

# ANCHORAGE NATIVE NEWS

## See the World

Keep your sights on eye and vision health. It is essential to protect the health of your eyes throughout all phases of life.

**Read more, page 8**

## Ride Smart, Ride Safe

ATV safety is important for everyone. Ride smart, ride safe, and ride sober.

**Read more, page 2.**

## Strengthening Families

Growing healthy children, families, and communities takes strong relationships.

**Read more, page 3.**

## Medication Disposal

Protect your family, Alaska wildlife, and the environment. Dispose of your unused medication properly.

**Read more, page 7.**

## Igniting Meaningful Career Paths

Learn how SCF's Raise Program invests in the next generation of Alaska Native and American Indian leaders.

**Read more, page 7.**

## Stay Grounded, Keep Blooming

SCF offers a variety of behavioral health services for whole-person care.

**Read more, page 6.**

## Get Your Garden Growing

April is seed planting time in Alaska! Join us to get your garden growing next month.

**Read more, page 5.**

## Protect Future Generations

Learn how SCF is using a strength-based approach to bring healing to the Alaska Native Community.

**Read more, page 4.**

## Exercise Regularly

Save the date! Lace up for SCF's 16th Annual Fun Run May 13.

**Read more, page 3.**

## Make Informed Food Choices

March is National Nutrition Month. Set the foundation for a healthy lifestyle with a balanced diet.

**Read more, page 3.**

## Planting the Seeds of Wellness Healthy World, Healthy You





The Anchorage Native News is published by Southcentral Foundation Public Relations and Corporate Communications.

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Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness.

Mission

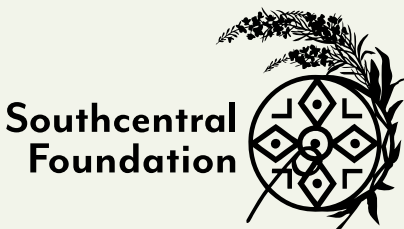
Working together with the Native Community to achieve wellness through health and related services.

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Prioritizing ATV Safety in All Communities

By Public Relations and Corporate Communications and HRSA Coordinator Callie Bray

All-terrain vehicles and snow machines offer fun and adventure, provide a method of transportation, and are great tools for subsistence activities. However, without proper precautions, no matter the distance, riders can encounter dangers that result in accidents and injuries. Many Alaskans have been negatively impacted when ATVs are used improperly, without proper gear, and/or while operated under the influence of drugs or alcohol. According to a report by the Alaska Native Tribal Health Consortium Injury Prevention Program, between 2007 and 2016, 693 Alaska Native and American Indian people were hospitalized for ATV-related injuries, and 510 Alaska Native and American Indian people were hospitalized for snow machine injuries. Nearly one-third of these hospitalizations involved confirmed or suspected alcohol use.



Community members participate in an ATV Safety rodeo held in Iliamna.

The Southcentral Foundation ATV Safety Initiative started in 2022 and has two goals. The first is to promote wellness in rural Alaska communities by addressing shared health challenges with effective solutions otherwise unattainable by communities in isolation. The second is to eliminate accidental injuries and deaths associated with ATVs, snow machines, and other off-road vehicles in rural Alaskan communities by instituting community-led educational activities, and providing and educating on proper fitting of safety gear.

SCF’s ATV Safety Initiative is traveling this year to rural communities to host ATV rodeos that provide safe riding skills in a controlled environment with a licensed ATV safety instructor. Participants practice starting and stopping, turning, negotiating hills, emergency stopping and swerving, and riding over obstacles. Community members ages 8 and older are encouraged to scan the QR code below to view upcoming events and registration requirements.

Here are some ways you can ensure the safety of yourself and others on your next ATV ride:

**Full-Face Helmets**

Full-face helmets are the best option for ATV riders. They extend out in front of the mouth and chin offering a more robust head protection than an open-faced helmet.

**Motocross Helmets**

Motocross helmets were originally designed for off-road motorcycle racing and are a sub-variety of full-face helmets. They make a safe choice for ATV riders. They have heavy duty chin protection, are made with visors, and often paired with goggles for eye protection.

**Open-Faced Helmets**

Open-faced helmets lack mouth and chin area protection and offer minimal protection. These are not recommended for off-road use.

**Ride safe**

- Always wear a Department of Transportation compliant helmet. A helmet should fit snug on your head and not shift when you move your head from side to side or up and down. You should not be able to squeeze a finger between the helmet and your forehead without difficulty. When you wiggle a fastened helmet with your hands, your cheeks should wiggle as well.
- Always wear protective gear such as eye protection, a long sleeve shirt, long pants, over the ankle boots, and gloves.
- When possible, drive without passengers. Most ATVs are made for only one rider.
- Ensure children are driving an ATV that is appropriate for their sizes and ages by following the manufacturer’s minimum age recommendation warning label on the ATV.

**Ride Smart**

- Bring a first-aid kit, extra food and water, map and/or GPS, phone, tool kit, spare parts, and extra fuel.
- Know your route, and let someone know where you are going and when you will return.
- If possible, go on rides with a friend. Two heads and two vehicles are better than one.
- Know your limits and skills. Only operate at speeds in which you can control and approach curves, hills, and unfamiliar areas with caution.

**Ride sober**

- Never ride under the influence of drugs or alcohol. This ensures an enjoyable ride, and keeps all riders safe.
- Inspect your ATV before you ride to minimize the chances of being injured or stranded.
- Check oil and fuel levels, controls and cables, lights and electronics, tires and wheels, chain/driveshaft, and chassis.

**Be prepared for the unexpected**

- Carry what you need to handle an emergency or mechanical issue.
- Include spare items such as spark plugs, electrical wire, tow ropes, and flashlights.

ATV safety is important for everyone, and ATV safety rodeos are available April-September. If you're interested in becoming an ATV safety instructor in your community, or to view upcoming SCF safety rodeos in your area, visit the QR code. Source: Alaska Native Tribal Health Consortium.

# Making Informed Food Choices

By Public Relations Specialist Addison Arave

Diet is an important part of health and wellness, but determining how to fuel your body can feel overwhelming if you aren't sure where to start. According to the Centers for Disease Control and Prevention, people in the United States tend to consume too much sodium, saturated fat, and sugar, drastically increasing their risk of chronic disease. That's why it is important to learn what the food groups are and what a complete, balanced, healthy diet looks like.

For most individuals a complete, balanced, and healthy diet includes:

### Vegetables

The vegetable food group contains the following sub-groups: dark green; red and orange; beans, peas, and lentils; starchy; and other. According to the U.S. Department of Agriculture, almost 90% of the national population does not meet their recommended vegetable intake. To incorporate more vegetables, increase their content in mixed dishes such as sandwiches, stews, casseroles, etc.



Incorporating nutrient-rich foods into your diet can enhance your mental and physical health.

### Fruits

The fruit food group also contains a wide variety of options, but 80% of the U.S. population does not meet the recommendation. Fruit is often added to food that is not nutrient-dense, such as pies, cakes, or other desserts. But whole fruits can be cut, sliced, diced, cubed, or eaten whole as a nutritious addition to family meals.

### Grains

Although most Americans do meet the national recommendation for total grain intake, there is still improvement to be made. Most grain intake

is comprised of refined grains rather than whole grains, which means many families could benefit from switching to brown rice and 100% whole wheat bread. This prevents grain-based foods from becoming a vehicle for extra sugar or sodium.

### Dairy

Dairy is often consumed paired with or incorporated in foods with higher sodium, saturated fat, and sugar levels, such as ice cream, pizza, pasta dishes, or flavored milk. But surprisingly, 90% of the U.S. population still does not meet the dairy recommendations. The best way to add healthy dairy to your diet is by purchasing it in fat-free or low-fat forms, such as skim milk, low-fat yogurt, and low-fat cheese.

### Protein

Protein can be found in food groups such as dairy or vegetables, but nutrient-dense protein foods include meat and poultry, as well. Overall, the U.S. population comes close to consuming the target amount of protein but, again, specific subgroups such as seafood and nuts or seeds are lacking. Consider replacing high-fat meats such as sausage or bacon with leaner meats such as chicken or turkey.



A family prepares a balanced meal together.

For more information, visit [Nutrition.gov](https://www.nutrition.gov) to view the U.S. Department of Agriculture's Dietary Guidelines for Americans. You can discuss your dietary concerns or receive guidance from your primary care provider or ask if there is an in-clinic dietitian available.

## Your voice matters!

**SHARE YOUR FEEDBACK AND BE ENTERED INTO A RANDOM PRIZE DRAWING!**

Provide your feedback about topics, format, and distribution of the Anchorage Native News.

Complete this survey to be entered into a random prize drawing for SCF apparel and more!

**DRAWING WILL BE HELD ON APRIL 14.**

Access the survey by scanning the QR code below or visit [bit.ly/ANN2023Survey](https://bit.ly/ANN2023Survey).



**Quyana!**

\*One entry per person. Prize drawing for SCF apparel and more!



## 16th ANNUAL FUN RUN FOR DIABETES EDUCATION

**SATURDAY, MAY 13, 10 A.M. - NOON  
MT. MARATHON BUILDING  
4201 TUDOR CENTRE DRIVE**

Show support for diabetes prevention and awareness by participating in the 16th Annual Fun Run. Choose between a 5k or 1-mile course. The event is free of charge and shirts are available on a first come, first served basis. Register on the event day from 9 to 9:45 a.m.





# Healing Within Corrections: Southcentral Foundation’s Strength-Based Approach

By Family Wellness Warriors

“I’ve been in and out of programs, in and out of jail,” a participant in Southcentral Foundation’s Family Wellness Warriors – Nu’iju program operating in a women’s prison shared; “This is the first time I feel like I’m actually healing and getting tools.”

FWW operates a program in partnership with Hiland Mountain Correctional Center. The program has 28 participants, 60% of whom are customer-owners. This program is a culturally rooted, trauma-informed program that includes classes, activities, learning circles, and peer mentoring.

The program creates spaces for participants to share their stories, heal from past trauma, and gain tools for living differently in order to reduce the likelihood of repeating cycles of violence. The connection between people experiencing trauma and corrections is well documented. SCF is working within Department of Corrections to address this connection through a trauma-informed and culturally rooted approach.

Recently, that meant working with the Hiland Mountain Correctional Center participants to host the first potlatch in the program. This was an opportunity to grieve, sing, drum, pray, share stories, and celebrate loved ones lost.



Snow-capped mountains at the Hiland Mountain Correctional Center, a women's prison.

“I’m here because of what I’ve done and what was done to me,” one participant shared over a meal of salmon spread, fry bread, and berries the women had prepared for the potlatch.

She spoke about the home she had known and her will to be safe for her children.

“It wasn’t safe. I survived,” she said. Her words were measured and purpose-filled. “I stay in this program because I want to do things different for my kids. They deserve a healthy mom.”

Another woman shared that even over the phone, her husband noticed a difference since she had joined the program. “He told me I should stay longer, [instead of releasing early], because I am changing,” she laughed.

Ending cycles of trauma and returning to the good things for which we were meant, the ways Alaska Native and American Indian ancestors taught—these are the driving forces within the work of SCF.

“This is Nu’iju, a Dena’ina word that means “returning to our (true) selves,” Chet Adkins, FWW learning and development training specialist shared. Adkins served nearly 30 years incarcerated and now works within FWW’s corrections and reentry programs.

“We are changing the rest of the story, not just for us, but for those who come after us,” he said.



A participant in Southcentral Foundation's Family Wellness Warriors program operating at Hiland Mountain Correctional Center shares a traditional honor song during a potlatch.

April is Child Abuse and Sexual Assault Awareness and Action Month. For information about the work FWW does to end cycles of family and community violence, visit <http://bit.ly/39nDnDB>.

A child’s emotional health  
needs as much attention  
as their physical health.



Because mental  
health starts early  
and lasts  
a lifetime.

Participating in fun activities as a family builds connection and supports the development of young brains.



Scan the QR code or visit <https://bit.ly/3NincFI> to download a family activities booklet.



Traditional Healing Clinic  
Cultural Classes

For updates about classes, follow the Southcentral Foundation Facebook page or call the Traditional Healing Clinic at (907) 729-4958.



# Jump Starting Careers with Administrative Support Training Program

By Public Relations and Corporate Communications

A social media post about Southcentral Foundation's Administrative Support Training Program caught Ileah Walker's attention. With her application in fall 2019, she began her journey at SCF through this unique onboarding experience that would lead to her continued pathways to success supporting the Alaska Native Community.

"ASTP helped set the foundation for my professional career. The trainings and tools I received helped me to ease into SCF and to be able to progress," Walker shared. Walker is of Inupiaq, Haida, and Dena'ina descent.

Through this program, newly hired administrative support employees receive paid training. This begins with professional development in a classroom setting covering topics such as: education about SCF, communication and conflict resolution, administrative skills, and technological aspects of the job. Participants then transition to on-the-job training and learn specific skills in the programs or departments in which they are placed. Following this period, participants meet with a mentorship team to review their strengths and challenges, concluding with an evaluation of their goals and expectations for the future. Lastly, participants receive their certificates of completion and transition from training to full-time employment.

In one year, from March 2021 to March 2022, 156 ASTP participants were placed in departments at SCF. Many of these participants continue their career, and advance into progressively more responsible roles.

Apply to participate in ASTP and jumpstart your career with team SCF! Learn more about ASTP, and apply online at [bit.ly/3BW0mPW](https://bit.ly/3BW0mPW).



ASTP participants listen during a training session at the Nuka Learning and Wellness Center in Anchorage.

A photograph of a man and a woman hiking on a dirt trail, using trekking poles. They are surrounded by green trees and a clear blue sky.

## Southcentral Foundation's Nuka CONFERENCE

JUNE 15-16, 2023

June 12-14, 2023 Pre-Conference Core Concepts Workshop and June 15-16, 2023 General Conference  
To learn more, visit [www.SCFNuka.com](http://www.SCFNuka.com)

## HEALTH SCREENINGS BY AGE

Regular check ups and screenings are key to your long-term health. View a list of recommended health screenings by age by scanning the QR code. Contact your primary care team for a comprehensive list of recommended health screenings.



## Get Your Garden Growing



April is seed planting time in Alaska! Southcentral Foundation Health Education hosts Get Your Garden Growing next month. This event is a learning opportunity for all levels of gardeners - no experience necessary.

Learn how regularly tending to a garden benefits your physical, mental, emotional, and spiritual wellness.

Contact Southcentral Foundation Health Education at (907) 729-2689 for registration requirements.



# Colorectal Cancer Screening at a Glance

By Public Relations Specialist Addison Arave

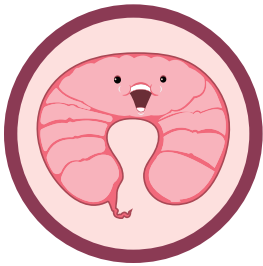


Colorectal cancer has been the most diagnosed cancer among Alaska Native people for approximately 50 years according to the American Cancer Society. As a community, it is important to share the responsibility of education and spreading life-saving health information to friends, family, and the people around us.

It is recommended for Alaska Native men and women to begin screening for colorectal cancer at age 40. However, this may fluctuate depending on personal risk factors and family health history. If you have a direct family member who has been diagnosed with colorectal cancer, screening should begin 10 years prior to the age of diagnosis. For example, if Sam's mother was diagnosed with colorectal cancer at the age of 38, Sam should begin screening at the age of 28.

The best prevention strategy for early detection is appropriate screening. There are two screening options used to evaluate the colon for pre-cancerous growths, referred to as polyps: a colonoscopy and a FIT screening. A colonoscopy is a test that allows the provider to view the entire colon with a small camera called a scope and remove polyps. FIT is short for fecal immunochemical test and tests the stool for blood or DNA changes. It is recommended to repeat colonoscopies every 10 years and FIT screenings every one to three years depending on the test. Your provider can help you determine when to start screening and how frequently to repeat them based on your risk factors.

Learn more by contacting Health Education at (907) 729-2689 or by talking with your primary care team.



## Reduce your risk for colorectal cancer:

- Eat well — aim for a diet high in vegetables, fruits, and other plant-based foods, all of which are packed with dietary fiber and nutrients.
- Avoid processed meats and lower your red meat intake.
- Get exercise — aim for 30 to 60 minutes of exercise per day.
- Maintain a healthy weight.
- Avoid consuming alcohol or tobacco.

# Pharmacy Expansion Offers Increased Capacity

By Senior Public Relations Specialist Emma Irish

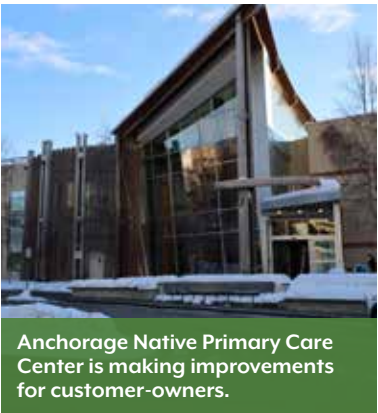
Anchorage Native Primary Care Center is continually making improvements to better serve customer-owners. Southcentral Foundation is excited to announce the phase one construction is complete at the ANPCC Pharmacy.

SCF Pharmacy has expanded to 10 dispensing windows with added privacy and three check-in windows. SCF Pharmacy continues to serve customer-owners with in-person pickup, mail-out, and curbside services. To utilize mail-out services, call (907) 729-2117. To schedule curbside pickup, call (907) 729-4172.

Customer-owners may be impacted by changes to building and parking access during phase II and III of construction at ANPCC. Currently, the south entrance parking lot, facing Tudor Road, is closed. Customer-owners and visitors will be unable to park in this section while construction continues through fall 2023.

When accessing care at ANPCC during this time, please use one of the following entrances: 1) North main entrance facing Diplomacy Drive, 2) First and second floor east entrances connecting to the Flattop Mountain parking garage.

For those using the Flattop Mountain parking garage, remember levels 1A and 2A are designated for all customer-owners, and the parking lot in front of ANPCC is dedicated for Elder customer-owners.



For information on shuttle service, download the Tinitun app, or visit <http://anmcshuttles.azurewebsites.net>.



## Stay grounded, keep blooming!

*Plant a strong foundation and sow the seeds of wellness.*

For more information on Southcentral Foundation behavioral health resources, contact your primary care team.

# SCF Raise Program Ignites Meaningful Career Paths

By Public Relations and Corporate Communications

The goals of Southcentral Foundation's Raise Program are to introduce Alaska Native and American Indian interns to health care and administrative careers, support educational goals, and provide worksite experiences to become the next generation of leaders. The summer session combines worksite placements, skill-building classes, and high school credit recovery and acceleration for students ages 14-19 years, who are in or entering high school.

Sarah Garcia participated in the Raise summer program in 2011. Her experience provided her with a supportive learning environment that provided essential skills to be successful professionally. Sarah credits the Raise Program as her first job where she learned skills she still carries with her today.

"I learned how to effectively communicate with my supervisor. I also became comfortable with public speaking from how much we practiced our cultural introductions," Sarah shared. "Public speaking does not go away, and I am thankful I started with the Raise Program to develop this skill."

Sarah went on to graduate high school and complete her bachelor's degree in psychology at Fort Lewis College in Durango, CO. She returned to SCF's Raise Program as a supervisor of interns where she taught the newest generation of the Raise Program the same essential skills she gained as an intern. Having previous experience working at the Alaska Native Heritage Center, Sarah supervised the group of interns placed there. These interns started their professional journey, learned about their culture, and connected with center visitors at village sites.



Behavioral Health Case Manager Sarah Garcia.

"I loved seeing the interns bond and become close friends through the summer. It made me so proud to see them take pride in their cultures and share it with tourists from around the world," Sarah said.

Sarah now works at SCF's Four Directions Program as a behavioral health case manager. She has a great passion for helping people overcome their challenges. Sarah intends to continue her journey in the behavioral health field and recently applied for a master's in social work at the University of Alaska Anchorage.

SCF's Raise Program opened the doors for Sarah to start a meaningful career path in health care. There are emerging generations of future Alaska Native and American Indian leaders ready for the same doors to open.

Does the Raise Program sound like a great supervisor opportunity? Southcentral Foundation is recruiting for a supervisor of summer interns. Successful applicants will be responsible for providing effective day-to-day supervision of a team of interns while encouraging their development of leadership and career skills. To express interest in this position, please apply online at southcentralfoundation.com or contact Recruitment at (907) 729-4298, or scfhrrecruiters@southcentralfoundation.com.

For more information about the Raise Program, visit the SCF website or call the main program number at (907) 729-5015.

# Medication Disposal






Protect your family, Alaska wildlife, and the environment. Dispose of your unused medication properly.

Medication disposal bins are available at these pharmacies:

- ▶ Alaska Native Medical Center Hospital
- ▶ Anchorage Native Primary Care Center
- ▶ *Benteh Nuutah* Valley Native Primary Care Center

For more information about medications that can be accepted, contact your pharmacy.

Place all unused legally held medications including over-the-counter, prescription drugs, and controlled substances (Schedules II-V) into the MedSafe collection receptacles.



Adult Immunization Schedule				
Vaccine	19-26 years	27-49 years	50-64 years	>65 years
Influenza	1 dose annually			
Tdap (Tetanus, Diphtheria, Pertussis prevention)	1 dose Tdap each pregnancy; 1 dose Tdap for wound management			
MMR (Measles, Mumps, and Rubella prevention)	1 or 2 doses depending on indication if born in 1957 or later			
Varicella (Chickenpox prevention)	2 doses (if born in 1980 or later)		2 doses	
RZV (Recombinant Zoster vaccine for shingles prevention)	2 doses for immunocompromising conditions		2 doses	
HPV (Human papillomavirus prevention)	2 or 3 doses depending on age	27 through 45 years age		
Pneumococcal	1 dose			1 dose
Hepatitis A	2 or 3 doses depending on vaccine			
Hepatitis B	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal	1 or 2 doses depending on indication			
Haemophilus influenza	1 or 3 doses depending on indication			
Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection	Recommended vaccination for adults with an additional risk factor or another indication	Recommended vaccination based on shared clinical decision-making	Recommended vaccination based on shared clinical decision-making	



# Keep Your Sights on Eye and Vision Health

By Public Relations Specialist Gabby Stone

It is essential to protect the health of your eyes through all phases of life. March is National Save Your Vision Awareness Month, and there's no better time to start the annual tradition of scheduling your family's eye exams. It is recommended to begin annual eye exams when children begin school. An eye exam should be scheduled before this age if there are concerns with vision or eye health.

Regular eye exams should be part of your preventative health care checklist and can be performed by an optometrist who can help detect a variety of health issues. Not only will an optometrist help identify eye health issues such as glaucoma, cataracts, and macular degeneration, but they can also identify signs of other health concerns such as high cholesterol, high blood pressure, diabetes, diabetic retinopathy, liver disease, and brain tumors.

“Annual eye exams play a huge role in your overall health, not just your eyesight. Your eyes can help detect many health conditions and are especially important for individuals over the age of 50. Our eyesight is very crucial to our well-being and is an extension of our brain. Same way we want to keep our bodies healthy, we must not forget about our eyes.” said Dr. Nazly Mofidi, Southcentral Foundation optometrist.

Here are ways you can help maintain healthy vision:

- Have regular eye exams.
- Take breaks often when working on a computer.
- Wear sunglasses and safety glasses when needed.
- Wear contact lenses only as instructed by your eye care provider.
- Never sleep in your contacts.
- Maintain a healthy lifestyle through proper diet and exercise.
- Maintain your blood sugar, blood pressure, and cholesterol at healthy levels.
- Avoid smoking, or join a program to quit smoking.



Eye health is important to keep your vision at its best through all phases of life.

If you notice changes in your vision, it is recommended to see your provider to determine if an eye exam is needed.

Here are changes for which you should be aware:

- Blurry vision in one or both eyes
- Sudden change or loss of vision
- New spots or flashes of light in vision
- Eye pain or irritation
- Double vision
- Diabetes or high blood pressure

Customer-owners can also schedule eye exams through the Optometry Clinic. Taking care of your eye health can preserve your vision and detect other health issues early.

Southcentral Foundation strives to support the health and wellness needs of the Elder customer-owner population in a holistic, customer-driven, and evidence-based approach. For more information on the Aging Well Initiative, visit <https://bit.ly/3l4Lf1P>.

## Eye Health Word Search

N X U C X W H Y D R A T E P G  
D S L H S I G H T F J B R U G  
D N Q M A L F G H T M S E P F  
S K V I S I O N O L N P S I W  
V U C E Y E D R O P S W T L O  
T I N A O D I F C V V Z C S R  
W D T G A N T I O X I D A N T  
D D R A L R U P Z B W S X P J  
Y I V C M A C O N T A C T S W  
L E L L U I S I G Y G N D X K  
E X J A E P N S S H Y H B W J  
N A L R T W G S E L A S E R I  
S M R I X E U F Z S C M V L L  
E H K T L S Q X G L A S S E S  
S A J Y S H F M S E Q K M T J

### Words

- ☐ antioxidant
- ☐ contacts
- ☐ lenses
- ☐ glasses
- ☐ dilate
- ☐ sunglasses
- ☐ eyedrops
- ☐ vision
- ☐ pupils
- ☐ laser
- ☐ vitamins
- ☐ hydrate
- ☐ clarity
- ☐ exam
- ☐ sight
- ☐ rest

### Answer key



### Important Phone Numbers

Alaska Native Medical Center..... (907) 563-2662	Division of Senior and Disabilities Services..... (800) 478-9996
American Association of Retired Persons (AARP)..... (907) 762-3388	Food Bank of Alaska ..... (907) 272-3663
Anchorage Police Department (non-emergency)..... (907) 786-8500	People Mover ..... (907) 343-4536
Anchor Rides..... (907) 343-6543	Salvation Army Meals on Wheels ..... (907) 349-0613
Cook Inlet Housing Authority..... (907) 793-3000	Southcentral Foundation ..... (907) 729-4955
Division of Public Assistance ..... (800) 478-7778	SCF Elder Program Event Hotline..... (907) 729-6588