



Mat-Su Valley
**Resource
Guide**

Compiled By:

2011



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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

415 Bailey Street

Palmer, AK 99645

<http://www.alsc-law.org/>

<http://www.alaskalawhelp.org>

ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals

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

<http://www.akafs.org>

(907) 746-4080

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

Alaska Legal Services

(888) 478-2572

415 Bailey Street

Palmer, AK 99645

<http://www.alsc-law.org/>

<http://www.alaskalawhelp.org>

ALSC provides free clinics, legal advice and representation to qualified Alaskans on a variety of topic including family law, foreclosures, bankruptcy, consumer protection, Medicaid/SSI appeals

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
201 E. Swanson
Wasilla, AK 99654

(907) 376-6773

A covenant consignment shop.

First Presbyterian Church
1375 Bogard Road
Wasilla, AK 99654-6524

(907) 376-5053

Furniture by appointment.

Good Shepherd Lutheran
501 E Bogard Rd
Wasilla, AK 99654

(907) 376-3522

Clothing vouchers available.

Salvation Army
2301 Sun Mountain Ave.
Wasilla, AK 99654

(907) 376-7598

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

Turn a Leaf
268 E. Nelson Ave
Wasilla, AK 99654

(907) 376-5708

Medical equipment loaner program and merchandise vouchers.

Valley Open Bible Fellowship
14281 Jojoba St
Big Lake, AK 99652
www.alaskaopenbible.com

(907) 892-4253

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



EDUCATION

ADULT EDUCATION & EMPLOYMENT

Adult Basic Education Center (HRC)

839 S. Dimond Palmer, AK 99645

871 Commercial Drive Wasilla, AK 99654

www.hrced.com

(907) 745-5872

(907) 373-5872

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

Alaska Job Center Network

Toll Free

Unemployment Insurance

Westside Center / 877Commercial Drive

Wasilla, AK 99654

www.jobs.state.ak.us

(907) 352-2500

(888) 830-4473

(888) 252-2557

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

Alaska Job Corp

800 E Lynn Martin Drive

Palmer, AK 99645

www.alaska.jobcorps.gov

(907) 861-8800

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.

Wayland Baptist University: Valley Center

(907) 373-4828

1590 E. Financial Drive, Suite F105

Wasilla, AK 99654

www.wbu.edu

Offers regionally accredited Associates, Bachelors, and Masters Degrees.



CHILDCARE AND EARLY LEARNING

Alaska Family Services: Child Care Assistance Program

899 Commercial Drive, Wasilla

1825 S. Chugach St., Palmer

<http://www.akafs.org>

(907) 376-4080

(907) 746-4080

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 Brennass 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.alaskaopenbible.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
1301 Century Circle
Wasilla, AK 99654

(907) 376-3104

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

Wasilla Lake Church of the Nazarene
2001 Palmer-Wasilla Hwy
Wasilla, AK 99654

(907) 376-5439

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

Willow United Methodist Church
67.8 Parks Hwy
Willow, AK 99688

(907) 495-8292

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/>

619 S. Knik Goose Bay Road Ste J
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
3233 East Palmer-Wasilla Hwy Suite 3
Wasilla, AK 99654

(907) 352-6600
(907) 376-2437

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
2500 S. Woodworth Loop
Palmer, AK 99645
<http://www.matsuregional.com>

(907) 861-6000

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
950 E. Bogard Rd., Suite 103
Wasilla, AK 99654

(907) 352-2880

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

Mat-Su Regional Homecare/Hospice
950 E. Bogard Rd., Suite 132
Wasilla, AK 99654

(907) 352-4800

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

Sertoma (907)352-8333

Hearing health education and referrals

Southcentral Foundation (907) 352-6000
1830 E. Parks Highway, Suite A134, Wasilla, AK 99654
www.southcentralfoundation.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
<http://www.midwife.net/>

(907) 841-5119

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

Alcoholics Anonymous	(907) 376-4777
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12-step support groups for individuals with alcohol addiction.

Fresh Start Recovery (Faith-Based)	(907) 232-5797
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Church on the Rock: Monday's 7:00pm

Mat-Su Alano Club	(907) 376-8669
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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

Alaska Dream Center

(907) 746-3736

8117 E. New Hope Street
Palmer, AK 99645

Residential drug and alcohol treatment center for adult males.

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.

Blood-N-Fire Ministries of Alaska

(907) 864-0463

Mile 49 Parks Hwy #18
Wasilla, AK 99654

Rent and Mortgage assistance.

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
201 E. Kalli Circle
Wasilla, AK 99654

(907) 376-9512

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

AGAPE

248 East Elmwood Avenue
Palmer, AK 99645-6619

(907) 863-2144

Faith-based foster/adoptive parents support groups. Thursday nights from 6-8 p.m.

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.

Alaska Youth and Family Network: Main Office

Mat-Su Peer Navigator
Mat-Su Youth Coordinator

www.ayfn.org

(907) 770-4979

(907) 863-2144

(907) 748-7219

Provides peer navigation for mental health services in Mat-Su area. Offers adult and teen support groups in the Valley.

Big Brothers Big Sisters

1075 Check Street Suite 209

Wasilla, AK 99654

www.bigbrothersbigsistersalaska.org**(907) 357-2227**

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

924 Leatherleaf Loop

www.heartreachalaska.com**(907) 373-3456****(800) 395-HELP**

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<http://www.llusa.org/web/MatSuValleyAK.html>**(907) 357-6455**

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

Office of Children's Services

695 E. Parks Hwy

Wasilla, AK 99654

<http://hss.state.ak.us/ocs>**(907) 357-9797****(800) 478-4444**

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

4931 E Mayflower Lane Suite 3

Wasilla, AK 99654

<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

3700 E. Bogard Rd
Wasilla, AK 99654

(907) 357-2582

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

Boy Scouts

Bodenberg Loop Rd
Palmer, AK 99645

(907) 745-3841

Camp Challenge

PO Box 1833
Palmer, AK 99645

(907) 745-3731

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

Cooperative Extension Services

809 S Chugach
Palmer, AK 99645

(907) 745-3360

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

1001 S. Mack Drive
Wasilla, AK 99654
www.cityofwasilla.com

(907) 357-9100

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

Discover Dance Studio

245 E Nelson Ave
Wasilla, AK 99654

(907) 373-2623

Girl Scouts

Wasilla, AK 99654

(907) 376-3822

Jay’s Taekwondo

1151 Shenandoah Ave Suite 1
Wasilla, AK 99654

(907) 376-7433

Women’s Self Defense Lessons

Okamoto’s Karate

1261 E. Blue Lupine
Wasilla, AK 99654

www.karate@alaska.net

(907) 376-0333

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

BOWLING ALLEY

North Bowl

3250 E. Palmer- Wasilla Hwy
Wasilla, AK 99654

(907) 357-6600

MAT-SU LIBRARIES

www.matsulibraries.org

Big Lake Library

3140 S Big Lake Rd
Big Lake, AK 99652

(907) 892-6475

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

655 S. Valley Way
Palmer, AK 99645

(907) 745-4690

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) www.alaskantrailrides.com	(907) 733-2207
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
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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

CHRISTIANSSEN LAKE PARK

Christianssen Lake Park is a small day-use park located on the west side of Christianssen 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
826 McMillan Ct
Wasilla, AK 99654

(907) 373-0503

Mid Valley Senior Center
Mi 53 Parks Hwy
Big Lake, AK 99652

(907) 892-6114

Northstar Asst. Living
PO Box 872889
Wasilla, AK 99687

(907) 357-2012

Older Person's Action Group

(800) 478-1059

Palmer Senior Citizens Center
831 S. Chugach St
Palmer, AK 99645

(907) 892-6492

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

Respect Your Elders
2301 Colleen St
Palmer, AK 99645

(907) 745-3687

Adult day care and respite.

Senior Care Of Alaska
241 East 5th Avenue #204
Anchorage, AK 99501

(907) 677-7890

Enjoy assisted living in the comfort of your own home while our professional caregivers help with everyday tasks.

Senior Housing
1201 N Lucille St Suite 104
Wasilla, AK 99654

(907) 376-5744

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.