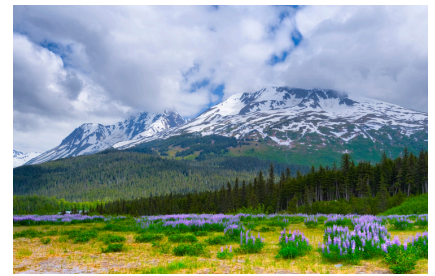
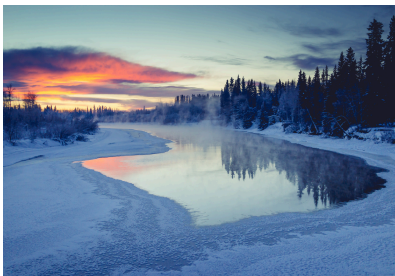




April-May-June 2025



ADRC Brown Bag Education Series

You are invited to attend the FREE monthly Brown Bag Education Series presentations, hosted by the ADRC. The series is held once a month, on Tuesdays from 12:00pm-1:00pm on Teams. Contact Karla Wright at karla.wright@anchorageak.gov or call 907-343-7778 to receive an invite.

April 8 Susie Smith, Executive Director
Hospice of Anchorage

May 13 Donna Koecher, RN CNOR, Joint and Spine Navigator
Orthopedic and Spine Department, Alaska Regional Hospital

June 10 to be announced

Gardening is for Everyone

For many, gardening is a favorite lifelong hobby; for others, it may be something you've always dreamed about doing but have been unable to do because of being a renter without a yard or being an individual with disabilities who cannot get up and down from the ground. For lifelong gardeners who are aging it may be more difficult to complete the gardening tasks that you used to do with ease. A quick internet search for solutions resulted in many helpful ideas and tips.

If you are fortunate enough to have outside gardens and the financial means, consider raising some of your beds higher. Raised beds are usually three to four feet wide. The standard height for someone seated in a wheelchair is 24 inches and 30 inches for someone who wants to stand while gardening. Once you raise your beds make sure the pathways between them are wide and level and free of tripping hazards. Replace your heavy hoses with light-weight water-conserving soaker hoses. You set them up once and are done.

If you aren't able to garden outdoors, consider container or window box gardening on a sunny balcony or porch or indoors beside your brightest windows. Place large containers on casters. Switch out your annuals for perennials to cut down on labor. If you are planting vegetables, consider planting starters instead of seeds and look for dwarf forms. Most herbs thrive in containers and add freshness to simple meals.

Would a garden stool or rolling seat help? If so, make sure it is sturdy and not something that would be easily tripped over or roll out from under you. And the tool selection! There are extendable, and adaptive tools, as well as cost-effective DIY improvements to tools you can make yourself.

Not able to manage any type of gardening at home? There are options! The Municipality's Parks and Recreation department manages five community gardens open for gardening from April through October. There is a registration and lottery process and a fee. Click [here](#) to find out more or contact Blake Sauer, Community Garden Programmer at 907-343-6992 or email communitygardens@anchorageak.gov.

[Anchor Gardens](#) is a supported initiative of [NeighborWorks Alaska](#) and is part of their community building goals. The mission of Anchor Gardens is to make gardening resources and expertise accessible to everyone in the Municipality of Anchorage regardless of income or home ownership status. Anchor Gardens has neighborhood coaches to assist with garden design, troubleshooting, and access to resources. Anchor Gardens has several demonstration and teaching gardens, including the Chugiak Eagle River Senior Center Teaching Garden and the Mountain View Public Library Teaching Garden.

[Yarducopia](#) is a program of [Alaska Community Action on Toxics](#) (ACAT) and provides Anchorage residents opportunities to reconnect with nature, their food, and each other. Their site includes a listing of available gardens and vacant land in Anchorage, as well as information about garden consultations, online resources, and apprenticeship opportunities. The program publishes the very popular monthly [Currant Affairs](#) newsletter which compiles food and garden events, workshops and opportunities to attend programs by a variety of organizations and individuals in Alaska and beyond. Many programs are available virtually.

University of Alaska Fairbanks' Cooperative Extension Service has a [Gardens](#) page, where links to their many helpful publications are listed. Their [Anchorage district office](#) offers outreach programs in

agriculture and horticulture, integrated pest management, nutrition and more. Check out their [calendar](#) to see the variety of options, many of them virtual.

Below are some upcoming free events.

Gardening 101: Guidance from a Master Gardener

Monday April 7 10:00am-10:45am an AARP virtual event

Learn more about the program and register to attend [here](#).

Spring Garden Show

Saturday April 19 10:00am-5:00pm at Midtown Mall

The mall's main hallway will be full of plants, garden art and decor, seeds and supplies, and information from various groups, clubs, nonprofits and Alaskan businesses!

Backyard Pollinators Webinar

Wednesday April 23 12:00-1:00pm a Cooperative Extension event

The presentation will cover some of the nesting habits of native bees as well as how to recognize some of our common bees and other pollinators in Alaska. Learn ways to attract pollinators and be good pollinator stewards. Register for the Zoom webinar [here](#).

Container Gardening Class for Elders

Wednesday May 28 1:30pm-3:30pm at Mountain View Library

Volunteers from Anchor Gardens will be discussing small space gardening. Learn about suitable plants, soil, watering, space requirements, seed starting and transplanting, fertilizers and more.





**The Anchorage Senior Activity Center
invites you to their free training series for**

Emergency Planning & Preparedness

Made possible by a grant from the State of Alaska's Department of Health, the classes will equip seniors with essential skills and resources to stay informed, prepared, and resilient.

Classes are held the **first and third Tuesday** of each month through June 2025. Start time is **11:00am** and classes will run 60-90 minutes. The Anchorage Senior Activity Center (ASAC) is located at 1300 E. 19th St. and is on People Mover route 11. April classes are:

April 1: Preparing for Emergencies: Awareness & Supplies
and Assembling your Kit

April 15: Transportation Planning Guide



Movies for Grownups 4:00pm AKDT

Watch from the comfort of your own home. Sign into your AARP.org account or create an account to register for the free screenings. AARP membership is not required. You will receive an email reminder on the day of the event.

Click on the film title to read a description of the film and to register.

Thursday April 10: Call Me Dancer

Wednesday April 23: Ex-Husbands

Monday May 5: Lilly

Friday May 9: A Complete Unknown

Thursday June 12: A Real Pain



April

April is National Stress Awareness Month

April is National Stress Awareness Month and offers a time for us to take charge of our wellbeing and discover effective ways to manage stress. Stress can affect your body, thoughts and feelings, and behavior. Being able to recognize common symptoms of stress can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity, and diabetes. Headaches, chronic fatigue, memory problems, feeling overwhelmed, anxiety, and lack of motivation are some of the common effects of stress.

The American Psychological Association's (APA) Stress in America 2024 survey found U.S. politics, the future of our country, the economy, health care, and violence and crime to all be top stressors. That's a lot of stress! Try some of the following helpful tips:

- Prioritize your health.
- Eat a healthy, balanced diet.
- Get regular physical activity most days of the week.
- Stay hydrated.
- Limit your screen time.
- Learn to say No.
- Practice relaxation techniques.
- Get a good nights sleep.
- Set aside time for favorite hobbies and activities.
- Spend time with family and friends.

One way to combat stress is to practice **Mindfulness**. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Often we are presented with solutions that ask us to change who we are or become something we're not and then we wonder why we fail. Mindfulness recognizes and cultivates the best of who we are as human beings. We already have the capacity to be present and it doesn't require us to change who we are. Everyone can benefit from mindfulness, it's easy to learn, and even cutting back on stress just a little is beneficial.

The Mayo Clinic recommends the following structured mindfulness exercises:

- **Body scan meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- **Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- **Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

April events with **AARP**

Mindfulness for Calm, Presence and Well-Being

Monday April 7 9:00am-10:00am AKDT

Discover how mindfulness techniques can help you cultivate presence, balance and resilience for improved mental and physical well-being. Learn more and register [here](#).

Resilience Workshop: The Power of Being Grateful

Wednesday April 9 11:00am-12:00pm AKDT

Join AARP for an insightful and interactive virtual workshop focused on how being grateful can help you meet challenges with greater resilience. Learn more and register [here](#).

Holistic Health: Guided Meditation & Deep Rest

Thursday April 10 7:00am-8:30am AKDT

Wellness coach Diane Butera will share mindfulness practices and deep rest techniques intended to improve your well-being and foster health aging. Learn more and register [here](#).



Anchorage Community Concert Band

**Free Concert! | Sunday March 30th
4:00pm-6:00pm | Discovery Theatre**

Enjoy a night of music and fun with the [Anchorage Community Concert Band](#), conducted by Mark Wolbers. The free concert, *Suite Française*, will highlight the musical "Les Misérables" in addition to the popular "Pavane" by Gabriel Fauré, and the band masterwork "Suite Française" by Darius Milhaud.

Public Meeting on Mental Health and Substance Abuse



ALASKA
MENTAL HEALTH BOARD
ADVISORY BOARD ON
ALCOHOLISM & DRUG ABUSE

April 15-17 8:45am daily
Dimond Center Hotel
700 E. Dimond Blvd.

The Alaska Mental Health Board (AMHB) and Advisory Board on Alcoholism and Drug Abuse (ABADA) invites all members of the community and those with lived experience to attend their board meeting in-person, online, or by phone. This meeting will be held at the Dimond Center Hotel from Tuesday April 15 through Thursday April 17 beginning at 8:45am each morning, with the option to attend in person or virtually. Presentations include information on statewide efforts related to mental health and substance use from Anchorage community agencies and the State of Alaska.

There will be a community reception and opportunity for formal public comment to AMHB and ABADA board members on April 16, from 5:00pm-7:00pm. Public comment will begin at 5:15pm, after board member introductions. Light refreshments will be provided.

All members of the public are welcome to comment in person or call in through joining online:

<https://us02web.zoom.us/j/88320218050>

Meeting ID: 883 2021 8050, Passcode: 2025 or by dialing
1-888-788-0099 (toll-free)

For questions email: amhb.abada@alaska.gov or call (907) 465-8920.
The full agenda will be available at: health.alaska.gov/amhb

More April events!!

Veterans Forum with AARP: Learn about Tuskegee Airmen

Tuesday April 8 10:00am-11:00am AKDT

Join AARP to explore the first African American military aviators in the country, who became one of the most respected fighter groups of World War II. Learn more and register [here](#).



Free for All: The Public Library

Saturday April 12 | 3:00pm-5:00pm

Loussac Library Wilda Marston Theater

Join Anchorage Public Library (APL) for a free screening of the new [Independent Lens](#) documentary **Free for All: The Public Library**, in partnership with [Alaska Public Media](#).

Activities for Seniors at [Anchorage Public Library](#)

Senior Poetry Workshop

Tuesday April 22 2:00pm-3:30pm

Mountain View Library Community Meeting Room

Seniors, join local poet and facilitator Brian Hutton for a poetry workshop, including exercises and discussions on creativity and mental well being.

Alaska WWII History Presentation

Wednesday April 23 1:30pm-3:30pm

Loussac Library Ann Stevens Room & Galleria

Alaska WWII History Presentation in the Ann Stevens Room by the Alaska Veterans Museum.



May

May is Older Americans Month

Flip the Script on Aging is the 2025 theme selected by the Administration for Community Living (ACL) for Older Americans Month. The month is a time to recognize the contributions of older adults across the nation and to promote healthy aging for our older loved ones. Healthy aging is the process of maintaining physical, mental and social well-being as one grows older. Research shows that strong social connections are crucial for overall health and happiness, leading to longer lives and better stress responses. You can invite more connection into your life by finding a new passion, joining a social club or senior center, taking a class or trying new activities in your community.

The Municipality of Anchorage's two senior centers are a great way to expose yourself to new ideas, activities and people. While membership based, the senior centers also offer free programming and events for the public.



Anchorage Senior Activity Center

1300 E 19th Ave, 907-770-2000

Monday-Friday 9:00am-5:00pm

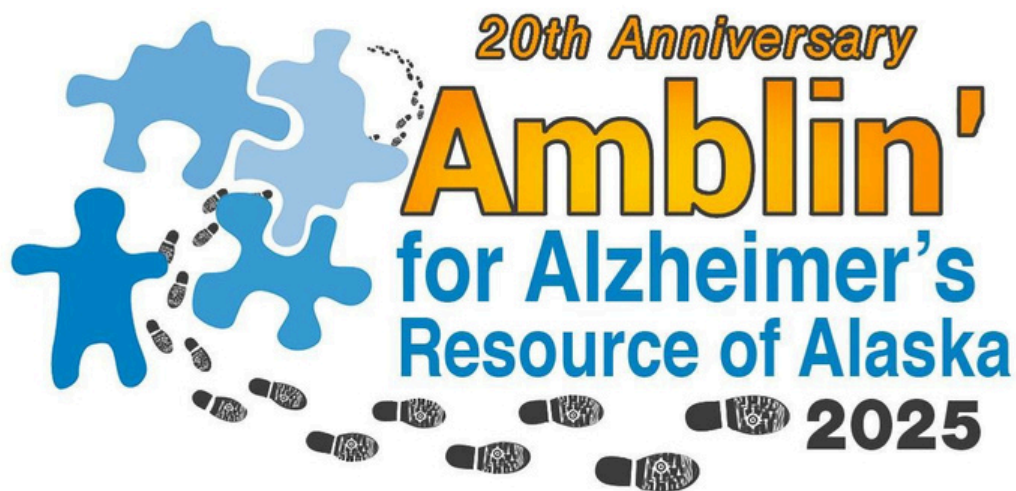
Chugiak-Eagle River Senior Center

22424 Birchwood Loop, Chugiak

907-688-2677

Monday-Friday 8:30am-5:00pm





Saturday May 3 @ 9:00am | Anchorage Golf Course

Join Alzheimer's Resource of Alaska in celebrating a remarkable milestone—Alzheimer's Resource of Alaska's 20th Annual **Amblin' for Alzheimer's!** This special event brings together our community to raise awareness and support for Alaskans affected by Alzheimer's disease and related dementias.

All funds raised stay in Alaska, directly supporting individuals living with Alzheimer's and related dementias, as well as their families and caregivers, through educational programs, support groups, and care coordination. More details to come.

Providers, mark your calendars! Please join the ADRC as we host the May Older Persons Action Group (OPAG) Breakfast.

***Anchorage Senior Activity Center
Wednesday May 14 @ 8:00am***



May event with **AARP**[®]

Fraud Prevention: Arm Yourself Against Scammers

Thursday May 1 8:00am-9:00am AKDT

Targeted by fraud? Join this talk to get information on the latest trends and tools that can help you spot and avoid scams! Learn more and register [here](#).



Save the Date!

Bike to Work Day 2025!

Friday May 16

Treat Stations open

7:00am-9:00am

4:00pm-6:00pm

Join the Anchorage Health Department, in partnership with Bike Anchorage, for **Bike to Work Day 2025** to be held on Friday May 16th. Bike to improve air quality, reduce traffic congestion, be active and have fun! Details are being finalized now so check back [here](#) as we get closer to the date.

Amanda Rose Warren is this year's artist.



June

June is Alzheimer's and Brain Awareness Month

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior and is serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age and the majority of people with Alzheimer's are 65 and older. Alzheimer's is a progressive disease and there is no known cure. The most common early symptom of Alzheimer's is difficulty remembering newly learned information. That's because Alzheimer's changes typically begin in the part of the brain that affects learning.

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. The Alzheimer's Association recommends incorporating some or all of these habits into your life to help maintain a healthy brain.

- Challenge your mind, remain curious
- Stay in school, keep learning
- Get moving daily
- Protect your head
- Control your blood pressure
- Manage diabetes
- Eat right and maintain a healthy weight
- Get a good nights rest
- Quit smoking

Tips for Traveling with a Medical Device

From the AARP January/February 2025 Bulletin, here are some ways to avoid damage or loss:

- Take a photo of your device and its travel bag. If it gets lost, you can show airline officials what it looks like.
- Ask the airline several days before departure about any special requirements. Your device must be Federal Aviation Administration-approved and if you need to use it in flight most airlines want you to let them know 48 hours in advance.
- Don't put the device in checked luggage. It is safer with you.
- Place your prescription for the device inside the case. You may need to prove the device is exempt from carry-on limits.
- Attach your contact information and personalize your travel case.

June event with 

Social Security: What's Right For You?

Monday June 16 4:00pm-5:00pm AKDT

Learn how to maximize your Social Security benefits and enjoy more financial security as you age. Learn more and register [here](#).

Downtown Anchorage's New Disability Parking Ordinance effective December 1, 2024



Anchorage residents understand our senior population is growing, and along with that comes an increased need for accessible parking. In addition, many individuals with disabilities face unnecessary barriers when visiting businesses, events, and services. The Disability Parking Ordinance improves equity, accessibility and community inclusion for all residents.

The changes implemented through the Ordinance are:

- **Free Street Meter Parking:** qualified individuals with disabilities can park free at all street meters.
- **Free Mobility Parking Permits:** no-cost permits for eligible individuals.
- **Increased Fines for Violators:** higher penalties for unauthorized use of handicap spaces to ensure availability.

How to apply for a free permit

Contact EasyPark at info@easyparkalaska.com

Call 907-276-7275 *2

Visit www.easyparkalaska.com



ACDA's mission is to serve as the catalyst for economic development by delivering quality private/public projects and innovative parking mobility services within the Municipality of Anchorage.



The Aging and Disability Resource Center (ADRC) is a one-stop resource center. Our trained and certified Resource Specialists are available to answer your questions about services within the community. We advocate for seniors and individuals experiencing disabilities.

The ADRC can help you find:

- Adaptive Equipment
- Assisted Living/Nursing Homes
- Employment Programs
- Family Caregiver Assistance
- Financial Aid
- Health & Wellness Programs
- Housing Options
- In-Home Personal Care
- Nutrition Programs
- Prescription Drug Coverage
- Respite Care
- Senior Centers
- Support Groups
- Transportation

Call today to get started! 907-343-7770

ADRC Office:

825 L St Ste 200
Anchorage, AK 99501
www.muni.org/adrc

Office Hours:

Monday-Friday 8:00am-5:00pm
Closed for lunch 12:00pm-1:00pm

**Holidays Observed
(we are closed)**

**Memorial Day
Monday May 26**

**Juneteenth
Thursday June 19**