



Kenai Council on Aging Commission

Regular Meeting

October 08, 2026 - 3:00 PM

Kenai Senior Center

361 Senior Ct., Kenai, AK 99611

Telephonic/Virtual Information on Page 2

Agenda

A. CALL TO ORDER

1. Pledge of Allegiance
2. Roll Call
3. Agenda Approval

B. SCHEDULED PUBLIC COMMENTS *(Public comments limited to ten (10) minutes per speaker)*

C. UNSCHEDULED PUBLIC COMMENT *(Public comments limited to three (3) minutes per speaker; thirty (30) minutes aggregated)*

D. APPROVAL OF MINUTES

1. September 10, 2026 Regular Meeting Minutes 3

E. UNFINISHED BUSINESS

F. NEW BUSINESS

1. **Discussion** - Review of *Community Resources for Seniors*
2. **Discussion** - Coordination of Senior Prom with Kenai Central High School

G. REPORTS

1. Senior Center Director
2. Commission Chair
3. City Council Liaison 6

H. ADDITIONAL PUBLIC COMMENTS *(Public comments limited to five (5) minutes per speaker)*

I. NEXT MEETING ATTENDANCE NOTIFICATION - November 12, 2026

J. COMMISSIONER COMMENTS AND QUESTIONS

K. ADJOURNMENT

L. INFORMATION ITEMS

1. Community Resources for Seniors 11

Join Zoom Meeting:

Using the following link:

<https://us02web.zoom.us/j/85081299992?pwd=cX7e7B50T4elldmX147qcdvXL7JRXU.1>

OR Dial in by your location: (669)-900-6833 or (719)-359-4580

Meeting ID: 850 8129 9992 **Passcode:** 997664

The agenda and agenda items are posted on the City's website at www.kenai.city. Copies of the agenda items are available at the City Clerk's Office or at the Kenai Senior Center prior to the meeting. Please contact the Senior Services Director at 907-283-4156 for additional details.

COMMISSIONERS, PLEASE CONTACT US IF YOU WILL NOT BE ABLE TO ATTEND THE MEETING

**KENAI COUNCIL ON AGING COMMISSION – REGULAR MEETING
SEPTEMBER 10, 2026 – 6:00 P.M.
KENAI CITY COUNCIL CHAMBERS
361 SENIOR CT., KENAI, AK 99611
VICE CHAIR PATRICIA SEGURA, PRESIDING**

MINUTES

A. CALL TO ORDER

A Regular Meeting of the Council on Aging Commission was held on September 10, 2026, at the Kenai Senior Center, Kenai, AK. Chair Pro-Tem Sadler called the meeting to order at approximately 3:00 p.m.

1. Pledge of Allegiance

Chair Pro-Tem Sadler led those assembled in the Pledge of Allegiance.

2. Roll Call

There were present:

William Sadler
Patricia Segura
Barbara Modigh

Ginger Kaona

A quorum was present.

Absent:

Gina Kuntzman, Chair

Also in attendance were:

Kathy Romain, Senior Center Director
Red Piersee, Senior Center Administrative Assistant
Victoria Askin, City Council Liaison
**Caroline Karpik, Student Representative

Having no presiding officer present the first order of business was selection of President Pro-Tem.

NOMINATION:

Commissioner Sadler was nominated for the position of President Pro-Tem.

UNANIMOUS CONSENT was requested on the motion.

VOTE: There being no objection; **SO ORDERED.**

3. Election of Vice Chair

*[Clerk's Note: Commissioner Segura **MOVED** to nominate Commissioner Sadler as Vice Chair; Commissioner Sadler politely declined the nomination.]*

MOTION:

Commissioner Modigh **MOVED** to nominate Commissioner Segura as Vice Chair.

Having no other nominations and hearing no objections, Commissioner Segura was elected to the position of Vice Chair.

[Clerk's Note: President Pro-Tem Sadler passed the gavel to Vice Chair Segura.]

4. Agenda Approval

MOTION:

Commissioner Sadler **MOVED** to approve the agenda as presented. Commissioner Modigh **SECONDED** the motion.

UNANIMOUS CONSENT was requested on the motion.

VOTE: There being no objection; **SO ORDERED**.

B. SCHEDULED PUBLIC COMMENTS - None.

C. UNSCHEDULED PUBLIC COMMENTS - None.

D. APPROVAL OF MINUTES

1. July 9, 2026 Regular Meeting Minutes

MOTION:

Commissioner Kaona **MOVED** to approve the July 9, 2026 Council on Aging Commission minutes. Commissioner Sadler **SECONDED** the motion.

UNANIMOUS CONSENT was requested on the motion.

VOTE: There being no objection; **SO ORDERED**.

E. UNFINISHED BUSINESS - None.

F. NEW BUSINESS - None.

G. REPORTS

1. Senior Center Director - Director Romain reported on the following:
 - Staffing updates.
 - Volunteer assistance in the kitchen.
 - Department of Transportation grant updates.
 - Replacement of the damaged front cover.
 - Upcoming trips and scheduled staff leave.
 - Nutritional Services Incentive Program funding and budget updates.
2. Commission Chair - None.
3. City Council Liaison - Vice Mayor Askin reported on recent actions of the City Council.

H. ADDITIONAL PUBLIC COMMENTS - None.

I. NEXT MEETING ATTENDANCE NOTIFICATION - October 8, 2026

J. COMMISSION QUESTIONS AND COMMENTS

Commissioner Modigh requested clarification regarding City Council funding for the Kenai Central High School pool.

Student Representative Karpik provided an update on Kenai Central High School activities.

K. ADJOURNMENT

L. INFORMATIONAL ITEMS - None.

There being no further business before the Council on Aging Commission, the meeting was adjourned at 3:30 p.m.

I certify the above represents accurate minutes of the Council on Aging Commission meeting of September 10, 2026.

Logan Parks, Deputy City Clerk

*** The student representative may cast advisory votes on all matters except those subject to executive session discussion. Advisory votes will not affect the outcome of the official council vote. Advisory votes will be recorded in the minutes. A student representative may not move or second items during a council meeting*

DRAFT



Kenai City Council - Regular Meeting

September 02, 2026 — 6:00 PM

Kenai City Council Chambers

210 Fidalgo Avenue, Kenai, Alaska

www.kenai.city

****Telephonic/Virtual Information on Page 2****

Action Agenda

A. CALL TO ORDER

1. Pledge of Allegiance
2. Roll Call
3. Approval of the Agenda and Consent Agenda (*Public comments on Consent Agenda Items limited to three (3) minutes per speaker; thirty (30) minutes aggregated*)

All items listed with an asterisk () are considered to be routine and non-controversial by the council and will be approved by one motion. There will be no separate discussion of these items unless a council member so requests, in which case the item will be removed from the consent agenda and considered in its normal sequence on the agenda as part of the General Orders.

B. SCHEDULED ADMINISTRATIVE REPORTS

C. SCHEDULED PUBLIC COMMENTS (*Public comments limited to ten (10) minutes per speaker; twenty (20) minutes aggregated*)

D. UNSCHEDULED PUBLIC COMMENTS (*Public comments limited to three (3) minutes per speaker; thirty (30) minutes aggregated*)

E. PUBLIC HEARINGS

1. **ENACTED AS AMENDED Ordinance No. 3542-2026** - Providing for the Submission to the Qualified Voters of the City of Kenai, at the Regular Election to be Held on November 3, 2026, the Question of Enacting Kenai Municipal Code, Section 7.05.031- Residential Property Tax Exemption, to Establish a Residential Property Tax Exemption in the Amount of \$75,000. (Knackstedt, Kisenia)
2. **ENACTED UNANIMOUSLY Ordinance No. 3543-2026** - Increasing Estimated Revenues and Appropriations in the Airport Improvements Capital Project Fund and Accepting a Grant From the Federal Aviation Administration and Awarding a Contract for the Airport Perimeter and Security Fence Project. (Administration) [KMC 1.15.070(d)]
 1. Motion for Introduction
 2. Motion for Second Reading (Requires a Unanimous Vote)
 3. Motion for Enactment (Requires Five Affirmative Votes)
3. **POSTPONED INDEFINITELY Resolution No. 2026-59** - Authorizing a Contract Award for the Sixth Street Construction Project. (Administration)
4. **ADOPTED BY SUBSTITUTE UNANIMOUSLY Resolution No. 2026-60** - Authorizing a Contract Award for the Strategic Plan Consulting Services. (Administration)

F. MINUTES

1. *Regular Meeting of August 19, 2026. (City Clerk)

G. UNFINISHED BUSINESS

H. NEW BUSINESS

1. ***Action/Approval** - Bills to be Ratified. (Administration)
2. ***Ordinance No. 3544-2026** - Amending Kenai Municipal Code Chapter 1.56 Kenai Municipal Library Department, Removing the Library Regulations from the Appendices of Kenai Municipal Code, and Amending the City of Kenai Schedule of Rates, Changes, and Fees for Housekeeping Purposes and to Align the Library with Other City Departments. (Administration)

I. COMMISSION REPORTS

1. Council on Aging Commission
2. Airport Commission
3. Parks and Recreation Commission
4. Planning and Zoning Commission
5. Beautification Commission

J. REPORT OF THE MAYOR

K. ADMINISTRATION REPORTS

1. City Manager
2. City Attorney
3. City Clerk

L. ADDITIONAL PUBLIC COMMENTS

1. Citizens Comments (*Public comments limited to five (5) minutes per speaker*)
2. Council Comments

M. EXECUTIVE SESSION

N. PENDING ITEMS

O. ADJOURNMENT

P. INFORMATION ITEMS

The agenda and supporting documents are posted on the City's website at www.kenai.city. Copies of resolutions and ordinances are available at the City Clerk's Office or outside the Council Chamber prior to the meeting. For additional information, please contact the City Clerk at 907-283-8231.

Registration is required to join the meeting remotely through Zoom. Please use the following link to register:

https://us02web.zoom.us/meeting/register/XWrAv1D-SFKif0I_p3JsPw



Kenai City Council - Regular Meeting

September 16, 2026 — 6:00 PM

Kenai City Council Chambers

210 Fidalgo Avenue, Kenai, Alaska

www.kenai.city

****Telephonic/Virtual Information on Page 3****

Action Agenda

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B. SCHEDULED ADMINISTRATIVE REPORTS

C. SCHEDULED PUBLIC COMMENTS (*Public comments limited to ten (10) minutes per speaker; twenty (20) minutes aggregated*)

D. UNSCHEDULED PUBLIC COMMENTS (*Public comments limited to three (3) minutes per speaker; thirty (30) minutes aggregated*)

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2. **ENACTED UNANIMOUSLY Ordinance No. 3545-2026** - Increasing Estimated Revenues and Appropriations in the General and Senior Center Improvement Capital Project Funds to Provide Supplemental Funding for the Senior Center Canopy Roof Replacement Project. (Administration)
 1. Motion for Introduction
 2. Motion for Second Reading (Requires a Unanimous Vote)
 3. Motion for Enactment (Requires Five Affirmative Votes)
3. **ADOPTED UNANIMOUSLY Resolution No. 2026-61** - Authorizing Purchase of Two Police Interceptors Using the City's Fleet Replacement Fund and the State of Alaska Equipment Fleet Contract. (Administration)
4. **ADOPTED UNANIMOUSLY Resolution No. 2026-62** - Authorizing a Contract Award for SCADA Design and Installation Services. (Administration)

F. MINUTES

1. *Regular Meeting of September 2, 2026. (City Clerk)

G. UNFINISHED BUSINESS

H. NEW BUSINESS

1. ***Action/Approval** - Bills to be Ratified. (Administration)
2. ***Action/Approval** - Purchase Orders and Purchase Order Amendments Requiring Council Approval in Accordance with KMC 7.15.020. (Administration)
3. ***Action/Approval** - Non-Objection to the Acceptance and Appropriation of a Donation from the Derek Kaufman Fund in the Amount of \$1,000 in Accordance with KMC 7.25.030. (Administration)
4. ***Action/Approval** - Non-Objection to the Acceptance and Appropriation of the Fiscal Year 2027 Public Library Assistance Grant in the Amount of \$7,000 in Accordance with KMC 7.25.030 (Administration)
5. ***Action/Approval** - Confirmation of Mayoral Nomination of Joshua Bolling as Student Representative to City Council and Caroline Karpik as Student Representative to the Council on Aging Commission.
6. **Discussion** - Council Employee Review Consultant. (Grieme)
7. **HEARING SCHEDULED FOR OCTOBER 21, 2026 AT 2:00PM Discussion** - Scheduling a Board of Adjustment Appeal Hearing. (City Clerk)
8. **SPECIAL MEETING SCHEDULED FOR SEPTEMBER 30, 2026 AT 4:30PM Action/Approval** - Scheduling a Special Meeting of the City Council. (Administration)

I. COMMISSION REPORTS

1. Council on Aging Commission
2. Airport Commission
3. Parks and Recreation Commission
4. Planning and Zoning Commission
5. Beautification Commission

J. REPORT OF THE MAYOR

K. ADMINISTRATION REPORTS

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<https://us02web.zoom.us/meeting/register/i2h3GksfSZuj1xtJGGNKVg>

Community Resources for Seniors



Compiled by:

Council on Aging Commission,
City of Kenai

Introduction

This booklet was created to help you easily find the services, programs, and opportunities available in our community. Inside, you'll discover resources designed to support your health, safety, independence, and enjoyment of life - whether you're looking for social activities, transportation options, housing information, or help with everyday needs.

Our goal is simple: to connect you with the people, places, and programs that can make life more comfortable, engaging, and fulfilling. We've gathered information from trusted local organizations so you can spend less time searching and more time living.

This guide is for you to keep handy, share it with friends, and know that our community is here to help you thrive at every stage of the journey.



Exercise Opportunities

Kenai Senior Center

Kenai Senior Center has weekly classes available. A schedule can be found in the monthly Newsletter posted on the Kenai website listed below. You can find such things as “Growing Strong” “Chair Yoga” “Tai Chi” and “Judo” at <https://www.kenai.city/senior-services/page/newsletters>



<https://www.kenai.city/senior-services/page/senior-services>

Kenai Community

Kenai Recreation Center
728-380-552. For a weight room, walking area, and various courts. Check their website for posts and more information.

<https://www.kenai.city/parksrecreation-center-0>

Other

Nikiski Recreation Center offers many recreational activities including exercise. The list of activities is located on their website

<https://nprsa.kpb.us/programs-activities/>

Exercise Opportunities

Other

Sterling Senior Center offers exercise times. You can check out their website and membership information using the below website or call (907) 262-6808
<https://www.sterling-seniors.org/>

Soldotna Senior Center is located at 197 W Park Ave, Soldotna, Alaska 99669, Has been hosting a line dance class. You can contact them at (907) 262-2322; Or go to their website at <https://www.soldotnaseniorcenter.org/>

Soldotna Field House offers a walking track, courts and community activities. You can reach them at 907-262-3151 or check the website.

https://soldotna.org/departments/parks_recreation/field_house.php



<https://www.kenai.city/senior-services/page/senior-services>

Nutrition Opportunities

Kenai Senior Center

Kenai Senior Center has weekly meals available at the center. You can enjoy a meal Monday-Friday at noon in their dining room, pick up a meal to take and eat elsewhere (must be ordered by 10:30 am), or when schedule meals on wheels delivery if you are over 60 and unable to get out.

A schedule can be found in the monthly newsletter posted on the City of Kenai website listed below. Note they (and all other offices) are closed on holidays.

If you are interested in more information on the **Meals on Wheels** program contact the center at 907-283-8213 and apply.

<https://www.kenai.city/senior-services/page/newsletters>



<https://www.kenai.city/senior-services/page/senior-services>

Nutrition Opportunities

Other

Nikiski Senior Center:

Offers meals Monday-Thursday at 11:30 for Salad Bar with Entree available at Noon. On Friday's there is no Salad bar and lunch entree is served at 11:30.

Contact them at 907-76-7651 or view their menu online

<https://www.nikiskiseniorcenter.org/>



Soldotna Senior Center offers meals Monday-Friday beginning at 11:50 for seniors 60 and over. Phone 907-262-2322 or view their website menu at

<https://www.soldotnaseniorcenter.org/>

Sterling Senior Center offers meals Monday-Friday beginning at noon. Cost is based on if you are a member or not.

Phone 907-262-6808 or view their website menu at

<https://www.sterlingseniors.org/>

Contact the **State of Alaska Public Assistance** for services at

<https://health.alaska.gov/en/division-of-public-assistance/>

<https://www.kenai.city/senior-services/page/senior-services>

Kenai Senior Center

Recreation & Social Opportunities

Kenai Senior Center

Kenai Senior Center has weekly activities that take place at the center and nights out for dinner and outings. You can see the schedule for each month in their newsletter located at:

<https://www.kenai.city/senior-services/page/newsletter>

Nikiski Recreation Center calendar can be found at <https://www.korsa.kpb.us>



<https://www.kenai.city/senior-services/page/senior-services>

Soldotna Senior Center offers activities and social events.

Contact them at 907-262-2322 or view their website at

<https://www.soldotnaseniorcenter.org/>

Sterling Senior Center offers activities and social events

contact them at 907-262-6808

or view their website at

<https://www.sterlingseniors.org/>

Community calendars for the **City of Kenai** as well as the **City of Soldotna** can be found online for upcoming events or contact the visitor centers at
Kenai: 907-283-1991
Soldotna: 907-262-1337.

Healthy Aging Opportunities

Due to the volume of information available specific medical, dental, vision, care giving, housing, etc. are unable to be listed in entirety for the area we live in.

Seniors can contact the various senior centers and the Division of public assistance for information on individual needs.

On the following pages you will find other resources for various things from preventing falls to Alzheimer's testing, from Native organizations to state and federal websites.

We hope that this brochure has been of help to you.

Transportation

The **Kenai Senior Center** offers transportation to and from medical appointments and to the Center for meals. Please contact them for more information or to schedule a pick up. 907-283-8213.



<https://www.kenai.city/senior-services/page/senior-services>



HEALTHY AGING CHECKLIST

Follow us on Facebook: The Alaska Commission on Aging



Essentials

- Get a physical at least once a year & stay active focusing on: aerobics, muscle strength, balance
- Eat your traditional foods & healthy local options: berries, mushrooms, fish, eggs, fiddleheads
- Call **Assistive Technology of Alaska** for free support with hearing & vision devices: **907- 563-2599**
- Are you 55+ and seeking employment? Call **MASST: 907-465-4872**
- Volunteer! Mentor youth at school or become a Senior Companion (55+) earn a tax-free stipend & more benefits at **eldermentor.org, 907-717-7932**
- Need dental support? If 65+ or permanently disabled or need medical necessary dental care: call 877-977-3802, **dentallifeline.org/alaska/**

Brain Health



Alzheimer's Cognitive Assessment A health care guide to detecting cognitive impairment
alz.org/media/Documents/cognitive-assessment-toolkit.pdf



Alzheimer's Caregiver Resource Guide
To share with caregivers of people with ADRD
alzalaska.org/caregiver-resource-guide/



Alzheimer's Resource of Alaska Mini Grants
\$2500 for caregivers and people with ADRD, can be used widely, eligible once a year
alzalaska.org/minigrants/

Alzheimer's Resource of Alaska:
Free memory screenings & support available
Call: 800-478-1080

Alaska Legal Services Corporation's Community Justice Worker Project trains volunteers online for free in several areas of law including Will Writing. Visit:
alsc-law.org/cjw/

News

Directory for Older Alaskans

Visit seniorvoicealaska.com and click on "Directory" at the top of the page

The Senior Voice is a statewide senior newspaper delivered to every zip code in Alaska. Call 907-276-1059



Are you turning 65 and seeking support with Medicare? Call the Medicare Information Office at 800-478-6065 and leave a message with your info.



Financial & Legal

What happens when you pass away?



Write your Will

alaskalawhelp.org/classroom/preparing-your-own-will

What happens if you are incapacitated?



Create your Advance Health Care Directive

alaskalawhelp.org/resource/alaska-advance-health-care-directive



ANTHC Advance Care Planning Resources

anthc.org/palliative-care/resources/

• The **Alaska Long Term Care Ombudsman Office** advocates for residents in assisted living and skilled nursing facilities. Need to file a complaint? **Want to volunteer?** Call 907-359-4480, email akoltco@alaska.gov or visit akoltco.org

• **Have you experienced discrimination** in violation of Alaska Human Rights law? Submit a complaint to **Alaska State Commission on Human Rights** at 907-274-4692 or online at humanrights.alaska.gov

• **Do you need to report elder abuse?** Call 800-478-9996 and ask for **Adult Protective Services**. Learn more at health.alaska.gov/dsds/Pages/aps/default.aspx • Download the

907 Navigation App or visit it online at alaskaimpactalliance.com/907-resource-navigations/

Do you have feedback on this Healthy Aging Checklist? Email yasmin.radbod@alaska.gov or call 907-230-0871

Call 211 :

For life challenges or everyday needs, Alaska 211 is here to help you connect with available resources that best fit your needs. It's free, confidential and language interpretation is available.

Are you a Veteran? Call the Alaska Veteran Partnership to get connected to support: 907-522-7229

Senior Benefits - Are you 65+?

Call the Virtual Relay Center 800-478-7778 to see if you qualify for payments!



health.alaska.gov/dpa/Pages/seniorbenefits/default.aspx

The Alzheimer's Association free 24/7 Helpline is 800-272-3900, offering support for people living with dementia, caregivers, families & the public.

Call ADRC for all your Senior & disability related needs: 855-565-2017

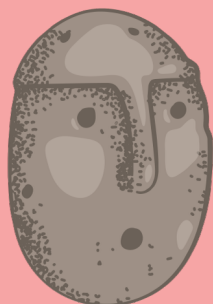
Alaska ADRC
Aging & Disability Resource Center



DRAFT

Tribal Elder Health Resources

Follow us on Facebook: The Alaska Commission on Aging



ANTHC Life Planning Guide for Alaska Native Peoples

Elders, Caregivers, and Health Care Providers

rb.gy/mb7nkp | elderoutreach@anthc.org | 907-729-1900



The National Resource Center on Native American Aging

(NRCNAA) seeks to identify and increase awareness of evolving Native Elder health and social issues.

nrcnaa.org | info@nrcnaa.org | 800-296-7628



Alaska Native Heritage Center

alaskanative.net | 907-330-8000

U.S. Department of Justice



Rural and Tribal
Elder Justice
Resource Guide



Denakkanaaga

Watch: Alaska
Native Elders
Mentoring
Elders



Learn more: denakkanaaga.org
info@denakkanaaga.org



National Indian Council on Aging



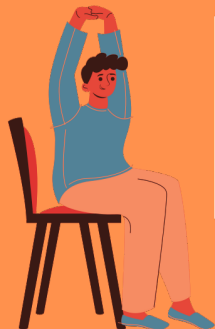
nicoa.org | 505-292-2001

Do you have feedback on this flyer? Email yasmin.radbod@alaska.gov or call 907-230-0871

protect yourself from falls



Follow us on Facebook: The Alaska Commission on Aging 



**Weekly ElderChair Exercises with
Aleutian Pribilof Islands Association (APIA)**
Tuesdays 3:15pm - 3:30pm on Facebook Live
facebook.com/APIA

Assistive Technology of Alaska

Call: 907-563-2599. Visit: atlaak.org
Schedule an appointment to explore tools for independence!



Join Alaska Falls Prevention Coalition

This new statewide effort led by
Dept. of Health Injury Prevention
Unit is recruiting members!
Contact
carie.eastman@alaska.gov

In-Home Falls Prevention Checklist



[facebook.com/share/
p/1NuCJs4qpG/](https://facebook.com/share/p/1NuCJs4qpG/)

Falls Myths vs. Facts

[health.alaska.gov/
en/education/senior-fall-
prevention/](http://health.alaska.gov/en/education/senior-fall-prevention/)

National Council on Aging



Medical Alert Systems
[ncoa.org/older-
adults/health/prevention/
fall-prevention/](http://ncoa.org/older-adults/health/prevention/fall-prevention/)

**Caregiver
Conversation Guide
to Prevent Falls**
shorturl.at/j5tym



AARP Virtual Community Center

Free online balance &
exercise classes for all
local.aarp.org/virtual-community-center/



National Institute on Aging Causes & Prevention of Falls



[nia.nih.gov/health/falls-and-
falls-prevention/falls-and-
fractures-older-adults-causes-
and-prevention](http://nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention)

**2025 Falls Prevention
Awareness Week Sept 22 - 26
Toolkit**
[ncoa.org/page/falls-
prevention-awareness-week-toolkit/](http://ncoa.org/page/falls-prevention-awareness-week-toolkit/)



Do you have feedback on this flyer? Email yasmin.radbod@alaska.gov or call 907-230-0871

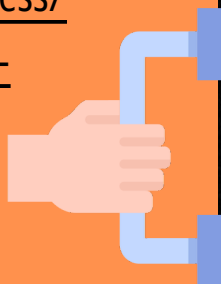
Protect yourself from falls

Follow us on Facebook: The Alaska Commission on Aging 

Alaska Housing Finance Corporation Senior Access Program Home Modification



[ahfc.us/pros/homelessness/
assistance-grants/senior-
access-program-sap](https://ahfc.us/pros/homelessness/assistance-grants/senior-access-program-sap)



"After working with Older Alaskans for over two decades one of the most common regrets I hear is waiting too long to make home modifications. By the time seniors realize they need grab bars, better lighting, step-free entrances, lever door handles or non-slip flooring, it's often after a fall or similar scare. Aging in place successfully is about creating a living space that works with you, not against you, as needs evolve."
— Jim, AHFC Housing Relations Officer

Center for Disease Control

Stopping Elderly
Accidents, Deaths &
Injuries (STEADI)
Initiative



cdc.gov/steady/index.html

ANTHC Fall Prevention Video



[youtube.com/watch?v=
69IEWxMZENA](https://youtube.com/watch?v=69IEWxMZENA)



LIFE Fall Prevention Planning Tool

[lifefallprevention.com/
index.html](https://lifefallprevention.com/index.html)

BFit & Well Annex Anchorage Senior Fitness

bfitandwell.com
907-229-7655



Fireweed Therapy At Home Outpatient Occupational and Physical Therapy in Anchorage Patient Resources

[fireweedtherapyak.com/patient-
resources](https://fireweedtherapyak.com/patient-resources)



Well Haven Aging in Place Services



Home safety evaluations and
dementia consulting
throughout Alaska with in-
home and virtual telehealth
visits. well-haven.com



Access Alaska Durable Medical Equipment (DME) Loan Closet

accessalaska.org/dme-loan-closet
Access Alaska offers many services.
Call: 907-248-4777.

Do you have feedback on this flyer? Email yasmin.radbod@alaska.gov or call 907-230-0871

Thank You

A big thank you to all that were involved in supplying information to be added to this resource and the due diligence of care for the elderly in our community.



Contact Information



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***Your journey has begun.
Let's move forward together.***