

# SENIOR CITIZENS OF KODIAK, INC.

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scokinc@ak.net

[www.kodiakseniorcenter.org](http://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.

Summer 2018

## 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, Bay View Terrace, and Kodiak Island Housing Authority, among others. Each agency works together to provide a comprehensive blanket of support to seniors in our community.

In November 2013, Senior Citizens of Kodiak , was awarded it's third accreditation by the National Institute of Senior Centers, the first senior center in the State of Alaska to achieve this honor.

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.

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## SUPPORT SERVICES

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

<b>Need</b>	<b>YES</b> √	<b>NO</b> √	<b>Page Number</b>
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**

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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. *Providence Kodiak Island Medical Center's Care Center* provides activities and events for nursing home residents.

### **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, hauling water or fuel, chopping and stacking wood, 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

## **Section One—Support Services By Service**

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sexual assault and offers support programs and training for the prevention of domestic violence and sexual assault. *Adult Protective Services* offers crisis intervention for 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*, *Kodiak Island Medical Associates*, *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 your local 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 two senior housing complexes on Kodiak. *Bay View Terrace* provides independent living and assisted living, while *Heritage Heights* and *Emerald Heights on Near Island* providing senior independent living only. 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.

## SUPPORT SERVICES

### Section One—Support Services By Service

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#### **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. 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 *Arctic 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*, 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.

#### **Physical Therapy**

Physical therapy and physical therapists provide evaluation and treatment of mobility

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## **Section One—Support Services by Service**

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(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. *Bay View Terrace* provides short term apartment rentals, in their assisted living section, to allow the caregiver to take a vacation, up to three weeks. In both situations, someone is there to care for your loved one giving the caregiver much needed time for themselves.

### **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.



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## **Section Two—Housing and Long Term Care Options**

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

### **Independent Living**

Kodiak offers two 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. *Bay View Terrace* provides assisted living apartments on their first and second floors. (Call 539-2054)

### **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**

Tanya Lee  
211 Mission Road  
Kodiak, AK 99615  
**(907) 486-0493**

**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**

**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**

**Bay View Terrace**

Owned by Brechan Enterprises, Bay View Terrace provides one-bedroom and some two bedroom apartments for independent living. Assisted living and respite, or short-term care, are also available. Bay View Terrace combines housing, support services and personal care assistance with 24 hour resident monitoring.

**Address & Phone:**

309 Erskine Ave.  
Kodiak, AK 99615  
**(907)539-2054**

## SUPPORT AGENCIES

### Section Three—Directory of Support Services by Agency

#### Local Agencies

##### **Care Coordination**

Care Coordinators are certified by Medicaid to coordinate 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.

##### **Swanberg Human Services**

Jennifer Swanberg 907-512-0601

##### **Quintessence Planning & Care Coordination**

Erika Madsen (907) 884-6622

##### **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.

##### **Address & Phone:**

1941 B Mill Bay Road  
Kodiak, AK 99615  
**(907) 481-3070**

##### **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**  
KIHA  
182 Alimaq Drive  
Kodiak, Alaska 99615  
**(907)486-8111**  
**Email: [mindyp@kiha.org](mailto:mindyp@kiha.org)**

**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. FCSP also coordinates the annual Aging Connection Conference and has a lending library and monthly support group

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**

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#### **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:  
Amy Durand  
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**

## SUPPORT AGENCIES

### Section Three—Directory of Support Services by Agency

#### Local Agencies

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##### **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. Other non-profits who have non-beneficiaries also contract services for their clients. 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)481-2484**

##### **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](mailto:kiha@kiha.org)

Address & Phone:  
3137 Mill Bay Rd.  
Kodiak, AK 99615  
**(907)486-8111 or (800)478-5442**

## **Section Three —Directory of Support Services by Agency**

### **Local Agencies**

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#### **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: [kwrcc@gci.net](mailto:kwrcc@gci.net)

#### **Lifeline**

Managed under a grant 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**

## SUPPORT AGENCIES

### Section Three—Directory of Support Services by Agency

#### Local Agencies

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##### **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:  
1247 Mill Bay Rd  
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:  
1247 Mill Bay Rd.  
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:  
316 Mission Road, Room 207  
Kodiak, AK 99615  
**(907)486-3319**



**Section Three—Directory of Support Services by Agency****Local Agencies**

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**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 *case management*. 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, respite and lifeline to those persons caring for individuals over 60 (see individual listings for more detail on each program); *Senior In-Home Service Program*, providing case management 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. Exemption is valid up to the first \$150,000 of the assessment.

Address & Phone:  
710 Mill Bay Rd.  
Kodiak, AK 99615  
**(907)486-9324**

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**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**

## **Section Three—Directory of Support Services by Agency**

### **Village Agencies**

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**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**

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#### **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](mailto: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

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#### **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

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#### **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. 6<sup>th</sup> Ave. Suite 200  
Anchorage, AK 99501  
(907)272-9431 or 1(800)478-9431

#### **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 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

#### **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**

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**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](mailto: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**

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**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 Medical Supply**

Geneva Woods Home Medical Equipment Center provides a complete line of home medical equipment, respiratory services, and supplies for both adults and pediatric patients. We assure availability, supply delivery, and equipment setup for purchased or rental equipment. Certified respiratory therapist available.

**Address & Phone:**

501 W. International Airport Rd.  
Anchorage, AK 9940  
**(907)565-6100 or toll free (800) 478-0005**

**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**

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#### **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.

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**

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### **State Wide Agencies**

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#### **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. 41<sup>st</sup> Ave., Suite 101  
Anchorage, AK 99403  
**(907)562-3534 or toll-free (800)770-3534**

#### **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**

#### **Senior Benefits Program (formerly known as the Longevity Bonus)**

Alaska residents who are age 65 or older may qualify for a monthly payment of \$125, \$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**

## Section Three —Directory of Support Services by Agency

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### National Agencies

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#### **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**

#### **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](mailto: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 representative are available on the 2nd and 4th Tuesday of each month via teleconference at the Kodiak Job Center 309 Center Ave. from 8:30 am to 12:30 pm.

\***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](mailto:scokinc@ak.net)  
[www.kodiakseniorcenter.org](http://www.kodiakseniorcenter.org)

