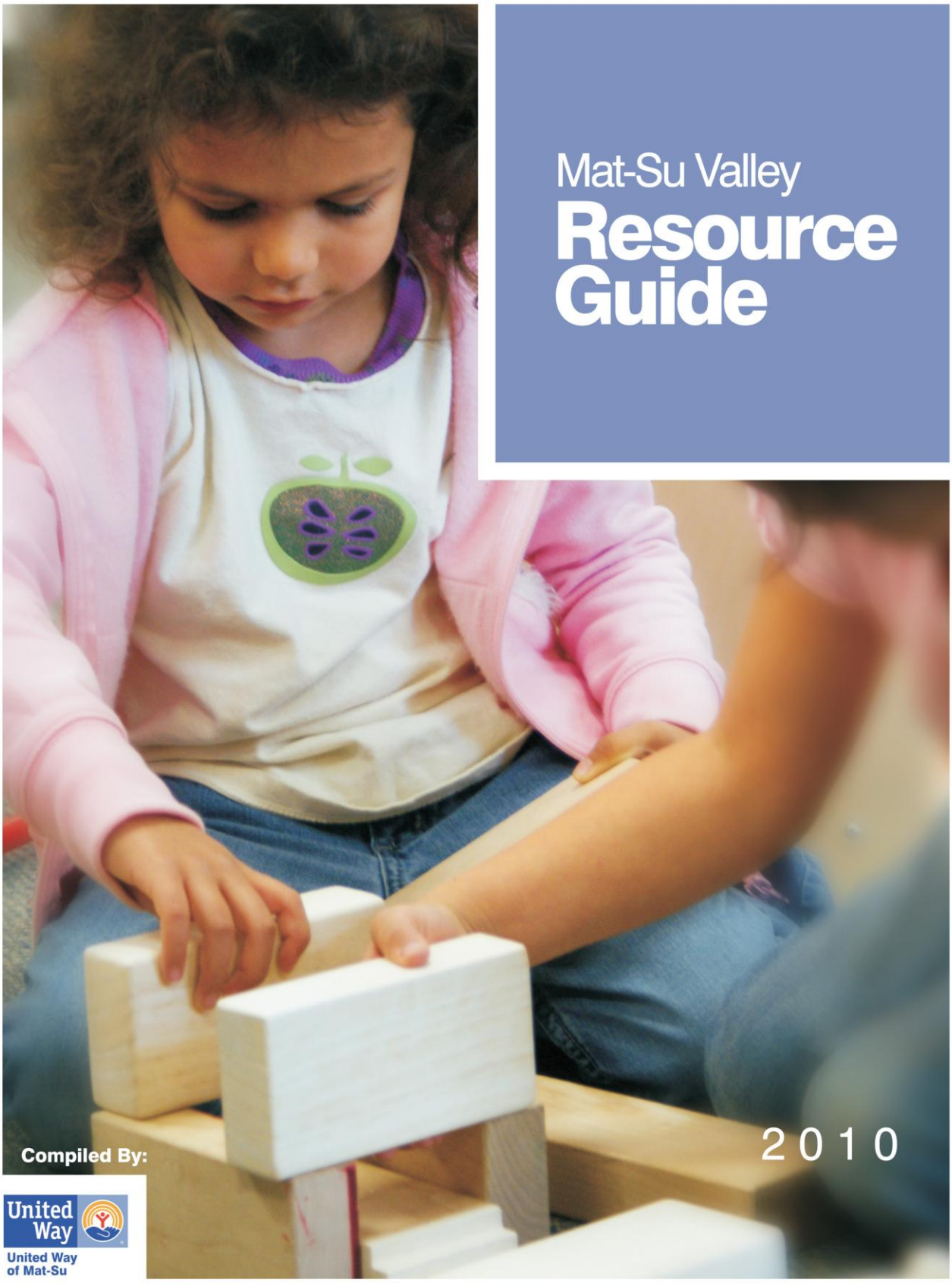

# Mat-Su Valley
# Resource Guide

2010

Compiled By:

United Way
United Way of Mat-Su

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# ADVOCACY

**Alaska State Commission for Human Rights** **(800) 478-4692**
**TTY:** **(800) 478-3177**

Investigates complaints of discrimination based on race, national origin, sex, religion, marital status, color, pregnancy, parenthood, age, physical disability, mental disability in employment, housing, public accommodations, financing, and government services in the State of Alaska.

**Alaska Child Support Services** **(800) 478-3300**
845 W Commercial Drive **(907) 357-3550**
Wasilla, AK 99654
www.csed.state.ak.us/

**Alaska State Office of the Ombudsman** **(800) 478-2624**
http://ombud.alaska.gov/

Handles complaints concerning state agencies.

**Alaska Legal Services**
**(888) 478-2572**

Income based and pro bono services.

**Better Business Bureau** **(800) 935-5100**

Complaints about businesses and listing of good businesses.

**Social Security Administration** **(800) 772-1213**

Service concerning lost/stolen cards/checks or other SS issues.

# ASSISTANCE

**Alaska Division of Public Assistance** **(907) 376-3903**
855 W Commercial Drive
Wasilla, AK 99654
http://www.hss.state.ak.us/dpa/

Promotes self-sufficiency and provides basic living expenses to Alaskans in need.

**Alaska Family Services** **(907) 376-4080**
899 Commercial Drive, Wasilla
1825 S. Chugach St., Palmer **(907) 746-4080**
http://www.akafs.org

Behavioral health services, child care, family support and preservation, domestic violence and sexual assault, nutrition services, shelters.

**American Red Cross** **(907) 357-6060**
851 E. Westpoint Drive Suite B9
Wasilla, AK 99654
http://alaska.redcross.org

Emergency, disaster support, First Aid, CPR, and babysitting training.

**Blood-N-Fire Ministries of Alaska** **(907) 864-0463**
Mile 49 Parks Hwy #18
Wasilla, AK 99654

Emergency Food/Rent/Mortgage and Utilities.

**Denali Kid Care** **(888) 318-8890**
http://www.hss.state.ak.us/dhcs/denalikidcare/default.htm

Provides excellent health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.

**Heating Assistance** **(888) 804-6330**
http://www.hss.state.ak.us/dpa/programs/hap/

Pays a portion of home heating expenses for individuals/family who qualify.

**Military Personnel and Family Benefits**
http://www.military.com/Benefits/0,14972,,00.htm

Housing, employment, education, medical and more.

## ALASKA NATIVE/AMERICAN INDIAN ASSISTANCE

**Knik Tribal Council** **(907) 373-7991**
901 W Commercial
Wasilla, AK 99654
www.**kniktribalcouncil**.org

Child care assistance, education scholarships, job placement & equipment, dental, vision, non-emergency medical transportation.

**Chickaloon Village** **(907) 745-0749**
http://www.chickaloon.org/
16166 N. Glenn Hwy
Sutton, AK
**Housing** **(907) 745-0736**
**Transportation** **(907) 745-0854**
**Health & Social** **(907) 745-0704**
**Education** **(907) 745-0793**

Hours: **Monday-Thursday 8 am – 5 pm** They help with some of the following listed below: Behavioral health referrals, non-emergency medical transportation, elder services YNDAS (Athabascan language and traditions school preschool thru 12th grade –open to general population) & Upper Education Scholarships Native Youth Olympics Team Sponsor, Youth Summer Jobs Program.

## CLOTHING & FURNITURE

**Alaska Family Services: Thrift Store** **(907) 746-6200**
403. S. Alaska Street
Palmer, AK 99645

**Arctic Treasures Thrift Store** **(907) 373-7784**
3060 N Lazy Eight Ct
Wasilla, AK 99654

Provides discounts of up to **$20** for clothing for disaster relief.

**Bishop's Attic** **(907) 745-4215**
840 S. Bailey
Palmer, AK 99645

Thrift store and also offer no cost items in cases of disaster.

**Earthly Treasures Thrift Store** **(907) 373-3763**
340 Lucille St
Wasilla, AK 99654

**Growing Spurts** **(907) 376-4404**
4931 Mayflower Lane
Wasilla, AK 99654

Gently used children, maternity, plus size clothing, infant equipment. May provide free items on a case by case basis for disaster relief.

**Heart Reach Pregnancy Center** **(907) 373-3456**
924 Leather leaf Loop
Wasilla, AK, 99654

Baby cache, gently used clothing up to 4T, and maternity clothes. Christian faith based parenting classes are offered which earn participants discounts for clothing or baby gear.

**Nugen's Ranch Thrift Store** **(907) 376-4534**
3701 Palmer Wasilla Hwy
Wasilla, AK 99654

**Mouse House** **(907) 376-6773**
201 E. Swanson
Wasilla, AK 99654

A covenant consignment shop.

**First Presbyterian Church** **(907) 376-5053**
1375 Bogard Road
Wasilla, AK 99654-6524

Furniture by appointment.

**Good Shepherd Lutheran** **(907) 376-3522**
501 E Bogard Rd
Wasilla, AK 99654

Clothing vouchers available.

**Salvation Army** **(907) 376-7598**
2301 Sun Mountain Ave.
Wasilla, AK 99654

Thrift Store. Clothing and furniture vouchers honored for disaster relief. **Vouchers available from Palmer location.**

**Turn a Leaf** **(907) 376-5708**
268 E. Nelson Ave
Wasilla, AK 99654

Medical equipment loaner program and merchandise vouchers.

**Valley Open Bible Fellowship** **(907) 892-4253**
14281 Jojoba St
Big Lake, AK 99652
www.alasakopenbible.com

Free clothing giveaway every **Wednesday 10 am – 2 pm**

# EDUCATION

## ADULT EDUCATION & EMPLOYMENT

**Adult Basic Education Center (HRC)**
839 S. Dimond Palmer, AK 99645 **(907) 745-5872**
871 Commercial Drive Wasilla, AK 99654 **(907) 373-5872**
www.hrced.com

Offers adult basic education, GED preparation and testing, job search skills.

**Alaska Job Center Network** **(907) 352-2500**
Toll Free **(888) 830-4473**
Unemployment Insurance **(888) 252-2557**
Westside Center / 877Commercial Drive
Wasilla, AK 99654
www.jobs.state.ak.us

Provides business/employer connections, job seeker resources, job training, vocational rehabilitation, unemployment insurance, and labor market information.

**Alaska Job Corp** **(907) 861-8800**
800 E Lynn Martin Drive
Palmer, AK 99645
www.alaska.jobcorps.gov

Provides career, technical, and academic training at no-cost to young men and women ages 16 through 24.

**Alaska Vocational Medical Training** **(907) 373-6357**
300 W Swanson Avenue
Wasilla, AK 99654

**Alaska Department of Vocational Rehabilitation** **(907) 352-2545**
877 W Commercial Drive
Wasilla, AK 99654

Assist people with disabilities in obtaining and maintaining employment.

**Charter College** **(907) 352-1000**
721 West Parks Hwy
Wasilla, AK 99654
http://www.chartercollege.edu/

Fast track career oriented degree and certification programs.

**Cooperative Extension Services** **(907) 745-3360**
809 S Chugach
Palmer, AK 99645

Outreach educational delivery system in co-operation with UAF. Offer classes in gardening, canning and nutrition. Also facilitate women's support and are the coordinators of 4-H.

**Matanuska-Susitna College** **(907) 745-9705**
Mile 2 Trunk Rd
Palmer, AK 99645
http://www.matsu.alaska.edu

An extended college of the University of Alaska Anchorage.

**Maximus-Alaska Works** **(907) 352-2560**
871 Commercial Drive
Wasilla, AK 99654

Helps families to move from public assistance to employment.

**MECA Employment Connection** **(907) 376-6322**
165 E Parks Hwy Suite 205B
Wasilla, AK 99654
http://www.mecaalaska.com/

Administrative /clerical, temporary, part time, and permanent position.

## CHILDCARE AND EARLY LEARNING

**Alaska Family Services: Child Care Assistance Program**
899 Commercial Drive, Wasilla **(907) 376-4080**
1825 S. Chugach St., Palmer **(907) 746-4080**
http://www.akafs.org

Assists low income families with the cost of child care while they are working and/or attending an approved training/educational courses.

**CCS Early Learning (Head Start)** **(907) 745-4040**
403 S. Alaska Street
Palmer, AK 99645
http://www.ccsalaska.org/index.html

Provides comprehensive child development services to economically disadvantaged children and families, with a special focus on helping preschoolers develop the early reading and math skills they need to be successful in school.

**Dzuuggi Preschool** **(907) 746-9230**
501 North Gulkana
Palmer, AK 99654

Provides child development services to disadvantaged children, with a special focus on helping preschoolers develop the early academics skills they will need to be successful in school.

**Matanuska-Susitna Borough School District** **(907) 746-9200**
501 Gulkana
Palmer, AK 99645
www.matsuk12.us

Public education for K-12th grade.

**Mat-Su Services for Children and Adults** **(907) 352-1200**
5000 E Shennum Drive
Wasilla, AK 99654
www.mssca.org

Provides a wide range of home and community-based services for parents with questions about child development and/or safety.

**Thread Alaska** **(907) 373-5024**
Westside Center, DPA Bldg, 877 W. Commercial Dr, Wasilla
http://www.threadalaska.org/

Provides childcare referrals to early learning programs.

## CHILD CARE: MAT-SU

Licensed providers accepting public assistance
https://dpasysops.dhss.alaska.gov/FindProviderVS8/zSearch.aspx

### BIG LAKE

**Big Lake Early Childhood Academy** ..... **(907) 892-6019**
4.5 Big Lake Road, Big Lake Elementary School
**Sara's Daycare**..... **(907) 841-2729**
1978 S. Lodge
**Tammie's Place**..... **(907) 715-9038**
1559 N Beaver Lake Estates

### PALMER

**CCS Early Learning**..... **(907) 746-4483**
2238 S. Inner Springer Loop
**Little Friends Childcare**..... **(907) 746-7095**
1635 N. Old Glenn Hwy
**Mouse Trap Playschool**..... **(907) 745-1803**
517 S. Cobb Street
**Profiles of Excellence**..... **(907) 745-2349**
260 S. Cobb Street
**Profiles of Excellence, INC**..... **(907) 861-8817**
800 E Lynn Martin
**Rays Child Care**..... **(907) 745-4875**
Mile 3.5 Palmer-Wasilla Highway

**Alaskan Seedlings Childcare**..... **(907) 745-4165**
4450 N. Pinnell
**Close to Home Childcare; Learning Center**..... **(907) 745-7181**
1720 N. Loma Prieta Dr.
**Kids First**..... **(907) 745-9015**
351 N. Popes Rd.
**Miss Becky's Daycare**..... **(907) 745-8537**
4003 N. Forestwood Dr.
**Little Daisies Learning Center**..... **(907) 357-5274**
387 N. Tiffany Dr.
**Little Treasures**..... **(907) 745-8505**
9850 Strand Dr
**Margaret's Little People**..... **(907) 745-2719**
1160 W. Josselin Lane
**My Little Angels Childcare**..... **(907) 746-2904**
1210 Josselin Lane
**Pampered Moms**..... **(907) 373-7173**
1431 Downwind Dr #2
**Younger Years Child Care**..... **(907) 745-6216**
1551 S. Tanya Ct

TALKEETNA

**Sunshine Station Child Care Center**.....**(907) 733-5437**
16004 E. Walstead Drive

WASILLA

**A Touch of Home Childcare & Learning Ctr**..... **(907) 357-2237**
690 S. Knik Goose Bay Road
**All About Kidz Child Care & Learning Ctr**..... **(907) 357-8035**
4280 S. Knik Goose Bay Rd.
**Carefree Kids, LLC**..... **(907) 373-3950**
3950 Carefree Drive
**CCS Meadow Lakes Early Learning Center**..... **(907) 373-7165**
7362 W. Parks Highway #752
**CCS Wasilla Early Learning Center**..... **(907) 373-7795**
2100 E. Foundry Way
**Denali Gymnastics & Fitness, INC**. ..... **(907) 373-3547**
300 E Kalli Circle
**Illuminations Child Care and Educational**..... **(907) 373-3116**
611 S. Knik-Goosebay RD,Suite B & Suite F
**Kidzone Daycare & Learning Center II**..... **(907) 376-5468**
2450 Success Dr.
**Little Love Bugs Daycare & Learning Ctr**. ..... **(907) 892-3714**
1540 S. Ridgecrest Dr.
**Marie's Little Lambs Learning Center**..... **(907) 715-6226**
South Settlers Bay Drive
**Mat-Su Early Development Academy**..... **(907) 373-7812**

245 E. Nelson Avenue
**Rising Star Child Care & Learning Center**..... **(907) 373-4875**
1051 East Bogard Rd
**Rock of Ages Daycare & Learning Center**..... **(907) 357-6300**
3060 Lazy Eight Court, Suite 7
**The Alaska Club Valley**..... **(907) 376-3300**
1720 E. Parks Highway
**Angel's Daycare and Preschool**..... **(907) 357-6601**
7078 Birch Leaf Drive
920 Plymouth Circle
**Colonial Park Childcare**..... **(907) 373-0337**
920 Plymouth Circle
**Imagination Academy**..... **(907) 373-1600**
244 S. Sylvan Rd, Ste. 109
**Kira's Kids N' Kritters**..... **(907) 376-0636**
1200 N. Clinton Circle
**Lil Cubs Child Care**..... (**907) 746-5499**
**3601 N Ebro Circle**
**Little Curtin Climbers**..... **(907) 376-4688**
660 N. Kimberly
**Little Tykes Child Care**..... **(907) 376-9754**
2444 Sweetie Pie St
**Neecy's Nest**..... **(907) 373-3755**
1931 W. Cottonwood Creek Drive
**Noah's Ark Child Care**..... **(907) 376-2345**
2830 Brennas Way
**P.L.A.Y. Childcare, LLC**..... **(907) 373-1023**
467 E. Diamond Wood Way
**Robin's Nest**..... **(907) 373-6757**
2511 Schrock Road
**The Cardboard Box**..... **(907) 232-8721**
2852 E. Mikey Circle
**Amanda Gates Childcare Facility**..... **(907) 357-2744**
6383 S. Aurora Dr
**Aunty Cheryl's Child Care**.....**(907) 376-0902**
1731 Lacy Loop
**Kidz Come 1ST**..... **(907) 357-9445**
6390 S. Roosevelt Dr
**Mary's L'il Home Day Care**..... **(907)715-7252**
3161 W. Sakai Street
**Neoptions**..... **(907) 357-9237**
4021 W. Kertulla Ct.
**Nice Little Daycare**..... **(907) 373-3837**
2360 Ridgewood Drive
**Noah's Ark Daycare & Preschool**..... **(907) 373-7506**
1061 N. Jack Nicklaus Dr

**Pooh's Corner Day Care**. …… **(907) 357-1132**
4909 N Charley Dr
**Teresa's Child Care**…… **(907) 373-5224**
991 S. Vine Road
**Tundra Tikes**…….. **(907) 315-0791**
6916 W. Joe's Drive
**Whistle Stop**…….. **(907) 357-0622**
735 N. Randall's Way

## FOOD & NUTRITION

**Alaska Family Services: Women Infant and Children (WIC) (907) 746-6242**
1825 Chugach Street
Palmer, AK 99645
**Wasilla (907) 376-4080**
899 W Commercial Drive
Wasilla, AK 99654

Promotes healthy eating and lifestyle habits that last a lifetime.

**Blood –N-Fire Ministries of Alaska (907) 864-0463**
Mile 49 Parks Hwy #18
Wasilla, AK 99654

**Family Christian Center (907) 373-2617**
203 W. Dogwood Avenue
Palmer, AK 99645

Provides food as needed. This is the administrator's phone number for information.

**Food Panty of Wasilla (907) 357-3769**
501 Bogard Rd
Wasilla, AK 99654

**Bring photo ID: Mat-Su residents only. Monday-Friday: 10am-1pm.**

**Hilltop Assembly of God (907) 892-6225**
Mile 59.7 Parks Hwy
Wasilla, AK 99654

**Need to live in Houston area, call first.**

**King's Chapel** **(907) 357-2065**
1701 N. Lucille
Wasilla, AK 99654

Call for designated hours: 1 Saturday per month.

**Manna Independent Baptist Church** **(907) 745-3898**
10151 E Palmer Wasilla Hwy
Palmer, AK 99645

Food distribution after services—
**Wednesday 8:30pm and Sunday 12:30pm**

**Mid-Valley Seniors** **(907) 892-6114**
11975 W. Mid-Valley Way
Houston, AK, 99694

Provides home delivery for seniors and congregate dinners.

**Nugen's Ranch** **(907) 376-4534**
3701 Palmer-Wasilla Hwy
Wasilla, AK 99654

Mondays and Fridays: **5:45 pm-7:00 pm**

**Our Lady of the Lake Catholic Church** **(907) 892-6492**
S. Big Lake Rd
Big Lake, AK 99652

By appointment

**Palmer Food Bank** **(907) 746-3565**
221 S Valley Way
Palmer, AK 99645

Mat-Su residents only: Mondays-Fridays **1:00 pm-5:00 pm**

**Palmer Senior Citizens Center** **(907) 745-5454**
831 S. Chugach
Palmer, AK 99645

Congregate and delivered meals provided for seniors 60 & over.

**Salvation Army** **(907) 745-7079**
209 W. Evergreen
Palmer, AK 99645

Mondays and Wednesdays **10:00am-1:30pm**

**School Lunch Program** **(907) 376-5813**
801 N. Wasilla-Fishhook Rd
Wasilla, AK 99654

Turn in applications at child's school.

**Sunshine Food Bank** **(907) 892-6492**
#1 Walstead Road, Mile 4.2
Talkeetna, AK 99676

Tuesdays: **10:00am-4:00pm.**

**Veteran's Center** **(907) 376-4318**
851 E. Westpoint Drive
Wasilla, AK 99654

Holiday Baskets for veterans only
Hours of Operation, **Monday - Friday 8am - 4:30pm**,

**Valley Open Bible Fellowship** **(907) 892-4253**
14281 Jojoba St
Big Lake, AK 99652
www.alasakopenbible.com

Food Pantry **Wednesdays 10am-2:00pm.**
Government commodities supplemental food distribution
**Wednesday 6:00 pm – 7:00 pm**
Community Café -**Wednesday 6:00 pm – 8:00 pm**

**Wasilla Area Senior Center** (**907) 376-3104**
1301 Century Circle
Wasilla, AK 99654

Provides lunch to senior citizens of Mat-Su area:
**Mondays-Fridays 11:30 am-12:30 pm.**

**Wasilla Lake Church of the Nazarene** **(907) 376-5439**
2001 Palmer-Wasilla Hwy

Wasilla, AK 99654

Bring photo ID: **Tuesdays: 10:00 am-2:00pm.**

**Willow United Methodist Church** **(907) 495-8292**
67.8 Parks Hwy
Willow, AK 99688

Bring photo ID: must have Willow address.

# HEALTH

## COUNSELING/MENTAL HEALTH

**Addiction Assessments, LLC** **(888) 486-0181**

**Alano Club** **(907) 376-8669**
901 Snohomish
Wasilla, AK 99654

Alcohols Anonymous and Narcotics Anonymous meetings and sober social events.

**Alcoholics Anonymous Hotline** **(907) 376-4777**

**Alaska Attachment & Bonding Associates** **(907) 376-0366**
http://www.akattachment.org/
3300 Palmsmale

Wasilla, AK 99654

Support healthy family attachment and bonds through education and advocacy.

**Alaska Family Services**
899 Commercial Drive, Wasilla 1825 **(907) 376-4080**
S. Chugach St., Palmer **(907) 746-4080**
http://www.akafs.org

Provides a number of services for women, children and their families through intervention, referral, collaboration, and education including alcohol and drug treatment programs for adults and youth. All programs are designed to strengthen and support individuals and families.

**Alcohol Safety Action Programs (ASAP)** **(907) 746-6260**
1825 South Chugach Street
Palmer, AK 99645

Prevention and Early Intervention Programs.

**Alzheimer's Association** **(907) 746-3413**
Trinity Barn Plaza
Mile 2.2 Palmer Wasilla Hwy
Palmer, AK 99645

In home respite, advocacy, referrals, support group, education.

**Co-Occurring Disorders Institute, Inc** **(907) 745-2634**
7335 E Palmer-Wasilla Hwy, Suite 2C
Wasilla, AK 99654
www.codi-ak.org

**Nugen's Ranch** **(907) 376-4534**
3701 Palmer-Wasilla Hwy
Wasilla, AK 99654
http://www.nugensranch.org

Drug and Alcohol rehabilitation center for adults.

**Saxton Youth Shelter/ Mediation** (**907) 376-7233**

**Starting Point** **(907) 376-6116**
190 Paulson Suite 1
Wasilla, AK 99654

Outpatient after care, evaluations and referrals, drug and alcohol treatment.

**The Children's Place** **(907) 357-5157**

A child-friendly, neutral facility where professionals from many agencies involved in the evaluation, investigation and treatment of child abuse meet to coordinate and bring their services to the child and their families.

## LICENSED THERAPISTS

*Sliding scale and/ or accept Medicaid or Medicare*

**Alpha Counseling ..... 373-5595**

**Holladay and Assoc.** .....**745-7080**

**Skip Hrin, PsyD..... 376-9520**

**Providence Behavior Health.....373-8080**

**Mat-Su Health Services** **(907) 376-2411**
1363 W Spruce Ave.
Wasilla, AK 99654
http://www.matsuhealthservices.org

Behavioral Health: treatment for mental illness, substance abuse and traumatic brain trauma. 24/7 crisis line.

**Mat-Su Veteran's Affairs Community Based Outpatient Clinic (907) 631-3100**
865 N. Seward Meridian Parkway, Suite 105
Wasilla, AK 99654

The clinic provides primary care and mental health care.
Hours of Operation, **Monday – Friday 7:30 am- 4:00 pm**

**Veteran's Center** **(907) 376-4318**
851 E. Westpoint Drive
Wasilla, AK 99654

Counseling for Combat veterans.
Hours of Operation, **Monday- Friday 8:00 am - 4:30 pm**

**VA Suicide Prevention Hotline** **(800) 273-TALK**

## Medical

**Alaska Home Care** **(907) 357-5431**
1450 N Creste Foris Suite A
Wasilla, AK 99654
www.alaskahomecare.com

In-Home Personal Care Assistance, chore and respite care for the elderly, disabled, and special needs.

**American Marine Hyperbarics Center** **(907) 357-5400**

Provides hyperbaric oxygen therapy. (Pressurized oxygen treatments)

**Alaska Open Imaging LLC** **(907) 357-1220**
1751 E Gardner
Wasilla, AK 99654

Provides MRI scanning, Life scans, Osteoporosis testing, and ultrasounds.

**American Cancer Society** **(800) 227-2345**

Provides cancer information and memorials/donations.

**Alaska Statewide AIDS Helpline** **(800) 478-AIDS**

**Family Health Center** **(907) 745-1777**
425 E. Dahlia, Suite L
Palmer, AK 99645

**Mat-Su Health Services: Primary Care Clinic** **(907) 376-2411**
1363 West Spruce Avenue
Wasilla, AK 99654-5327
http://www.bhs-mat-su.com/

Provides acute and urgent care, prevention treatment, postpartum and well baby care, prevention of teen pregnancy, family planning, prevention and treatment of obesity, health maintenance, school physicals and immunizations, vision and hearing screenings, screening and care for diabetes and high blood pressure, early detection of breast and cervical cancer, oral health screening and fluoride treatments, as well minor dental procedures, senior care, and limited laboratory procedures.

**Mt. Pacific Medicare Helpline** **(800) 497-8232**

**Mat-Su Public Health Center** **(907) 352-6600**
3233 East Palmer-Wasilla Hwy Suite 3 **(907) 376-2437**
Wasilla, AK 99654

Free child services, women's clinic, family planning and more. Sliding fee, call for an appointment. Immunizations available in Palmer at the Alaska Family Resource Center, call for schedule.

**Mat-Su Regional Hospital** **(907) 861-6000**
2500 S. Woodworth Loop
Palmer, AK 99645
http://www.matsuregional.com

Provides general medical and surgical care for inpatient, outpatient, emergency room patients, and participates in the Medicare and Medicaid programs.

**Mat-Su Regional Urgent Care** **(907) 352-2880**
950 E. Bogard Rd., Suite 103
Wasilla, AK 99654

Open: Mon- Thurs **9am-7pm** and Fri-Sun **9am-5pm No appointment needed**

**Mat-Su Regional Homecare/Hospice** **(907) 352-4800**
950 E. Bogard Rd., Suite 132
Wasilla, AK 99654

Home care allows a person with special needs to stay in their home. It serves the elderly, disabled, chronically ill and patients recovering from surgery. Hospice provides medical, psychosocial, and spiritual support to terminally ill and their families.

**Mat-Su Veteran's Affairs Community Based Outpatient Clinic (907) 631-3100**

865 N. Seward Meridian Parkway, Suite 105
Wasilla, AK 99654
http://www2.va.gov/directory/guide/facility.asp?ID=5711

The clinic provides primary care and mental health care.
Hours of Operation**, Monday - Friday. 7:30 am - 4:00 pm**

**Patient referrals can be accomplished by contacting the Clinic (907) 631-3100**
**Toll free (866) 323-8648**
**Pharmacy Refills..... (877) 750-4790**
**Suicide Prevention Hotline..... (800) 273-TALK**
**Parent Facility--Anchorage VAMC (907) 257-4700**
**Or (888) 353-7574**

**Neighbor to Neighbor Clinic (907) 376-3667**
500 North Main Street, Suite C
Wasilla, AK 99654

**Odlund Family Practice (907) 373-0850**
950 E Bogard Rd
Wasilla, AK 99654

**Palmer Chiropractic Clinic (907) 745-0776**

**Poison Control-24/7 (800) 222-1222**

**Sunshine Community Health Center (907) 495-4100**
Mi 97.8 Parks Hwy
Willow, AK 99688

**Southcentral Foundation (907) 352-6000**
1830 E. Parks Highway, Suite A134, Wasilla, AK 99654
www.**southcentral**foundation.com/iphone/services.**ak**

**National AIDS Hotline (24 Hours) (800) 342-AIDS (2437)**

**STI Resource Center (800) 230-6039**
You can also get information on their website: **www.ashastd.org**

**Sunshine Community Health Center (907) 733-2273**

HC 89 Box 8190
Talkeetna, AK 99676
http://www.sunshineclinic.org/

Offers accessible, proactive, quality health and oral health screening and fluoride treatments, as well minor dental procedures, senior care, and limited laboratory procedures.

**Valley Chiropractic Clinic, Inc** **(907) 373-2022**
400 N Main St
Wasilla, AK 99654

**Valley Internal Physicians** **(907) 376-1633**
950 E Bogard Rd, Ste 226
Wasilla, AK 99654

**Wasilla Medical Clinic** **(907) 373-6055**
1700 E. Parks Hwy., #200
Wasilla, AK 99654
http://www.alaskamedicalclinics.com/

Provides walk in urgent care, convenient, high-quality preventative and acute outpatient medical services and health care. Also provides minor emergencies, general and family practice, X-rays, and lab on site.

## PREGNANCY/PRENATAL CARE

**In Due Time** **(907) 715-9436**
565 W Crestwood Avenue
Wasilla, AK 99654

Provides childbirth classes and Doula services.

**Mat-Su Midwifery** **(907) 373-3420**
2650 Broadview Avenue, Wasilla
http://www.matsumidwifery.com

A team of licensed midwives with a broad range of experience and skill offering the following services: prenatal massage, chiropractic and physical therapy referral, infant massage and lactation consultation. They also teach nutrition classes and birth preparation classes during pregnancy.

**Mat-Su Regional Hospital Palmer: Birthing Center** **(907) 861-6645**
2500 S. Woodworth Loop, Palmer
http://www.matsuregional.com

Childbirth and parenting education.

**Pioneer Midwifery** **(907) 373-6068**
**1649 W Parks Hwy, Wasilla** **(907) 841-5119**
http://www.midwife.net/

Family centered births. Prenatal care is focused on creating low risk pregnancies through nutrition, information and careful monitoring. Provides lab work, ultrasounds if needed, visits, nutritional counseling, books and videos, labor and postpartum care, newborn exam at birth, 24 hour and 3 day visits (afterbirth) for mother and baby.

**Windsong Midwifery & Birth Center** **(907) 373-2672**
231 East Swanson Avenue, Wasilla
http://www.windsongmidwifery.com

Provides free baby heart tones, consultation, pregnancy tests, and nutritional information. Provides comprehensive maternity care for low risk pregnancies and childbirths, including lab work and ordering ultrasounds in a relaxed and educational environment. Childbirth classes are available for those who need them.

## SUBSTANCE ABUSE PREVENTION & TREATMENT

www.unitedwaymatsu.org/ourwork/mssapc/index.php

www.facebook.com/drugfreecommunity

**(907) 373-5818**

## 24-HOUR CRISIS LINES

| | |
|---|---|
| **Medical Emergency** | **911** |
| **Alaska Family Services** | **(907) 746-8026** |
| **Mat-Su Health Services** | **(907) 376-2411** |

## TOBACCO PREVENTION

**Alaska Tobacco Quit Line** **(888)-842-QUIT (7848)**

Alaskans who use tobacco and want help to quit can now receive a free eight week supply of Nicotine Replacement Therapy.

**Teens Against Tobacco Use ® (T.A.T.U.)** **(907) 746-6123**

Youth empowerment program teaching teens to fight back against tobacco use.

## FREE COMMUNITY SUPPORT GROUPS AND PROGRAMS

**Addicted No More (Faith-Based)** **(907) 373-3601**

Word of Faith Assembly: Mondays **6:30pm**

**Alcoholics Anonymous** **(907) 376-4777**

12-step support groups for individuals with alcohol addiction.

**Fresh Start Recovery (Faith-Based)** **(907) 232-5797**

Church on the Rock: Monday's 7:00pm

**Mat-Su Alano Club** **(907) 376-8669**

***Al-Anon* Helpline** **(907) 357-2550**

Support group for family members of addicted persons.

**Narcotics Anonymous** **(907) 352-3733**

12-step support group for individuals addicted to narcotics.

## SUBSTANCE ABUSE TREATMENT & SERVICES

**Alcohol Safety and Action Program (ASAP)** **(907) 746-6260**

Provides substance abuse screening, case management and accountability for DUI and other alcohol/drug related misdemeanor cases.

**Alaska Family Services** **(907) 376-4000**

Behavioral Health Treatment Center for outpatient services for adults, youth, women and children. Alcohol Drug Information Schools (ADIS) for youth and adults are also available**.**

**Ascent Treatment & Counseling Services** **(907) 357-6860**

Alcohol and drug treatment, ASAP referrals**.**

**Mat-Su Health Services** **(907) 376-2411**

Individual, family, or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.

**Olive Tree Counseling** **(907) 745-6557**

Faith-based counseling services.

**Nugens Ranch** **(907) 376-4534**

Long-term residential substance abuse treatment program varying in length of stay from 6 months to 2 years.

**Set Free Alaska** **(907) 373-4732**

Christian outpatient rehab center that uses a mind-body-spirit approach to recovery.

**Starting Point** **(907) 376-6116**

Alcohol and drug treatment for adults and adolescents, outpatient programs, and ADIS.

**Sunshine Community Health Center** **(907) 733-2273**

Provides individual, couples, family, and group therapy.

**The Recovery Connection** **(907) 746-6660**

Outpatient drug treatment center, alcohol rehab, dual diagnosis, and addiction recovery.

# HOUSING

## HOMEOWNERS

**Alaska Community Development Corporation** **(907) 746-5680**
**(800) 478-8080**

1517 S. Industrial Way #8
Palmer, AK 99645
http://www.alaskacdc.org/

A direct provider of housing and energy efficiency programs throughout much of Alaska including Southeast, Southcentral, Copper River Valley, Bristol Bay and Aleutians.

**Alaska Housing Finance Corporation** **(907) 376-5744**
851 Westpoint Dr, B6
Wasilla, AK 99654
http://www.ahfc.state.ak.us/home/index.cfm

Provides Alaskans with access to safe, quality, affordable housing.

**Habitat for Humanity Mat-Su** **(907) 373-7278**
900 Hyer Road
Wasilla, AK 99654

Coordinates community volunteers to construct homes for low income families.

**Knik Tribal Council** **(907) 373-7985**
(Mi 1.5) 2100 Wasilla Fishhook Rd
Wasilla, AK 99654

Home modernization & weatherization programs
Monday-Friday: **8:00am-4:00pm**

**Rural Development Corp** **(907) 761-7705**
800 W Evergreen, Suite 201
Palmer, AK 99645

Providing loans and grants for housing for single family homes and multi- family dwellings.

## POPULATION SPECIFIC HOUSING

**Alaska Pioneer Homes** **(907) 745-4241**
250 East Fireweed Avenue
Palmer, AK 99645-6638
http://www.hss.state.ak.us/dalp/palmer/default.htm

Provides assistance for older Alaskans and veterans to have the highest quality of life by providing assisted living in a safe home setting which promotes independence, positive relationships, meaningful activities and physical, emotional and spiritual growth.

**Valley Residential Services** **(907) 357-0369**
1075 Check Street
Wasilla, AK 99654

Provides housing for adults with special needs as defined as those individuals with mental or developmental disabilities, individuals with low or moderate income or advanced in age.

**Williwaw I and II** **(907) 376-5744**

1201 Century Circle, B-4; PO Box 873347
Wasilla, AK 99687

Low cost housing for seniors.

## SUBSIDIZED HOUSING

**Eagle Ridge Townhomes** **(907) 746-2516**
1775 Thuma Street
Palmer, AK 99645

**Forest Apartments** **(907) 745-3957**
330 Cobb Street
Palmer, AK 99645

**Forest Hills** **(907) 745-0102**
Valley Residential Services/PO BOX 871874
Palmer, AK 99645

**Hunter Creek Apartments** **(907) 746-2005**
855 W. Fern Avenue
Palmer, AK 99645

**Knik Tribal Council** **(907) 373-7985**
2100 (Mi 1.5) Wasilla Fishhook Rd
Wasilla, AK 99654
Monday-Friday: **8:00am-4:00pm**

**Northridge Apartments** **(907) 745-3484**
424 E. Dogwood Ave.
Palmer, AK 99645

**Palmer Arms Apartments** **(907) 746-1030**
112 South Alaska Street
Palmer, AK 99645

**Ridgecrest Park** **(907) 376-9512**
201 E. Kalli Circle
Wasilla, AK 99654

## SHELTERS

**Alaska Family Services: 24 hr Safe Shelter** **(907) 746-8026**
403 S. Alaska Street
Palmer, AK 99645
http://www.akafs.org/dvsa.html#shelter

Safe Shelter for female victims of domestic violence and sexual assault with or without children is staffed 24-hours a day by professional, specially trained domestic violence advocates.

**Alaska Family Services: Saxton Youth Shelter** **(907) 376-7233**
174 W. Spruce Ave
Wasilla, AK 99654
http://www.akafs.org/sys.htm

Level 2, Emergency Stabilization and Assessment Center (ESA) that provides behavioral rehabilitation services (BRS) and temporary residential care for children ages 12-18 who are in immediate danger in their current environment, who need short term, temporary placement, or may need stabilization and assessment of their needs.

**Family Promise of Mat-Su** **(907) 357-6160**
1375 E. Bogard Road
Wasilla, AK 99654
http://www.familypromisematsu.org/

Provides compassionate care through shelter, meals, and case management to families without housing

**Salvation Army** **(907) 745-7079**
209 W. Evergreen
Palmer, AK 99645
http://www1.usw.salvationarmy.org/usw/www_usw_alaska.nsf/

# SUPPORT

## Family and Parenting

**Alaska Family Services: Family Support and Preservation** **(907) 746-4080**
1825 S. Chugach St.
Palmer, AK 99654
http://www.akafs.org/fsp.html#parenting

Offers free 12-week parenting classes on a variety of topic every Wednesday.

**Big Brothers Big Sisters** **(907) 357-2227**
619 South Knik-Goose Bay Road, Wasilla
www.bigbrothersbigsistersalaska.org

Provide role models, mentors, trusted friends or just good company for a child between the ages of 7 and 18 living in a single parent home. One year commitment, all participants interviewed and screened for best match outcome.

**HeartReach Pregnancy Center** **(907) 373-3456**
924 Leatherleaf Loop **(800) 395-HELP**
www.heartreachalaska.com

Provides pregnancy tests, information on pregnancy options, support for pregnancy & parenting, abortion recovery groups, sexual integrity, community referrals, clothing and furnishings for mother & baby. Offers parenting classes.

**LA Leche League of Mat-Su** **(907) 357-6455**
http://www.lllusa.org/web/MatSuValleyAK.html

Childbirth education and preparation, mother to mother support, and lactation consultants.

**Office of Children's Services** **(907) 357-9797**
695 E. Parks Hwy **(800) 478-4444**
Wasilla, AK 99654
http://hss.state.ak.us/ocs

Child protection services.

**Child Help -National Child Abuse Hotline** **(800) 422-4453**

Anonymous help line. Call if you would like to talk to someone about child abuse and you can get the help or resources that you need.

## SPECIAL NEEDS

**Access Alaska, Inc.** **(907) 357-2588**
897 Commercial Drive
Wasilla, AK 99554
www.accessalaska.org

Provides personal care services, support groups, independent living skills, advocacy, referrals, technical assistance and other services for seniors and Alaskans who experience disabilities.

**Daybreak Inc.** **(907) 745-6012**
263 S. Bonanza
Palmer, AK 99645

Provides case management/service coordination for adults who experience mental illness.

**Immediate Care** **(907) 357-4387**
4851 E Blue Lupine Dr # B
Wasilla, AK 99654-8411
http://www.immediatecareak.com/

Provides personal care assistants, chore services, respite services, and home options for elders and individuals who experience disabilities.

**Hope Community Resources** **(907) 357-3750**
4901 E Mayflower Suite B
Wasilla, AK 99654
www.hopealaska.org

Provides individualized services to support individuals who range in age from infancy to the elderly; are of varied and diverse ethnic background; and experience mild to severe disabilities.

**Little Treasures Home Daycare** **(907) 745-8505**
9850 Strand Drive

Palmer, AK 99645

Childcare with experience in providing care for severely emotionally disturbed children.

**LINKS Parent Resource Center** **(907) 373-3632**
E. Mountain Heather Way, Suite # 3
Palmer AK 99645
http://www.linksprc.org/index.htm

Provides support and assistance to families caring for children and youth with special needs.

**Mat-Su Activity and Respite Center** **(907) 357-8622**
951 E. Bogard Rd., Suite 101
Wasilla, AK 99654
http://www.matsu-respite.com/

Assists individuals and families who experience disabilities by providing care coordination, residential habilitation, respite care, supported employment and environmental modification.

**Mat-Su Services for Children and Adults** **(907) 352-1200**
5000 E Shennum Drive
Wasilla, AK 99687
www.mssca.org

Provides a wide range of and community based services for adults with developmental disabilities, families with children experiencing developmental delays or disabilities, and parents with questions about child development and/or child safety.

**Ready Care** **(907) 357-5627**
357 East Parks Hwy.
Wasilla, AK 99654

Provides personal care attendants, respite and chore services, care coordination, residential and day habilitation, group and assistant living homes, supported employment, intensive active treatment, and referral sources for elders and individuals who experience disabilities.

## RECREATION

**Boys & Girls Club** **(907) 357-2582**
3700 E. Bogard Rd
Wasilla, AK 99654

Provides children and youth programs to build character and self-esteem.

**Boy Scouts** **(907) 745-3841**
Bodenberg Loop Rd
Palmer, AK 99645

**Camp Challenge** **(907) 745-3731**
PO Box 1833
Palmer, AK 99645

Through Palmer Church of God they offer a Christian and summer camp for K-12. $18.00 a day, includes meals

**Cooperative Extension Services** **(907) 745-3360**
809 S Chugach
Palmer, AK 99645

Outreach educational delivery system in co-operation with UAF. Offers classes in gardening, canning and nutrition. Also facilitates women's support and are the coordinators of **4-H**

**Curtis D. Menard Memorial Sports Center** **(907) 357-9100**
1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com

NHL-size ice arena, an indoor artificial turf court, a running/walking track, three community meeting rooms, and a kitchen facility.

**Discover Dance Studio** **(907) 373-2623**
245 E Nelson Ave
Wasilla, AK 99654

**Girl Scouts** **(907) 376-3822**
Wasilla, AK 99654

**Jay's Taekwondo** **(907) 376-7433**
1151 Shenandoah Ave Suite 1
Wasilla, AK 99654

Women's Self Defense Lessons

**Okamoto's Karate** **(907) 376-0333**
1261 E. Blue Lupine
Wasilla, AK 99654
www.karate@alaska.net

Starts at ages 3 and up. 2 week mini membership, no cost vouchers available.

## BOWLING ALLEY

**North Bowl** **(907) 357-6600**
3250 E. Palmer- Wasilla Hwy
Wasilla, AK 99654

## MAT-SU LIBRARIES

www.matsulibraries.org

**Big Lake Library** **(907) 892-6475**
3140 S Big Lake Rd
Big Lake, AK 99652

Job Center Affiliate: Work force development, afternoon story time, preschool story time, summer reading. Also offer computer and copying services, and notary service.

**Palmer Public Library** **(907) 745-4690**
655 S. Valley Way
Palmer, AK 99645

Have access to internet, Baby Lap Sit 4-22 months. Toddler 3-6 pm story time.

**Sutton Library** **(907) 745-4467**
11317 Jonesville Mine Rd. / PO Box 768
Sutton, AK 99674

Offer programs such as: Summer Reading Program, Afterschool Program, Story Time, and Community Book club.

**Talkeetna Library** **(907) 733-2359**
Mile 13.5 Talkeetna Spur Rd/ PO Box 768
Talkeetna, AK 99676

Offer programs such as: Story Time, Community Book club, and baby and me lap sit.

**Trapper Creek Library Association** **(907) 733-1546**
Mile 1.5 W. Petersville Rd. / PO Box 13388
Trapper Creek, AK 99683

Offer programs such as: Story Time, Battle of the Books, and Community Book club.

**Wasilla Public Library** **(907) 376-5913**
391 N. Main St.
Wasilla, AK 99654

Offer: Summer reading program. Audio Books, and Digital pipeline.

**Willow Public Library** **(907) 495-6424**
23557 W. Willow Community Cr.
Willow, AK 99688

Offer: Story Time, and summer reading program

## GOLF COURSES

**Alaska Golf Shot** **(907) 373-7468**

**Fishhook Golf Course** **(907) 745-7274**

**Palmer Golf Course** **(907) 745-4653**

**Settler's Bay** **(907) 376-5466**

**Sleepy Hollow** **(907) 376-5948**

## HORSE RENTALS

**Castle Mountain Outfitters ( Chickaloon )** **(907) 745-6427**

**D & S Alaska Trail Rides ( Talkeetna )** **(907) 733-2207**
**www.alaskantrailrides.com**

**Flying G Ranch** **(907) 745-7258**

**Glacier Mountain Adventures** **(907) 745-1694**

**Mat-Su Borough Trails**
**www.matsugov.us/trails**

Has a list of 21 trails with maps

**Snowy Mountain Ranch** **(907) 745-8270**

## ICE ARENA

**Brett Memorial Ice Arena** **(907) 376-9260**

**Palmer Ice Arena** **(907) 746-4231**

## MUSEUMS

**Dorothy Page Museum** **(907) 373-9071**

**Alaska Transportation Museum** **(907) 376-1211**

## PARKS

### CHRISTIANSEN LAKE PARK

Christiansen Lake Park is a small day-use park located on the west side of Christiansen Lake, east of the community of Talkeetna. There are several picnic sites, a swimming beach, three pavilions and a boat launch for small car top boats or canoes. The park is open daily from 8 a.m. to 10 p.m. during the summer (Memorial Day through Labor Day).

**FISH CREEK PARK**

(Big Lake) South Big Lake Road at Fish Creek. The 3-acre day use area provides access to Fish Creek. Organized facilities include a salmon observation deck (species prevalent during August), pavilion, tables, picnic area, restroom, fitness court, parking, playground and open lawn area.

**HATCHER PASS**

Hiking from Hatcher Pass Lodge to the remains of the mill at Independence Mine, Box Lake, and Skyscraper Mountain add to the attraction of this awe inspiring area. Hatcher Pass sits at the heart of a dazzling winter playground blessed with seven months of snow. Breathtaking slopes of the Talkeetna Mountains lure skiers of all abilities. Miles of groomed ski trails are set, some as high as 4,000 feet in the Gold Cord Bowl. Because of its advantageous location - 60 road miles north of Anchorage, four hours from the Alaska Range and Denali National Park, above the heart of the Matanuska - Susitna Valley - Hatcher Pass is a convenient base for visiting some of the most renowned attractions in South central Alaska.

**LAZY MOUNTAIN RECREATION AREA**

(Lazy Mountain) turn onto Clark-Wolverine Road at mile 15.9 Old Glenn Highway; proceed to intersection, turn right on Huntley Road, proceed to Recreation Area at end of road. The area offers views of the Knik and Matanuska River watersheds, Cook Inlet, Pioneer Peak and various *Buttes*. Facilities include toilet, paved parking lot, horse and hiking trails. NOTE: A nearby spring is NOT approved for public consumption. The recreation area is best known for its trail that traverses from the parking area to the summit of Lazy Mountain. (non-motorized)

**MATANUSKA RIVER PARK - CAMPGROUND**

(Palmer) Mile 17 Old Glenn Highway. Eighty-six (86) spaces for tents or RV's (20 caravan sites), central comfort station featuring flush toilets and hot showers, RV dump station, picnic tables, grills, four (4) park pavilions, playground equipment, horseshoe pit, a sand volleyball court, trails and river access, observation deck, parking areas, campfire area, firewood, and group camping area.

**TALKEETNA RIVER PARK - CAMPGROUND**

(Talkeetna) Located at the end of Main Street in downtown Talkeetna. This is a wooded area close to the river, with twelve (12) tent camping sites with picnic tables and fire rings. Close to many recreational amenities located downtown such as trails, river trips, fishing, train station, gift shops, and restaurants.

To find out more information about Trails and Parks in the Matanuska area go to**:**
**www.matsugov.us**

## SWIMMING POOLS

**Palmer Swimming Pool** **(907) 745-5901**

**Wasilla Swimming Pool** **(907) 376-4222**
**(After 2 pm call)** **(907) 373-6897**

## RECYCLING

**Valley Community for Recycling Solutions** **(907) 357-4765**
**PO Box 876464** **(907) 352-4765**
**Wasilla, AK 99687**

A group of community volunteers who have worked to bring recycling opportunities to the Mat- Su Valley.

## THEATERS

**Mat- Su Cinemas** **(907) 373-7003**

**Valley Performing Arts** **(907) 373-0195**
**www.valleyperformingarts.org**

Offering live performances from September to May each year. Student & Senior Discounts available.

**Coming Attractions Theatres coming to Wasilla in 2011**

Multi-screen movie theatre

## 100 Ways to Have Fun with Your Kids for Free or Cheap

1. Have a reading marathon.
2. Write stories together.
3. Play soccer.
4. Paint or draw together.
5. Create a fort in your living room out of blankets or cardboard boxes.
6. Go on a hike.
7. Have a sunset picnic at a park or beach.
8. Play board games.
9. Play kickball.
10. Get up early, pack breakfast, and have a sunrise breakfast.
11. Go to a museum.
12. Go to a playground.
13. Play hide-and-seek.
14. Have a pillow fight.
15. Ride bikes.
16. Build sandcastles.
17. Rent a DVD and make popcorn.
18. Tell stories.
19. Have a scavenger hunt.
20. Make mazes or puzzles for each other to solve.
21. Play card games.
22. Garden together.
23. Bake cookies (let the kids help).
24. Go to the zoo.
25. Go to the library.

26. Shop at a thrift shop.
27. Create a blog together.
28. Create a scrapbook.
29. Make a movie using a camcorder and computer.
30. Learn to play music.
31. Finger paint.
32. Make play dough from scratch.
33. Make homemade mini pizzas.
34. Buy popsicles.
35. Make hand-painted T-shirts.
36. Set up a hammock, make lemonade, relax.
37. Go to a pool.
38. Go to a public place, people watch, and make up imaginary stories about people.
39. Visit family.
40. Write letters to family.
41. Paint or decorate the kids' room.
42. Make milkshakes.
43. Play freeze tag.
44. Create a treasure hunt for them (leaving clues around the house or yard).
45. Decorate a pair of jeans.
46. Do a science experiment.
47. Play games online.
48. Teach them to play chess.
49. Learn magic tricks.
50. Create a family book, with information and pictures about each family member.
51. Fly kites.
52. Go snorkeling.
53. Barbecue.
54. Volunteer.
55. Donate stuff to charity.
56. Compete in a three-legged or other race.
57. Create an obstacle course.
58. Pitch a tent and sleep outside with marshmallows.
59. Roast marshmallows.
60. Play loud music and dance crazy.
61. Write and produce a play (to perform before other family members).
62. Paint each other's faces.
63. Have a water balloon fight.
64. Have a gun-fight with those foam dart guns.
65. Explore your yard and look for insects.
66. Go for a walk and explore the neighborhood.
67. Go jogging.
68. Take pictures of nature.
69. Play a trivia game.
70. Make up trivia questions about each other.
71. Make hot cocoa.

72. Play house.
73. Decorate the house with decorations you make.
74. Make popsicles.
75. Play school.
76. Do shadow puppets.
77. Make a comic book.
78. Play in the rain.
79. Make mud pies.
80. Blow bubbles.
81. Take turns saying tongue twisters.
82. Sing songs.
83. Tell ghost stories in the dark with a flashlight.
84. Build stuff with Lego's.
85. Give them a bubble bath.
86. Play with squirt guns.
87. Play video games together.
88. Play Wiffleball.
89. Play Nerf football.
90. Build a rocket from a kit.
91. Bake a cake and decorate it.
92. Play dress-up.
93. Thumb-wrestle, play mercy, or have a tickle fight.
94. Make a gingerbread house, or decorate gingerbread men.
95. Learn and tell each other jokes.
96. Play basketball.
97. Learn to juggle.
98. Walk barefoot in the grass and pick flowers.
99. Build paper airplanes and have a flying contest.
100. Prank call their grandparents, using disguised, humorous voice.

## SENIOR CITIZENS

**Alaska Division of Senior Services** **(800) 478-9996**

Division of Senior Services assisted living licensing**.**

**Alaskan Veterans & Pioneer Home** **(907) 745-4241**
250 E Fireweed Ave
Palmer, AK 99645

**Colony Estates Senior Housing** **(907) 745-5434**
920 S. Chugach St
Palmer, AK 99645

**LV's Home Care** **(907) 373-0503**
826 McMillan Ct
Wasilla, AK 99654

**Mid Valley Senior Center** **(907) 892-6114**
Mi 53 Parks Hwy
Big Lake, AK 99652

**Northstar Asst. Living** **(907) 357-2012**
PO Box 872889
Wasilla, AK 99687

**Older Person's Action Group** **(800) 478-1059**

**Palmer Senior Citizens Center** **(907) 892-6492**
831 S. Chugach St
Palmer, AK 99645

Provides residential care, adult day services, meal program, and reemployment services and counseling. As well as assistance with social security.

**Respect Your Elders** **(907) 745-3687**
2301 Colleen St
Palmer, AK 99645

Adult day care and respite.

**Senior Housing** **(907) 376-5744**
1201 N Lucille St Suite 104
Wasilla, AK 99654

Alaskan housing and finance programs to assist the elderly.

**Social Security Administration** **(800) 772-1213**

Service concerning lost/stolen cards/checks or other SS problems.

**Wasilla Senior Center** **(907) 376-3104**
1301 Century Circle
Wasilla, AK 99654
http://www.alaskaseniors.com/housing.html

Provides 129 units of housing for seniors which include 12 Assisted Living Units.

# TRANSPORTATION

**Alaska Cab Valley** **(907) 357-2727**

**Greyhound Bus Services** **(800)800-2814**

**M.A.S.C.O.T** **(907) 376-5000**
http://www.matsutransit.com/

Valley Wide public bus transportation; connects with Anchorage People Mover

**R & B Taxi** **(907) 775-7475**

Denali Kid Care, no longer accepts Medicaid travel vouchers.

**Sunshine Transit**

Talkeetna Transit; Single One-Way $1, Multiple Ride $10
Tickets available at the Roadhouse, Sunshine Clinic, Flying Squirrel Bakery, Cubby's or Susitna Senior Center. 7:15 am (Roadhouse)-5:30 pm (Roadhouse).

**Valley Mover** **(907) 892-8800**
http://www.valleymover.com/

Provides Mass Transit to the Mat-Su Valley with service to Palmer, Wasilla, Meadow Lakes, Kink and connections with Anchorages People Mover.

**Valley Cab** **(907) 357-8294**

Accepts Social Security travel vouchers, and soon to accept Medicaid and Denali Kid Care.