wendell Shiffler

7/31 Ron Inouye

8/7 Tom Buntzen



Monday, Tuesday & Wednesday lectures held at UAF

7PM BP Design Theater  
 401 Usibelli Engineering Building

TUESDAY

**Healthy Living**

6/6 Improving Alaskans' Health: Statewide and "In Your Neighborhood"

6/13 Making Sense of Hearing Health in 2023

6/20 Forgetfulness: When Should I Be Concerned?

6/27 A Systematic Approach to Considering a Cancer Diagnosis in 2023

7/11 The Art of Simulating Health Disasters and the Science of Response

7/18 Aging in Place: A Plan for "The Future You" in Fairbanks

7/25 Senior Living Choices in Fairbanks As We Age

8/1 Determining Your Risk of Cardiovascular Disease

8/8 Lifestyle as Medicine

8/15 A Whirlwind of Allergy: From Pollen to Pot Roast

Foundation Health Partners



WEDNESDAY

**Discover Alaska**

6/7 An Artist's Journey

6/14 Nuggets of Whimsy: Adventures in Northern Cartooning

6/21 Far North Quilt Trail Project

6/28 Why Scientists Might Want to Work with Artists

7/12 Contemporary Mixed Media Methods for Beginners

7/19 Painting on Location in Alaska: Landscapes in the Context of Change

7/26 What is it About Art?

8/2 Denali Through Collodion Photography

8/9 Crafting Community: Creative Community-Building in and Through the Arts

8/16 Wood Burning Kilns and the Discovery of Glass



THURSDAY

**Music in the Garden**

5/25 Fireweed Fiddle

6/1 South Cushman Social Club

6/8 Fairbanks Community Jazz Band

6/15 Red Hackle Pipe Band

6/22 Emily Anderson

6/29 Cold Steel Drums

7/6 Dry Cabin String Band

7/13 Jameson Effect

7/20 Kinky Slinky

7/27 Serevende

8/3 Headbolt Heaters

8/10 The ET Barnette String Band



7PM UAF Georgeson Botanical Garden

Welcoming band starts at 5:30pm

Design Alaska, Georgeson Botanical Garden, SRS Sound Reinforcement Specialists, The Toy Quest, Alaska 529, College Rotary, Carpenters Local 1243

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: [www.alaska.edu/nondiscrimination](http://www.alaska.edu/nondiscrimination).



UAF SERVICES

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

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

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

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

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

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

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

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

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

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

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

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



# SENIOR CENTERS



## FAIRBANKS SENIOR CENTER

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



## SANTA'S SENIOR CENTER

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



## SALCHA SENIOR CENTER

6062 Johnson Road  
Salcha, AK  
(907) 488-1606  
(907) 322-1777 (SSC President)

## SENIOR CITIZENS ADVISORY COMMISSION

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

## TRANSPORTATION Info for Parks & Recreation Programs

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



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



# Meals on Wheels Fairbanks Celebrates 50 years of service!

Fairbanks Senior Center

1424 Moore Street

Fairbanks, AK 99701

Main: (907) 452-1735

Fax: (907) 451-9974



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

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



## WE NEED VOLUNTEERS!

Together, we can eliminate hidden hunger.

For Volunteer opportunities contact our Volunteer Coordinator Ashley at 907-452-2561, email [volunteer@fairbanksseniorcenter.org](mailto:volunteer@fairbanksseniorcenter.org)



# Fairbanks Senior Center



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

## Who is in the House?



2023, the **Fairbanks Senior Center** celebrates 50 years of service to the Borough! The Senior Center's vision, is to promote independence of our pioneers who are 60 years and older. The Senior Center offers: exercise classes, transportation services, congregate meals, socialization, and volunteer opportunities.



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



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



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



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



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



Even though Noel Wien Library will be closed beginning May 1, 2023 for our renovation.....



# WE'VE GOT YOU COVERED!

## Library Locations and Hours\*

### North Pole Branch

Beginning June 1st Monday-Wednesday: 10am-8pm; Thursday-Friday: 10am-6pm, Saturday: 10am-5pm

### Joy Community Center (24 Margaret Avenue)

For Children's and Young Adult Services

Beginning June 1st Monday-Tuesday: 10am-3pm; Wednesday: 10am-6pm; Thursday- Friday: 10am-3pm

### Noel Wien Library

Beginning May 1 hold pickup only; Monday-Friday: 10am-6pm; Saturday: 10am-5pm

### Bookmobile

Regular schedule: 907-459-1031

## Contact Us



907-459-1022



fnsblibrary.org



\*might be adjusted



Noel Wien Library  
1215 Cowles Street  
Fairbanks, AK 99701  
907.459.1020

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

Expanded hours at North Pole Branch

Children's and Teen Programming at Joy Community Center

Meeting Spaces @ North Pole Branch!

Hold Pickup at Noel Wien Library, North Pole Branch and Joy!

Summer Reading Program - Sign Up at Joy or online

Continued Access to Statewide Materials!

March 22, 2023



# LOCAL RESOURCES

- 17 MILE HOMEMAKERS - FCE
- AARP
- ACCESS ALASKA
- ADRC NORTH: AGING & DISABILITY RESOURCE CENTER
- AGING AT HOME FAIRBANKS
- ALASKA COMMISSION ON AGING
- ALASKA HEALTH FAIR
- ALASKA HOUSING FINANCE CORP.
- ALASKA INTERNATIONAL SENIOR GAMES
- ALASKA LEGAL SERVICES CORP.
- ALASKA LONG TERM CARE OMBUDSMAN
- ALLWAYS CARING
- ALZHEIMER'S RESOURCE OF ALASKA
- AMERICAN HEART ASSOCIATION
- AMERICAN RED CROSS - TANANA VALLEY
- BREAST CANCER DETECTION CENTER OF ALASKA
- DENAKKANAAGA, INC.
- FAIRBANKS COMMUNITY FOOD BANK
- FAIRBANKS NATIVE ASSOCIATION EDLERS PROGRAM
- FAIRBANKS PIONEER HOME
- FAIRBANKS REGIONAL HEALTH CENTER
- FAIRBANKS RESOURCE AGENCY SENIOR SERVICES
- FAIRBANKS RETIRED TEACHERS ASSOCIATION
- FRIENDS OF NORTH POLE BRANCH LIBRARY
- GREEN STAR OF INTERIOR ALASKA
- HOLIDAY HEIGHTS SENIOR HOUSING
- HQ LEGAL
- INTERIOR ALASKA CANCER ASSOCIATION
- INTERIOR ALASKA SOURDOUGH
- INTERIOR WEATHERIZATION, INC.
- LITERACY COUNCIL OF ALASKA
- MASST
- MLH MANOR SENIOR HOUSING
- MOORE STREET SENIOR APTS.
- NENANA TORTELLA COUNCIL ON AGING
- NINE ONE TEN
- OLDER PERSONS ACTION GROUP, INC.
- OSHER LIFELONG LEARNING INSTITUTE AT UAF
- QUILTING LIONS AND FRIENDS
- RAVEN LANDING CENTER
- SALVATION ARMY
- SOCIAL SECURITY ADMINISTRATION
- SOUTHEAST REGIONAL RESOURCE CENTER
- SPIRIT OF ALASKA FEDERAL CREDIT UNION
- UNIVERSITY OF ALASKA FAIRBANKS
- USDA RURAL DEVELOPMENT
- FOUNDATION HEALTH PARTNERS - SERVICES.....PAGE 33
- STATE OF ALASKA SERVICES.....PAGE 35

## 17 MILE HOMEMAKERS

PO Box 57343  
 North Pole, AK 99705  
 907-488-8266

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

## AARP

3601 C Street  
 Anchorage, AK 99705  
 907-268-7919

Website: [aarp.org/state/ak](http://aarp.org/state/ak)

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

## ACCESS ALASKA

3399 Peger Road  
 Fairbanks, AK 99701  
 907-479-7940

Website: [www.accessalaska.org](http://www.accessalaska.org)

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

## ADRC NORTH: AGING & DISABILITY RESOURCE

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

Website: [adrcnorth.org](http://adrcnorth.org)

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

## AGING AT HOME FAIRBANKS

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

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

## ALASKA COMMISSION ON AGING

PO Box 110693  
 Juneau, AK 99811  
 907-465-4793

Website: [dhss.alaska.gov](http://dhss.alaska.gov)

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

- How to participate in legislative teleconferences
- How to report elder abuse
- View the latest Commission meetings
- Find employment programs for Seniors

## ALASKA HEALTH FAIR

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

Website: [alaskahealthfair.org](http://alaskahealthfair.org)

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

## ALASKA HOUSING FINANCE CORP. SENIOR HOUSING OFFICE

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

Website: [ahfc.us/senior-support](http://ahfc.us/senior-support)

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

## ALASKA INTERNATIONAL SENIOR GAMES

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

Website: [alaskaisg.org](http://alaskaisg.org)

Hey Seniors! Get ready for FUN at the 2023 Alaska International Senior Games coming August 5-13th! Events like swimming, bocce, bowling, power walk, and pickleball are waiting for you. Check out our website!

## ALASKA LEGAL SERVICES CORP.

100 Cushman Street, Suite 500  
Fairbanks, AK 99701  
907-452-5181

Website: [alsc-law.org](http://alsc-law.org)

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

## ALASKA LONG TERM CARE OMBUDSMAN

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

Website: [akoltco.org](http://akoltco.org)

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

## ALLWAYS CARING

3407 Airport Way  
Fairbanks, AK 99709  
907-456-4524

Website: [allwayscaring.com](http://allwayscaring.com)

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

## ALZHEIMER'S RESOURCE OF ALASKA

565 University Avenue, Suite 2  
Fairbanks, AK 99709  
907-457-3376

Website: [alzalaska.org](http://alzalaska.org)

We are the leading source of information, support, and services in the state for individuals with disabilities, Alzheimer's disease, related dementias, and their families and caregivers. Visit our website for our calendar and upcoming classes.

## AMERICAN HEART ASSOCIATION

PO Box 71717  
Fairbanks, AK 99707  
800-AHA-USA-1

Website: [ahfc.us/senior-support](http://ahfc.us/senior-support)

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

## AMERICAN RED CROSS - TANANA VALLEY

3501 Lathrop Street, Unit G  
Fairbanks, AK 99701  
907-456-5937

Website: [redcross.org](http://redcross.org)

Training 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  
907-479-3909

Website: [bcdcofalaska.org](http://bcdcofalaska.org)

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

## DENAKKANAGA, INC.

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

Website: [denakkanaaga.org](http://denakkanaaga.org)

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

## FAIRBANKS COMMUNITY FOOD BANK

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

Website: [fairbanksfoodbank.org](http://fairbanksfoodbank.org)

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

## FAIRBANKS NATIVE ASSOCIATION ELDERS PROGRAM

319 First Avenue  
Fairbanks, AK 99701  
907-452-5225 ext. 619

Website: [fairbanksnative.org](http://fairbanksnative.org)

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

## FAIRBANKS PIONEER'S HOME

2221 Eagan Avenue  
Fairbanks, AK 99701  
907-458-2250

Website: [dhss.alaska.gov/daph](http://dhss.alaska.gov/daph)

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

## FAIRBANKS REGIONAL PUBLIC HEALTH CENTER

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

Website: [dhss.alaska.gov/daph](http://dhss.alaska.gov/daph)

Public health community education, immunizations, TB screening, STD screening, communicable disease investigation, chronic disease education, linkage to resources. Services by appointment only. Free COVID shots, Boosters and Flu vaccines available on the third Thursday of each month at North Pole Fire Dept.

## FAIRBANKS RESOURCE AGENCY SENIOR SERVICES

800 Airport Way  
Fairbanks, AK 99701  
907-456-8901 ext. 643

Website: [fra-alaska.org](http://fra-alaska.org)

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

## FAIRBANKS RETIRED TEACHERS ASSOCIATION

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

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

## FRIENDS OF THE NORTH POLE BRANCH LIBRARY

8656 NPHS Blvd  
North Pole, AK 99705  
907-488-6101

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

## GREEN STAR OF INTERIOR ALASKA

1101 Well Street  
Fairbanks, AK 99708  
907-452-4152

Website: [iagreenstar.org](http://iagreenstar.org)

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

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

\*Recyclable items include (clean): Paper, Cardboard, #1 and 2 plastic bottles and jugs (caps removed), Aluminum beverage containers, Household batteries, Electronics ("anything with a plug"). Thanks for recycling!

## HOLIDAY HEIGHTS - NORTH POLE AREA HOUSING

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

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

## HQ LEGAL

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

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

## INTERIOR ALASKA CANCER ASSOCIATION

PO Box 80063  
Fairbanks, AK 99708  
907-374-0974

Website: [interioralaskacancer.org](http://interioralaskacancer.org)

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

## INTERIOR ALASKA SOURDOUGHS

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

The Interior Alaska Sourdoughs (IAS) or “Sourdoughs” is an organization founded by Jack Coghill and Henry Jenkins in 2000 for Alaskans with interest in community activities and Alaskan History. Meetings take place four times a year. Scholarships are offered to the children of IAS members for the University of Alaska Fairbanks. A 10-year residency is required.

## INTERIOR WEATHERIZATION, INC.

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

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

## LITERACY COUNCIL OF ALASKA

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

Website: [literacycouncilofalaska.org](http://literacycouncilofalaska.org)

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

## MASST (MATURE ALASKANS SEEKING SKILLS TRAINING)

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

Website: [labor.alaska.gov/masst](http://labor.alaska.gov/masst)

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.

## MLH MANOR SENIOR HOUSING

301 7th Avenue  
Fairbanks, AK 99701  
907-347-7313

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.

## MOORE STREET APARTMENTS

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

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

## NENANA TORTELLA COUNCIL ON AGING

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

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

## NINE ONE TEN

PO Box 85228  
Fairbanks, AK 99708  
907-374-0974

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

## OLDER PERSONS ACTION GROUP, INC.

3340 Arctic Blvd # 106  
Anchorage, AK 99503  
907-276-1059

Website: [seniorvoicealaska.com](http://seniorvoicealaska.com)

Publishers of senior voice and the 2023-25 directory for older Alaskans.

## OSHER LIFELONG LEARNING INSTITUTE AT UAF

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

Website: [uaf.edu/olli](http://uaf.edu/olli)

UAF - OLLI offers non-credit short courses in a wide range of topics during fall and spring semesters, plus social events and special interest groups (SIGS). There are no tests, grades, certificates, or prerequisites. We welcome curious learners from all backgrounds. Registration for Fall 2023 starts August 14th, and more information of summer offerings and opportunities can be found on our website! Stay curious!

## QUILTING LIONS AND FRIENDS

1231 4th Avenue, Apt. 4  
Fairbanks, AK 99709  
907-479-5203

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. Follow us on Facebook!

## RAVEN LANDING CENTER

1222 Cowles Street  
Fairbanks, AK 99701  
907-328-5454

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

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

**SALVATION ARMY**

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

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

**SOCIAL SECURITY ADMINISTRATION**

101 12th Avenue, Room 138  
 Fairbanks, AK 99701  
 855-601-2484 x30100

Website: [ssa.gov](http://ssa.gov)

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

**SOUTHEAST REGIONAL RESOURCE CENTER (SERRC)**

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

Website: [serrc.org](http://serrc.org)

Paid training opportunities to help seniors find employment.

**SPIRIT OF ALASKA FEDERAL CREDIT UNION**

1417 Gilliam Way  
 Fairbanks, AK 99707  
 907-459-5977

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 and an enrollment gift. Join now!

**UNIVERSITY OF ALASKA FAIRBANKS**

1810 Salcha Street  
 Fairbanks, AK 99775  
 907-474-5149

Website: [uaf.edu/bursar/for-students/tuition-waivers](http://uaf.edu/bursar/for-students/tuition-waivers)

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

**USDA RURAL DEVELOPMENT**

590 University Avenue  
 Fairbanks, AK 99709  
 907-479-6767 X102

Website: [rd.usda.gov/ak](http://rd.usda.gov/ak)

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

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

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



# FOUNDATION HEALTH PARTNERS

## Senior Health Resources



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



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



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



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



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



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

Learn more at [foundationhealth.org](http://foundationhealth.org)

# SENIOR HEALTH GUIDELINES



## Review With Your Doctor

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



## Immunizations

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



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

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



## Wellness Checks

- Discuss these items with your provider annually

# STATE OF ALASKA - SERVICES



## STATE OF ALASKA - DEPARTMENT OF FISH & GAME

1300 College Road  
Fairbanks, AK 99701  
907-459-7346

Website: [adfg.alaska.gov](http://adfg.alaska.gov)

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

## STATE OF ALASKA - DEPARTMENT OF HEALTH & SOCIAL SERVICES

751 Old Richardson Highway  
Fairbanks, AK 99701  
907-451-3187

Website: [dhss.alaska.gov](http://dhss.alaska.gov)

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

## STATE OF ALASKA - MEDICARE INFORMATION OFFICE

400 Gambell Street  
Anchorage, AK 99501  
907-269-3669

Website: [dhss.alaska.gov](http://dhss.alaska.gov)

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

**AARP Alaska Loves Seniors!**

<https://www.aarp.org/volunteer/>

**AARP**  
Alaska

3601 C Street #1420  
Anchorage, AK 99503  
(866) 227-7447  
[www.aarp.org/ak](http://www.aarp.org/ak)

**A SOCIAL PROGRAM\* OFFERING NON-CREDIT COURSES FOR ADULTS AGED 50+.**

**VISIT OUR WEBSITE!**

<http://www.uaf.edu/olli>

907-474-6607  
[uaf-olli@alaska.edu](mailto:uaf-olli@alaska.edu)

\*MEMBERSHIP REQUIRED, CONTACT US FOR MORE INFORMATION!

**OSHER LIFELONG LEARNING INSTITUTE AT UAF**  
A HEALTH CLUB FOR YOUR MIND!

# ADDITIONAL RESOURCES

**Assisted Living Homes**  
**Caregivers/Respite**  
**Counseling Services**  
**FNSB Services**  
**Legal Services**

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

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

## ASSISTED LIVING HOMES

NAME	ADDRESS	PHONE NUMBER
Agewise A New Vision	1744 Farmers Loop Road	907-888-2345
Caring Bridges, ALH, Inc.	107 7th Avenue	907-479-0360
Chaga Aurora Inn	651 Eastside Drive	907-978-3453
Denali Center	1510 19th Avenue	907-458-5100
Downtown Care	110 2nd Avenue	907-452-7946
Emmanuel Residential Care	505 Illinois Street #2	907-477-2273
Emmanuel Residential Care	70 Steelhead Road	907-477-2273
Fairbanks Resource Agency Homes	Various locations	907-459-8901
Frontier Assisted Living, LLC	1015 Evergreen Street	907-328-2200
Frontier University West	4910 Palo Verde Avenue	907-328-2200
Hope Haven Assisted Living, LLC	1511 21st Avenue	907-374-9785
Horizon Assisted Living of Fairbanks	821 17th Avenue #120	907-374-1303
Jones Assisted Living	32 Craig Avenue	541-405-0193
Let Us Care ALH	3405 Sandvik Street	907-452-5624
Nadon Family Home	1506 Luke Street	907-799-5589
Pioneer Home of Fairbanks	2221 Eagan Avenue	907-456-4372
Rocking Years One	1913 Jack Street	907-451-4530
Rocking Years Two	3291 Jefferson Drive	907-374-5816
Timber Creek Senior Living	3415 Trothno Lane	907-328-2218
Wild Iris Comfort Care	1221 3rd Avenue	907-452-2345

## CAREGIVERS/RESPITE

NAME	ADDRESS	PHONE NUMBER
Access Alaska	526 Gaffney Road	907-479-7940
ResCare	3407 Airport Way	907-452-9005
TLC -Private Pay	600 University Avenue	907-479-2273

## COUNSELING SERVICES

NAME	ADDRESS	PHONE NUMBER
Crossroads Counseling	3180 Peger Rd, Ste. 200	907-455-9737
Fairbanks Community Health	1423 Peger Rd	907-371-1300
Fairbanks Veteran's Center	540 4th Avenue	907-456-4238
FNA Elders Program	317 Wendell Street	907-451-7250
FNA Ralph Perdue Center	3100 S. Cushman Street	907-452-6251
HOPE Counseling Center	926 Aspen Street	907-452-8438
Pleiades Counseling Inc.	543 3rd Avenue, Ste. 201	907-452-8438
Tanana Chiefs Behavioral Health	122 1st Avenue, Ste. 600	907-459-3800
Turning Point Counseling Services	315 5th Avenue	907-374-7776

## FAIRBANKS NORTH STAR BOROUGH DEPARTMENTS

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

**FOOD SERVICES**

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

**LEGAL SERVICES**

<b>NAME</b>	<b>ADDRESS</b>	<b>PHONE NUMBER</b>
Alaska Legal Services	100 Cushman Street, Ste. 500	907-452-5181
Consumer Credit & Counseling	250 Cushman Street, Ste. 4B	907-451-8303
Disability Law Center	1949 Gilliam Way, Ste. H	907-456-1070
Human Rights Commission	800 A St., Ste. 204, Anchorage	800-478-4692
Long Term Care Ombudsman	3745 Community Park Lp., Anchorage	800-730-6393
Office of Elder Fraud & Assistance	900 W 5th Ave., Anchorage	907-334-5989
State of AK Ombudsman	130 Seward St., Juneau	800-478-3257

**MEDICAL EQUIPMENT AND SUPPLIES**

<b>NAME</b>	<b>ADDRESS</b>	<b>PHONE NUMBER</b>
AK Center for Children & Adults	1020 Barnette Street	907-456-4003
Access Alaska -Loan Closet	526 Gaffney Road, Ste. 100	907-479-7940
Assistive Technology of Alaska	3330 Arctic Blvd, Anchorage	907-563-2599
Home Medical Equipment	19 College Road	907-458-5421
Interior Medical Supply	915 30th Avenue, Ste. 106	907-457-8486
ProCare Home Medical	3519 Industrial Avenue	907-458-8912

## MILITARY SERVICES

NAME	ADDRESS	PHONE NUMBER
Fairbanks Veteran's Center	540 4th Avenue, Ste. 100	907-456-4238
Fort Wainwright Army Services	Building 3401, Ft. Wainwright	907-353-4227
Bassett Army Hospital	4076 Neely Road, Ft. Wainwright	907-353-4248
Survivor Outreach Services	Fairbanks, Alaska	907-384-40272
Eielson Community Center	Building 2555, Eielson Air Force Base	907-377-2642
Eielson Chaplains	Building 2613, Eielson Air Force Base	907-377-2130
Eielson Airman & Family Readiness	2631 Wabash Ave, Suite 1	907-377-2178

## TRANSPORTATION SERVICES

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

## 911 & EMERGENCY SERVICES

NAME	ADDRESS	PHONE NUMBER
Police, Fire, Ambulance	---	911
Fairbanks Memorial Hospital	1650 Cowles Street	907-452-8181
Adult Protective Services	---	907-374-3749
American Red Cross	3501 Lathrop Street	907-456-5937
Careline Crisis Intervention	---	877-266-4357
Dept. of Emergency Operations	3175 Peger Road	907-459-1220
Fairbanks Rescue Mission	723 27th Avenue	907-452-5343
Lifeline Medical Alert Services	1650 Cowles Street	907-458-5597
National Suicide Prevention	---	800-273-8255
Poison Control	---	800-222-1222
Alaska 211	---	211
Alaska Careline Crisis Intervention	---	977-266-4357

**Alaska Health Fair** INC

nonprofit serving Alaskans since 1980

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

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



- **Blood chemistry screen**  
 (27 panels) - covers infection, anemia, liver disease, clotting ability, kidney and adrenal function, liver function, bone disease, tissue disease and damage, heart function, liver function, muscle function, and lipids (coronary heart disease) (fasting 10hrs.)- 45
- **Thyroid screen** – 35
- **Prostate disease screen** – 25
- **Vitamin D screen (D2, D3)** – 50
- **A1C diabetes** – 25
- **Blood typing** – 20
- **Vitamin B12** – 35
- **Ferritin** – 35
- **Testosterone (men)** – 55



**Men's Wellness Package**

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

**\$180**



**Women's Wellness Package**

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

**\$155**

Blood tests available for those 18 & older.

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

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





**Rural CAP**  
Rural Alaska Community Action Program, Inc.

## Join the Team!

Contact us to find out how  
YOU can become an

**Elder Mentor!**

907-865-7276

ElderMentors@ruralcap.org

ElderMentor.org



## Elder Mentor Program

Do you love working with children?

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

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

## Now Recruiting!



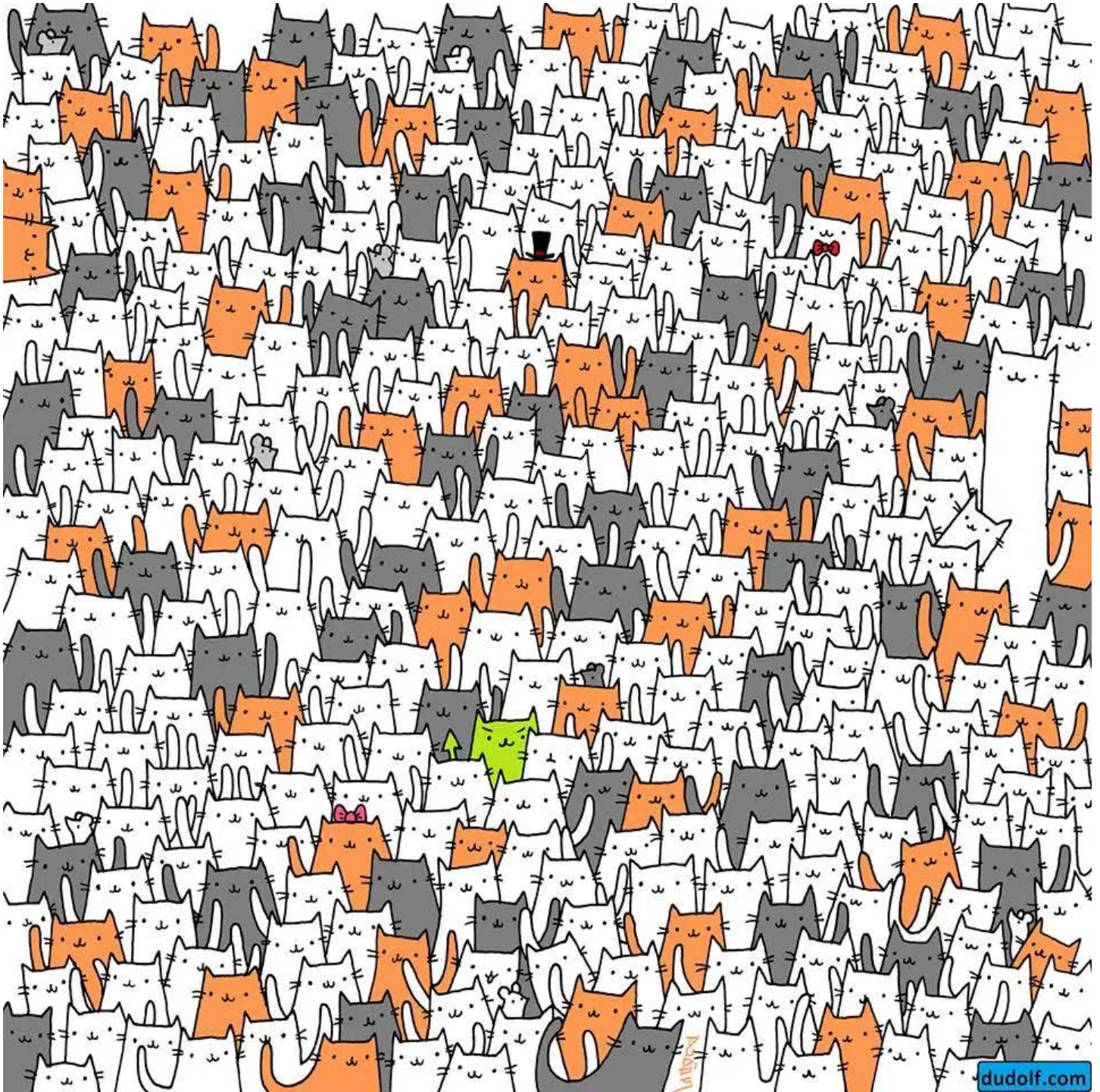
Scan QR Code

731 E 8th Avenue | Anchorage, Alaska 99501

p 907.279.2511 | [www.ruralcap.org](http://www.ruralcap.org)

# BRAIN GAMES

Can you find the Rabbit among the Cats?



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

**Solution on pg. 47**

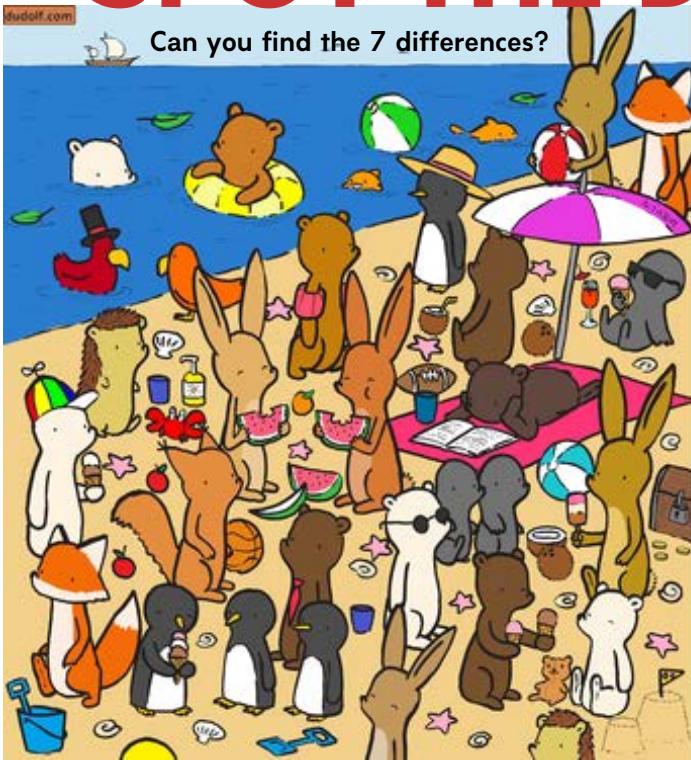
# MORE PUZZLES

Can you find the bee hidden in the picture?

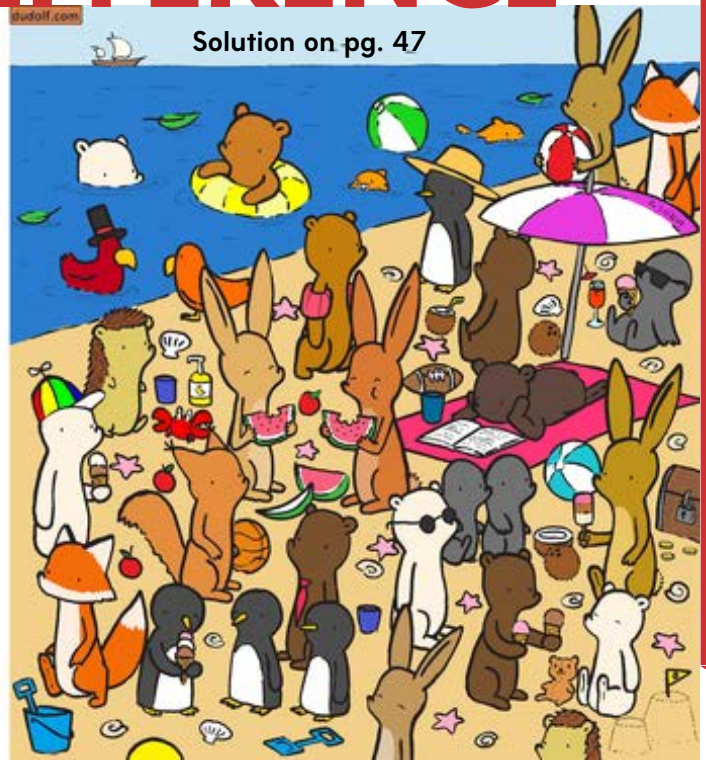


Solution on pg. 47

# SPOT THE DIFFERENCE



Can you find the 7 differences?



Solution on pg. 47

BRAIN GAMES

## SUDOKU

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

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

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

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



3755 Airport Way  
447-1400

930 Old Steese Hwy  
459-4200

First Tuesday of Every Month

Senior Discount 55+ enjoy an extra 10% off.

# Alaska Barber Shop

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

**\$13.00 haircuts for 65+**



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

First Tuesday of Every Month

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



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

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



Where Creativity Happens®

10% Senior Discount Everyday

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



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

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

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



Two Locations:

410 Trainor Gate Road  
907-456-5433

3525 College Road  
907-374-0990

First Tuesday of Every Month

Enjoy an extra 10% off for those 55 or older!



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



5% discount every day!

377 Helmericks Ave  
907-457-8555



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



3023 Airport Way  
907-474-4828

Tuesdays  
30% off for 55+



University of Alaska Fairbanks

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

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

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



Stop in at ADF&G at 1300 College Road or go online at [store.adfg.alaska.gov](http://store.adfg.alaska.gov) to get your free license today.



## CITY OF FAIRBANKS GARBAGE DISCOUNT

65+ FOR QUALIFIED SENIOR CITIZENS WHO MEET CITY REQUIREMENTS

907-459-6713  
for more information



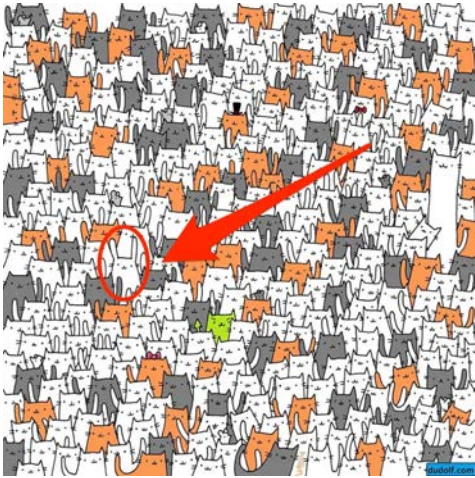
DISCOUNTS

## RESTAURANTS

NAME	DISCOUNT OFFERED	PHONE NUMBER
The Banks Alehouse	15% off for 55+	907-374-3265
Brewster's	10% off for 65+	907-456-2538
Gallo's Mexican Restaurant	Special Senior Menu	907-455-9225
Food Factory	Special Senior Menu	907-452-3313
Airport Way Restaurant	Special Senior Menu	907-457-5182
The Cookie Jar	10% off for 60+	907-479-8319
The Pump House	\$10.00 off Sunday Brunch	907-479-8452
Fatburger & Buffalo's Express	10% off for 50+	907-687-7437
A&W/KFC	5% off for 60+	907-452-1010
Airport Way McDonalds	.59 cent Coffee	907-452-4600
Fenders	10% off for 55+	907-452-3684

# ANSWER KEY

Find the rabbit (p.40):



Find the Bee (p.41):



Spot the Difference (p.42):



## SOLUTIONS to Suduko puzzle on page 42

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

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

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

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

# Fairbanks North Star Borough Parks & Recreation

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



Preserving and creating an inclusive community culture...



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