



# JUNEAU COMMISSION ON AGING AGENDA

March 21, 2023 at 10:30 AM

Zoom Webinar

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<https://juneau.zoom.us/j/81491760970?pwd=bkFwWk42Mllmazi0aFdMS3ArTG5qZz09>

Or Call In: 1-253-215-8782

Meeting ID: 814 9176 0970 Passcode: 858248

**A. CALL TO ORDER**

**B. ROLL CALL**

**C. APPROVAL OF AGENDA**

**D. APPROVAL OF MINUTES**

1. **2023-02-21 Juneau Commission on Aging Minutes - Draft**

**E. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS**

2. **Public Comment Received for the JCOA**

**F. AGENDA TOPICS**

3. **CBJ Property Tax Increases - Affect on Seniors**

JCOA discussion on working with CBJ to freeze senior property taxes or sales exemption tax reductions — some way to mitigate against increasing cost of living for seniors on fixed incomes.

4. **JCOA - Main Projects/Subcommittee Updates**

A.) Housing for Seniors

B.) Improving Volunteer Database

C.) Creating Senior Fitness & Social Opportunities

D.) Southeast Regional Eldercare Coalition

**G. COMMITTEE MEMBER / LIAISON COMMENTS AND QUESTIONS**

**H. NEXT MEETING DATE**

Tuesday, April 18, 2023 at 10:30am via Zoom

**I. ADJOURNMENT**

ADA accommodations available upon request: Please contact the Clerk's office 36 hours prior to any meeting so arrangements can be made for closed captioning or sign language interpreter services depending on the meeting format. The Clerk's office telephone number is 586-5278, TDD 586-5351, e-mail: [city.clerk@juneau.org](mailto:city.clerk@juneau.org).

Juneau Commission on Aging (JCOA)  
Meeting Notes February 21, 2023

**I. Call to order**

The meeting was called to order by Emily Kane and conducted via ZOOM.

Board members present: Carol Ende, Emily Kane, Deborah Craig, Linda Kruger, Jennifer Garrison, Jennifer Carson,

Board members absent: Kathleen Samalon, Ann Stepetin, Susan Warner

Others: Shoshana Seligman, Michelle Hale, Assembly Liaison

**II. Approval of Agenda and minutes from previous meeting**

The agenda was approved. Minutes from the January meeting were approved as submitted.

**III. Public participation on Non-Agenda Items**

There was no public participation on non-agenda items.

**IV. Discussion Items**

1. **Election of Officers** - The slate of officers was presented as: Emily Kane, Chair, Kathleen Samalon, Vice Chair, Linda Kruger, Secretary, and Deborah Craig, Treasurer. Linda Kruger motioned for unanimous consent, Jennifer Carson seconded, and the slate of officers was elected with no dissent.
2. **Appointment of members to three main projects/subcommittees:**
  - a.) **Housing for seniors** - Kathleen Samalon, Emily Kane and Carol Ende.
  - b.) **Improving volunteer database** with Catholic Community Services and United Way - Jennifer Garrison, Jennifer Carson
  - c.) **Creating senior fitness and social opportunities** with Parks and Recreation - Linda Kruger and Emily Kane.
  - d.) **Southeast Regional Eldercare Coalition**- Deborah Craig, Linda Kruger. Emily suggested that maybe the volunteer effort could fall under SREC and Deb Craig might be able to write a grant to provide supplemental funding for the volunteer database effort.

3. **Question of the Month** - Members agreed to discontinue the Question of the Month.
4. **Juneau as an Age Friendly Community** - There are 8 domains and JCOA will coordinate with the Juneau AARP CAT to design a plan for how to proceed.
5. **Planning for May Listening Sessions** - Listening sessions will be held at the 3 public libraries. Carol will work on the Valley meeting; Linda and Deb C. will work on the Douglas meeting; and Emily will work on the Downtown meeting. Linda said that the AARP-CAT would co-sponsor the listening sessions and help out. Linda will organize a working group to plan the events. Shoshana mentioned that many people still don't come out in the community for in-person events.

- V. **Assembly Liaison Comments and Questions:** Michelle Hale mentioned the Municipal League meeting at the Baranof: Legislative priorities include defined benefits and improving childcare. Michelle asked about the status of the Juneau Senior Center. Jennifer G. mentioned that there is no site manager at Mountainview/the Juneau Senior Center. It has been hard to find staff. CCS hopes to reopen the center in May. The Senior Center could provide services and information for seniors. Michelle mentioned that the Assembly is encouraging housing development. The lack of housing blocks workers from being able to afford to live here. We need to expand our housing before we can recruit workers.

We agreed to share the information that we gather from our listening sessions with Michelle.

## VI. **Adjournment**

The next meeting is scheduled for March 21 at 10:30 via ZOOM.  
Linda provided notice that she will be on an airplane and thus will miss the March meeting.

The meeting was adjourned at 11:35 AM.

February 27, 2023

Dear Commission on Aging Board Members,

I am writing to the Commission regarding the article in the Juneau Empire dated February 16, entitled "Aging Infrastructure: Juneau commits to its older residents". I was surprised and dismayed at the top three goals cited by Dr. Emily Kane chairperson in the next five years as senior pickleball courts, volunteer network hub, and encouraging proactive age-friendly thinking when developing new infrastructure. As an active senior age 69 and resident of Juneau since 1978 I do not believe pickleball courts for seniors should be anywhere near the top list of priorities for seniors. I believe the top three priorities based on my personal experiences and those of my peers (65-85) are transportation, enhanced and upgraded current CBJ facilities for seniors and supporting CBJ health care needs for geriatric care.

CBJ bus transportation and care a van transportation for seniors is severely lacking in parts of Juneau and grossly understaffed and difficult to access. The bus and care a van do not come "out the road" past DeHarts. If you investigated the assessors database for senior exemption on property tax, I imagine you would find a large percentage of seniors live out past DeHarts. My personal experiences in the last 5 years of qualifying as a senior have shown me how inaccessible services are in my location on LenaLoop. Two years ago I fell gardening and fractured my tibia requiring major surgery. I was ordered to have physical therapy three times a week for three months. I would not been able to do this and recover without friends and family to drive me into therapy. Transportation should not be discriminatory based on location in CBJ. I also have cancer and periodically receive radiation and chemotherapy at Bartlett Regional Hospital. Again, there is no transportation for me to get to a medical appointment with care a van due to where I live. Even if you live in an area where care a van will provide transportation, obtaining a pass to ride care a van is not senior friendly. If you are not aware, you must go to two different CBJ facilities to obtain a pass. This makes it extremely difficult for a senior who already has some physical or mental disability to obtain a ride to get a pass, have that individual park and wait at CBJ main office and then walk down a long hall on the first floor and hope that the electric door is fixed. Then after your photo you need a ride to Mountain view housing, where again you have to go in and discuss your needs and finalize your pass. Perhaps there could be a senior day with bus services to access pools, grocery stores and libraries. A priority in Juneau is for widespread transportation with bus service and care a van services where all seniors live. If that means more buses, more financial support for drivers and more care a vans, then that is "proactive age-friendly thinking."

The second priority that I see for seniors is enhancing and upgrading the current CBJ exercise facilities we have already. We have two beautiful pools, an ice rink, a ski resort, and an indoor walking/running track. None of these facilities have senior hours so you are not competing with families for locker room space or use of adaptive equipment. I am an avid user of the Dimond Aquatics center and am very supportive of the staff and the facility. I have friends that again cannot access it for their physical therapy needs due to transportation. The Turf field house has a wonderful indoor track, much needed in our incimate weather for seniors and is open seven days a week. In order to access the track to walk you must be able to climb a flight

of stairs. There is no elevator in the building. We can enhance a current well used facility with walking hours downstairs on the turf and install an elevator. There are no senior hours at the ice rink or at Eaglecrest either. There has been no advertising for senior classes for over 65 (not 50) at either facility with transportation. The Dimond park area also has a library , walking paths all around the ball fields and over to the trail as well as a walking outdoor track that is part of Thunder Mountain High School. Why not add outdoor lights so seniors can safely walk these areas . Why not add walking hours to the school and rotate so each school on Saturday and Sundays and evenings has indoor walking for seniors. These are CBJ facilities already in existence and need enhancement for seniors. We do not need additional facilities that require more money, maintenance and personnel that are already extremely difficult to locate.

The third priority I see and one that is shared by many seniors over the age of 65 is enhanced health care services for seniors. Juneau no longer has an ophthalmologist, only one to two orthopedic surgeons, no gerontologist, no rheumatologist , no cardiologist and a retiring neurologist. When you talk with seniors about their health care needs they are leaving Juneau daily for medical care in these areas. I think we should support BRH in their recruitment of qualified physicians and much needed care providers for senior services. Many of these medical conditions will deteriorate and require rehabilitation and possibly long term care (LTC). We have limited to no LTC services in Juneau. Wildflower Court is our only LTC facility and is always full. Pioneer home will provide LTC if you were already a resident of the Pioneer home . The new Riverview Senior Living which received a \$2 million grant from the city is much needed. However, if someone needs rehabilitation and LTC they will most likely not be able to remain in their hometown. The Riverview Senior Living is also not on a bus route, nor does it have access to reliable side walks if you could walk to the bus depot across from the Mendenhall Mall. Will those seniors who do drive have covered parking? Who will remove the snow from their vehicles? Is the care a van the only senior transportation? If so , that is not fair to the rest of the Juneau residents that potentially 99 seniors have access to an already overworked and inadequate service.

If the commission is working to encourage proactive age friendly thinking when developing new infrastructure then I think we need to look first at our existing services and facilities before we add more facilities. I think the COA also needs to address the ages of their board members to ensure that all senior age groups are represented. The AARP senior standard of over 50 is not really relevant for planning services for seniors in CBJ . The needs of a working 50-65 year old are vastly different than 65 and up. I think focus groups would help the commission look at each decade of life and those needs looking forward.

Thank you for the opportunity to respond to the article.

Sincerely,

Justine Muench

**From:** [Betty Stidolph](#)  
**To:** [City Clerk](#)  
**Subject:** Senior Needs  
**Date:** Monday, March 6, 2023 2:50:06 PM

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To Whom it May Concern:

What Seniors need in our community is a very important issue and should be given great consideration. In my opinion things such as food security should be on the list. Our community used to have places Seniors could dine to include Mountainview and St Paul's Church. I believe those choices have disappeared with nothing to replace them. These were also places where Seniors were able to connect and socialize which is very important. The Meals on Wheels (MOW) program, according to some Seniors in town, has deteriorated and the meals aren't as tasty as they used to be.

I also believe more attention should be given to nurturing and growing the CNA and nursing programs. There is an increased need for assisted living and homecare which includes hospice and our local workforce is severely limited. There is one skilled nursing facility in our town and the staffing of that is also in jeopardy. Moving people to the appropriate level of care is dependent on staffing. If you can't get a person into a skilled nursing facility for rehab or line up home care they have to stay in the hospital which is not only expensive but inappropriate. Availability of respite care for people taking care of family members is also needed. I think we need to have our eye on the aging mental health community and their needs. This community requires a whole different level of care and expertise.

Wasn't there a survey done by the Commission on Aging regarding the needs of Seniors in our community? Maybe that survey needs to be updated?

Increasing the availability of specialists in our community ie: Ophthalmology, Rheumatology, Gastroenterology, Cardiology would also be a way to help our aging population so we wouldn't have to leave town for a higher level of care.

From food insecurity to transportation there are many ways to support Seniors. I am not saying we couldn't use Senior focused activities but I don't think pickleball is the solution.

Sincerely,  
Betty Stidolph

Google LLC, 1600 Amphitheatre Parkway, Mountain View, CA 94043,  
USA

You have received this email because shared a  
document with you from Google Docs.

Re: KTOO - Property Assessment affecting seniors with fixed income?

From: Yvonne Krumrey (yvonne.krumrey@ktoo.org)  
To: ksamalon@yahoo.com; dremilykane@gmail.com  
Date: Tuesday, March 14, 2023 at 12:22 PM AKDT

Kathleen,

Thank you this is really helpful! I'd love to hear more about these ideas when the assembly is talking about the mill rate in the coming weeks.



**Yvonne Krumrey | Reporter**

**a:** KTOO | 360 Egan Dr | Juneau, AK 99801  
**e:** [yvonne.krumrey@ktoo.org](mailto:yvonne.krumrey@ktoo.org) | **w:** [ktoo.org](http://ktoo.org)  
**m:** + 314 484 4180 | **p:** + 907 586 1670



*On the homelands of the Áak'w Kwáan L'eeneidí*

**From:** Kathleen Samalon <[ksamalon@yahoo.com](mailto:ksamalon@yahoo.com)>  
**Sent:** Tuesday, March 14, 2023 9:20 AM  
**To:** Yvonne Krumrey <[yvonne.krumrey@ktoo.org](mailto:yvonne.krumrey@ktoo.org)>; DrEmilyKane@gmail.com <[dremilykane@gmail.com](mailto:dremilykane@gmail.com)>  
**Subject:** Re: KTOO - Property Assessment affecting seniors with fixed income?

Yvonne, I don't know if your article is addressing solutions, but here are a couple of possibilities to consider.

A possible way for the city to address the affect the property tax increase will have on all seniors is to freeze the current tax rate for anyone over 65 or 70. That is done in some localities. Nearly all seniors in that age bracket are not working and therefore are on fixed incomes. Qualification would be if the resident holds a CBJ Senior Citizen sales tax exemption card.

As an alternative, a subset of seniors in Juneau, those who already qualify for the Senior Citizen Hardship Sales Tax Rebate (see insert), would not see their taxes increase.

Either alternative should be easy to implement if the desire was there by the Assembly. Thank you very much for writing this article.



CITY AND BOROUGH OF JUNEAU, ALASKA  
Finance Department – Sales Tax Division  
155 South Seward Street, Juneau, Alaska 99801  
Phone (907) 586-5215 ext. 4901 FAX (907) 586-0365  
sales.tax.office@juneau.org

March 2023

**Re: CBJ Senior Citizen Hardship Sales Tax Rebate**

Our records indicate that you have been issued a CBJ Senior Citizen sales tax exemption card. As a result, you may also qualify for the Senior Citizen Hardship Sales Tax Rebate, depending on your gross income level.

**2023 Rebate Information**

2023 rebates are based on your 2022 reported gross income	Individual Applicant	Married Applicants
<b>2022 Gross Income Limit</b>	\$45,525	\$61,600
<b>2023 Rebate Amount</b>	\$325	\$650

Please visit [www.juneau.org](http://www.juneau.org) for the Hardship Rebate Application or call the Sales Tax Office for more information. **Applications must be received by June 30, 2023.** If your application qualifies, you can expect the rebate to be issued no later than September 30, 2023.

**Kathleen Samalon**

512.415.0390 (Mobile)

On Wednesday, March 8, 2023 at 01:27:54 PM AKST, Emily Kane <dremilykane@gmail.com> wrote:

Yvonne

Thanks so much for reaching out to me

I do know many people in this possible position (all my Meals on Wheels clients for starters)

I think it is premature to know what property taxes will be until the Assembly sets the mill rate. Assembly members are well aware that people can't be priced out of their homes!

Please do keep an eye on this story, and other local news that is relevant to seniors in particular.

In May the JCOA and local AARP CAT (community action team) are joining forces to create a series of "listening sessions" about what people want to make Juneau a better place to age in place. There has been a lot of migration to Bend, Tucson, Palm Springs etc especially of our Tier One seniors. Over time this will be not-good very-bad for the Juneau economy. Luckily smart people are aware, and making long term plans -- though those come along slowly and the balance between capitalism and "what's right" is tricky.

Best wishes

Emily Kane

[www.DrEmilyKane.com](http://www.DrEmilyKane.com)

[www.lifewavex39.com/dremilykane](http://www.lifewavex39.com/dremilykane)

[www.naturopathic.org](http://www.naturopathic.org)

On Wed, Mar 8, 2023 at 12:00 PM Yvonne Krumrey <[yvonne.krumrey@ktoo.org](mailto:yvonne.krumrey@ktoo.org)> wrote:



Dr. Kane,

I’m working on a story about the property assessment that was released this week, and our newsroom was wondering how this could impact people who live on fixed incomes and therefore may have a harder time meeting the raises in property taxes that could happen.

Is there anyone you know who is in this position?



Yvonne Krumrey | Reporter

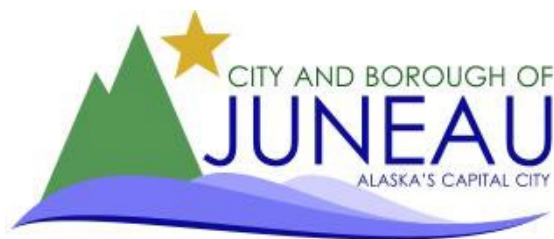
a: KTOO | 360 Egan Dr | Juneau, AK 99801

e: [yvonne.krumrey@ktoo.org](mailto:yvonne.krumrey@ktoo.org) | w: [ktoo.org](http://ktoo.org)

m: + 314 484 4180 | p: + 907 586 1670



On the homelands of the Áak’w Kwáan L'eeneidí



## Juneau Commission on Aging

### Senior Friendly Construction Choices

Nearly 30% of the Juneau population is over 55. Many want to “age in place” in their own homes. Unfortunately, those homes generally were not built in the past taking into consideration an owner’s future physical limitations.

New construction needs to integrate age friendly features into the design, regardless of the age of targeted buyers. Not all of these design features are currently required by CBJ code or recommended by International Building Code, but they are valuable to seniors and can be used positively in marketing to all age groups.

We ask that you voluntarily adopt these choices as construction best practices in all new homes.

### When designing residences, include ...

1. **Apartment & condo units that are single story within a multi-story building**
2. **Homes that have the master bedroom/bath + laundry on the 1st floor**
3. **Doorways (interior/exterior) that are at least 36” wide**
4. **Elevators in multi-family buildings of 3 floors or more**
5. **One bathroom with a walk-in shower, a built-in bench seat and grab-bars**
6. Phone jacks in the master bedroom and kitchen
7. Zero step entrances/ramps into the building and zero step thresholds
8. Electrical outlets (above 18”) and light switches and thermostats (below 48”)
9. Pocket doors where practical in small spaces

### When choosing features, select ...

1. Towel racks & toilet paper holders that serve a dual purpose as grab bars
2. Easy grip drawer and doorknobs
3. Lever doorknobs instead of standard ones
4. Slip resistant flooring
5. Raised or high-profile "comfort" toilets
6. Adjustable-height showerhead
7. Closet rods at two levels
8. LED lighting, including dimmers

Contact: City Clerk's Office [city.clerk@juneau.gov](mailto:city.clerk@juneau.gov) 907-586-5278

**AARP CAT Juneau**  
**Housing List Updated April 2022**

AGENCY	PHONE	EMAIL
<b>AHDC Alaska Housing Development Corporation</b> Take Section 8, vouchers Gruening Park Apartments Ravenwood Apartments Eaglewood Apartments	907-780-6666	AHDC@ptialaska.net
<b>AHDC Housing Assistance Program</b> - if homeless or having difficulties, apply for assistance	907-780-4475	ADHC@ptialaska.net
<b>AHFC Alaska Housing Finance Corporation Juneau</b> <b>ahfc.us</b> Cedar Park Geneva Woods Mountain View Senior Center Riverbend	907-586-3750	Email form on website
<b>AHFC Senior Support</b> up to date inventory of all the senior housing available in Alaska for independent, assisted living; and operates senior/disabled public housing facilities – provides information on inventory and funding sources	800-478-2432 907-330-6100	
<b>AWARE</b> Transitional Housing for Participants Awareak.org	907-586-1090	info@awareak.org
<b>Channel Terrace</b> Alaska Preservation Channel Ltd	907-364-2245	
<b>Chinook Apartments</b> call between 1PM and 5 PM	907-789-1921	Cohopark.chinookapartments@yahoo.com
<b>Coho Apartments</b> call between 8 AM and 12 noon	907-789-5078	Cohopark.chinookapartments@yahoo.com
<b>Family Promise of Juneau</b> emergency shelter for families can house 3 or 4 families at a time	907-419-4520	director@familypromisejuneau.org admin@familypromisejuneau.org
<b>Fireweed Place</b> downtown Tlingit Haida Regional Housing Authority	907-586-5000	fireweedplace@THRHA.org
<b>Forget Me Not Manor</b> Long term affordable housing with supportive services for people with mental and physical health challenges	907-586-2635	
<b>Gastineau Human Services (GHS) Juno House</b> Transitional Housing for people re-entering post-incarceration <a href="http://www.ghscorp.org">www.ghscorp.org</a>	907-780-4338	info@ghscorp.org
<b>Housing First</b> By Referral Only		
<b>JAMHI, INC.</b> Transitional housing for people experiencing mental health challenges	907-463-3303	
<b>Mendenhall Tower</b> Weidner Apartment Homes <a href="http://Alaskaweidner.com">Alaskaweidner.com</a>	907-308-5357	Email form on website
<b>Orca Point Apartments</b> Low Income and Adaptive	907-364-3130	
<b>Riverview Senior Living</b> under construction expected to be operational Spring 2023 86 living units, 57 studio and one bedroom, 29 memory care studios (experiencing dementias and Alzheimer's Disease) <a href="http://www.RiverviewSeniorLiving.com">www.RiverviewSeniorLiving.com</a>	(907) 723-2282	
<b>Sleepy Spruce</b>	907-586-6920	sleepysprucemgr@coastmgt.com

<b>St. Vincent de Paul Juneau</b> <a href="http://www.svdpjuneau.org">www.svdpjuneau.org</a> Senior Housing Smith Hall at 8617 Teal St Juneau HUD, Section 8, Application can be sent by email Channel View Paul's Place Smith Hall for Seniors Strasbaugh Place	907-789-5535 ext 7	<a href="mailto:info@svdpjuneau.org">info@svdpjuneau.org</a> <a href="mailto:christina@svdpjuneau.org">christina@svdpjuneau.org</a>
Tlingit & Haida Transitional Housing for Women Haven House	907-463-7366	<a href="mailto:Reentry&amp;recovery@ccthita-nsn.gov">Reentry&amp;recovery@ccthita-nsn.gov</a>
<b>Trillium Landing</b> -ages 55 and up 3039 Clinton Drive	907-523-0398	<a href="mailto:TrilliumLandingAptsMGR@coastmgt.com">TrilliumLandingAptsMGR@coastmgt.com</a>
<b>Wright Services Inc</b> Apartments, Mobile Homes Hillcrest Apartments 2690-2696 David St West Juneau Northwood Apartments Alderwood Apartments Auke Bay Post Office Building Apartments Churchill Park Glacierwood Park Thunder Mountain Park	907-780-5454	

**AARP CAT Juneau**  
**Community Resource List Updated February 2022**

HEALTH and WELLNESS	PHONE
<b>Alaska Governor's Council on Disabilities and Special Education</b>	<b>907-269-8990</b>
<a href="https://dhss.alaska.gov/gcdse/pages/default.aspx">https://dhss.alaska.gov/gcdse/pages/default.aspx</a>	
<b>Alaska Center for the Blind and Visually Impaired</b>	<b>800-770-7517</b>
<a href="https://www.alaskabvi.org/">https://www.alaskabvi.org/</a>	
<b>Alaska Registry of Interpreters for the Deaf</b>	
<a href="http://www.alaskarid.org">www.alaskarid.org</a>	
<b>Bartlett Regional Hospital</b>	<b>907-796-8900</b>
<a href="https://www.bartletthospital.org/">https://www.bartletthospital.org/</a>	
<b>BRH Rainforest Recovery Center</b>	<b>907-796-8690</b>
<a href="https://www.bartletthospital.org/services/addiction-treatment/">https://www.bartletthospital.org/services/addiction-treatment/</a>	
<b>Boulder telehealth addiction treatment for opioid addiction</b>	
<a href="https://www.boulder.care/">https://www.boulder.care/</a>	
<b>COMPASS Homecare Division of Center for Community</b>	<b>907-790-3650</b>
<a href="https://cfc.org/">https://cfc.org/</a>	
<b>Cornerstone Home Care</b>	<b>907-586-6838</b>
<a href="https://www.chhcare.com/">https://www.chhcare.com/</a>	
<b>Denali KidCare (CHIP) Children's Health Insurance Program</b>	<b>800-478-7778</b>
<a href="https://dhss.alaska.gov/dpa/Pages/dkc/default.aspx">https://dhss.alaska.gov/dpa/Pages/dkc/default.aspx</a>	
<b>Division of Public Assistance F.S., Medicaid, Heating Assistance</b>	<b>800-876-2477</b>
<a href="https://dhss.alaska.gov/dpa/Pages/default.aspx">https://dhss.alaska.gov/dpa/Pages/default.aspx</a>	
<b>SingleCare Prescription Drug Discount Card</b>	<b>844-234-3057</b>
<a href="https://www.singlecare.com/">https://www.singlecare.com/</a>	
<b>Four A's Alaskan AIDS Assistance Association</b>	<b>907-500-7465</b>
<a href="https://www.alaskanids.org/">https://www.alaskanids.org/</a>	
<b>ALASKAN STATEWIDE AIDS HELPLINE: 1-800-478-AIDS</b>	
<b>Front Street Clinic SEARHC M-F 8:30 AM-4:30 PM</b>	<b>907-364-4565</b>
<a href="https://searhc.org/location/front-street-clinic/">https://searhc.org/location/front-street-clinic/</a>	
<b>JAMHI Health and Wellness, Inc./NCADD</b>	<b>907-463-3303</b>
<a href="https://www.jamhihealthandwellness.org/">https://www.jamhihealthandwellness.org/</a>	
<b>Juneau Public Health Center Alaska HSS</b>	<b>907-465-3353</b>
<a href="https://dhss.alaska.gov/dph/nursing/pages/Southeast%20">https://dhss.alaska.gov/dph/nursing/pages/Southeast%20</a>	
<b>Ladies First Alaska Breast &amp; Cervical Services SOA</b>	<b>800-796-0045</b>
<a href="https://dhss.alaska.gov/dph/wcfh/Pages/ladiesfirst/default.aspx">https://dhss.alaska.gov/dph/wcfh/Pages/ladiesfirst/default.aspx</a>	
<b>Let Every Woman Know Alaska</b>	<b>907- 263-1009</b>
<a href="https://leteverywomanknow.org/">https://leteverywomanknow.org/</a>	
<b>NAMI National Alliance for Mental Illness</b>	<b>907-463-4251</b>
<a href="https://www.namijuneau.org/">https://www.namijuneau.org/</a>	
<b>Planned Parenthood Juneau Health Center</b>	<b>800-796-0045</b>

**AARP CAT Juneau**  
**Community Resource List Updated February 2022**

<a href="https://www.plannedparenthood.org/health-center/alaska/juneau/99801/juneau-health-center-3865-91810">https://www.plannedparenthood.org/health-center/alaska/juneau/99801/juneau-health-center-3865-91810</a>	
<b>SEARHC Southeast Alaska Regional Health Consortium</b>	<b>907-463-4000</b>
<a href="https://searhc.org/">https://searhc.org/</a>	
<b>ADULT &amp; FAMILY SUPPORT SERVICES</b>	<b>PHONE</b>
<b>Alaska 211</b>	<b>211</b>
<a href="https://alaska211.org/">https://alaska211.org/</a>	
<b>Alaska Brain Injury Network Inc</b>	<b>907-274-2824</b>
<a href="https://alaskabraininjury.net/">https://alaskabraininjury.net/</a>	
<b>Alaska Center for Resource Families</b>	<b>800-478-7307</b>
<a href="https://www.acrf.org/">https://www.acrf.org/</a>	
<b>Alaska Legal Services Corporation</b>	<b>907-586-6425</b>
<a href="https://www.alsc-law.org/">https://www.alsc-law.org/</a>	
<b>American Red Cross Juneau Office</b>	
<a href="https://www.redcross.org/local/alaska/about-us/locations/juneau_office.html">https://www.redcross.org/local/alaska/about-us/locations/juneau_office.html</a>	
<b>Alzheimer's Resource of Alaska</b>	<b>907-586-6044</b>