

# SENIOR DIRECTORY

## 2019-2020



**COMMUNITY INFORMATION  
FOR THE SENIORS OF KETCHIKAN**

# NOT SURE WHO TO CALL?

Dial 9-1-1 for an emergency:

- City Police 911
- Alaska State Troopers 911
- Fire 911

Fire 911 will connect you with City of Ketchikan, Saxman,  
North and South Tongass Fire Departments\*

- Ambulance 911

Search and Rescue, U.S. Coast Guard 225-5666

Hospital 225-5171

(Do not call the hospital if it is an emergency)

My doctor is (name) \_\_\_\_\_  
phone number \_\_\_\_\_

My closest neighbor is (name) \_\_\_\_\_  
phone number \_\_\_\_\_

My nearest relative is (name) \_\_\_\_\_  
phone number \_\_\_\_\_

My closest friend is (name) \_\_\_\_\_  
phone number \_\_\_\_\_

Suggest Senior Directory be kept with your Telephone Book:

For referrals to local community resources such as housing, food, social services, etc...  
call 211: 211

**\*NON-EMERGENCY numbers are:**

- Police 225-6631
- Troopers 225-5118
- Ketchikan Fire Dept. 225-9616
- Saxman Fire Dept. 247-4166
- North Tongass Fire Dept. 228-6710
- South Tongass Fire Dept. 228-6673



# TABLE OF CONTENTS - PROGRAM/AGENCY

## WHERE DO I START?

### **SOCIAL SERVICES - GENERAL**

Case Management/Gatekeeper	4
Community Connections	5
Saxman Social Services	9
Southeast Alaska Independent Living (S.A.I.L.)	10

### **MEDICAL/COUNSELING/MENTAL HEALTH**

Alzheimers Resource Agency	4
Creekside Family Clinic	3
Gateway Center for Human Services	6
KIC Social Services & Elder Care	7
PeaceHealth Ktn Medical Center - Home Health	8
PeaceHealth Ktn Medical Center - Social Worker	9
PeaceHealth Ktn Medical Center - Therapy	8
Southeast Alaska Independent Living (S.A.I.L.)	10

### **ADULT DAY SUPPORT SERVICES (Outside home)**

Rendezvous Senior Day Services	9
Senior Center / Southeast Senior Services	10

### **EDUCATION & PERSONAL DEVELOPMENT**

AARP	3
Ktn Public Library /Library Outreach Services	7
Saxman Social Services	9
Southeast Alaska Independent Living (S.A.I.L.)	10
University of Alaska Southeast.....See Phone Directory	
Southeast Alaska Independent Living (S.A.I.L.)	10

### **FINANCIAL ASSISTANCE & BENEFITS**

AARP Tax Aide Program	3
Adult Public Assistance	4
Adult Public Housing / AK Housing Finance Corp	4
Saxman Social Services	9
Social Security Administration	10

### **HOUSING**

Adult Public Housing / AK Housing Finance Corp	4
First City Homeless Services	5
Ketchikan Indian Community Housing Authority	6
Ketchikan Pioneers Home	6
The Manor	11
Park Avenue Temporary Home (PATH)	8
Pioneer Heights - Senior Housing	9
Rendezvous Senior Day Services	7
PeaceHealth Ktn Medical Center - Last Horizons	8
W.I.S.H. (Women in Safe Homes)	11

### **IN-HOME SUPPORT**

Community Connections	5
Consumer Direct Care Network	4

### **IN-HOME SUPPORT - Cont...**

Home Delivered Meals / Love In Action	8
Sr Services "Meals on Wheels"	10
PeaceHealth Ktn Medical Center - Home Health	8
Ktn Public Library/ Outreach Services	7
Saxman Social Services	9
Ktn Indian Community/Social Services/Elder Care	6
Southeast Alaska Independent Living (S.A.I.L.)	10

### **MEALS**

Love In Action - Food Boxes/Home Cooked meals	7
Lord's Table at St. John's Church	7
Rendezvous Senior Day Services	9
Senior Center / Southeast Senior Services	10
Soup Kitchen / Salvation Army Gateway Corps	9

### **PROTECTIVE SERVICES**

Adult Protective Services	3
Alaska Legal Services	3
Office of Public Advocacy	8
SEAK Professional Services	11
W.I.S.H. (Women in Safe Homes)	11

### **RECREATION & LEISURE**

Ktn Area Arts and Humanities Council	6
Ktn Public Library/ Outreach Services	7
Parks & Recreation.....See Phone Directory	
Rendezvous Senior Day Services	9
Senior Center / Southeast Senior Services	10
Southeast Alaska Independent Living (S.A.I.L.)	10

### **SERVICE & VOLUNTEER OPPORTUNITIES**

AARP TaxAide	3
Saxman Social Services	9

### **SPECIALIZED EQUIPMENT**

Hansen's Home Care & Specialty Services	6
Local Pharmacies.....See Phone Directory	
Southeast Alaska Independent Living (S.A.I.L.)	10
Southeast AK Prosthetics & Orthotics	11

### **SUPPORT GROUPS & SERVICES**

Alzheimer's Resource Agency	4
Brain Injury Support Group	4
Diabetes Education	5
Love In Action	7
U.S. Congress	11
Wee Blessings (Clothing-all sizes)	11

## Agency & Contact Info.

### **AARP Ketchikan Chapter 1825** **3530 Denali Avenue** **Ketchikan, AK 99901**

Contact: Ed Zastrow  
Phone: 907-225-2814  
Cell: 907-254-1935  
Email: edandshez@kpunet.net

## Services Provided

- Promote activities that enhance quality of life for older persons.
- Advocacy, addressing current issues that have impact on senior citizens.
- Education, information exchanges.
- Monthly meetings: 1:15pm, 4th Friday of every month, Plaza Port West. (Except June, July & August)
- Involved in community services.

## Area & Population served

Ketchikan Gateway Borough

Adults 50+ years

**FEES:** Yearly Dues  
Local: \$10.00

### **AARP TaxAide**

### **3930 Hillside Drive** **Ketchikan, AK 99901**

Contact: Nancy Tietje  
Phone: 907-821-8263

- Provide tax filing for individuals and families of all ages.
- All services are free of charge.

Ketchikan, Metlakatla

Adults, low to moderate income

**FEES:** NONE

### **Adult Protective Services**

### **State of Alaska** **550thW. 8th Avenue** **Anchorage, AK 99501**

Toll Free: 1-800-478-9996  
Phone: 907-269-3666  
Fax: 907-269-3648

- Services that prevent or stop harm from occurring to vulnerable adults.

- Fax report - used with Law Enforcement.

Alaska

Vulnerable adults 18 years and older.

**FEES:** FREE

### **Alaska Legal Services Corporation**

### **2417 Tongass Ste #202B** **Ketchikan, AK 99901**

Contact: Devra Milam  
Office Hours: 8am-4pm  
Phone: 907-225-0686  
Fax: 907-225-6896  
Email: dmilam@alsc-law.org

- Application for Civil Legal Assistance must be completed for approval.
- Power of Attorney.
- Advance Health Care Directive.

Ketchikan, Metlakatla, POW, Wrangell, Petersburg & Hyder

Low-income Alaskans and anyone over 60 regardless of income or assets.

**FEES:** FREE

### **AK Division of Public Assistance**

### **2030 Sealevel Drive #301** **Ketchikan, AK 99901** North end elevator

M-F, 8-5pm  
Phone: 907-225-2135 opt#3, ext#3206  
Fax: 907-247-2135

- Adult Public Assistance.
- Financial.
- Medical.
- Food Stamps.

Alaska

Adults with physical & mental disabilities and/or low income.

**FEES:** FREE

## Agency & Contact Info.

### Alaska Public Housing

**Alaska Housing Finance Corp**

**130 Bryant Street**

**Ketchikan, AK 99901**

Contact: Deidre White

M-F, 8-5pm

Phone: 907-225-6030

Fax: 907-225-1729

Email: dwhite@ahfc.us

### Alzheimer's Resource of Alaska

**3225 Hospital Drive Ste#101**

**Juneau, AK 99801**

Contact: Amber Smith

Toll Free: 1-800-478-1080

Phone: 907-586-6044

Fax: 907-586-6084

Email: asmith@alzalaska.org

Website: www.alzalaska.org

### Brain Injury Support Group

Contact: Pat Chapman

602 Dock Street (Wellness Coalition)

Phone: 907-617-5704

1st & 3rd Wednesday, 5pm

### Case Management/Gatekeeper

**Southeast Senior Services**

**2401 Eagle Avenue #2**

**Ketchikan, AK 99901**

Contact: Bernice Metcalf

Office Hours: M-F, 9am-4:30pm

Phone: 907-225-8080

Fax: 907-225-9777

Email:

bernice.metcalf@ccsjuneau.org

### Consumer Direct

**2417 Tongass Avenue Ste #207**

**Ketchikan, AK 99901**

Contact: Steffani Schwierking

Toll Free: 1-877-270-9581

Phone: 907-220-9461

Fax: 907-220-9465

Email:

steffanis@consumerdirectcare.com

## Services Provided

- Low-income housing.

- Information and referral about Alzheimer's and related disorders.
- Family caregiver education and support.
- Lending library.
- Memory screening.

- Informal support group which provides information for services in and out of state.
- Meetings offer individual peer support
- Materials available.
- Counsel to victims, families and friends who would like to understand the results of brain injuries & strokes.

Where to start:

- Information and referral.
- Comprehensive assessment and coordination of needed services in the home.
- Support group for Caregivers held Monthly, 2nd Friday. 2-3pm

Where to start:

- Information and referral.
- Comprehensive assessment and coordination of needed services in the home.
- Respite Services/Caregiver. Relief; chore services/housekeeping assistance, consumer-directed personal care services and rehabilitative services

## Area & Population served

Ketchikan

Low income families; elderly or disabled

**FEES:** Depends on income

Southeast Alaska

Anyone with a dementia diagnosis as well as their caregivers.

**FEES:** FREE

Ketchikan, Saxman

All ages

**FEES:** None

Ketchikan, Saxman, Metlakatla

60+, Frail or any age with Alzheimer's Disease or related disorders.

**FEES:** FREE (grant funded)

Southeast Alaska

Seniors and individuals with disabilities.

**FEES:** Medicaid, Insurance and self pay, VA

## Agency & Contact Info.

### Community Connections

**721 Stedman Street  
Ketchikan, AK 99901**

Contact: Sharyl Yeisley & Amy Guinn  
Phone: 907-225-7825 ext#324  
Fax: 907-225-1541  
Email: sharyl.yeisley@comconnections.org  
amy.guinn@comconnections.org

## Services Provided

- Community resources and referral for seniors and people with disabilities.
- Comprehensive assessment of needed services in the home and community.
- Services for Veterans.
- Respite Services, chore services, consumer-directed personal care services, VA assistance, information of needed services in the home.

## Area & Population served

So. Southeast Alaska, Ketchikan, Saxman, Metlakatla, Prince of Wales  
Craig: 1800 Craig-Klawock Hwy.  
Phone: 907-826-3891  
Fax: 907-826-3892

Seniors & disabled

**FEES:** Insurance billing/co-pay, Medicaid funded, grant funded & private pay, VA

### Creekside Family Health Clinic

**320 Bawden Street Ste#313  
Ketchikan, AK 99901**

Hours: M-F, 8am-6pm  
Phone: 907-220-9982  
Fax: 907-220-9972  
Email: info@creeksidehealth.com

- Free blood pressure checks.
- Walk-in Lab draw.
- Acute care.

Ketchikan  
Kids 2+  
Adults  
65+ Acute illness or injury

**FEES:** Listed on website

### Diabetes Education

**PeaceHealth KTN Medical Center  
3100 Tongass  
Ketchikan, AK 99901**

Contact: Amanda Schlecht  
Phone: 907-228-7685  
Fax: 907-228-8440  
Email: aaschlecht@peacehealth.org

- Monthly support group. Provides peer support among diabetics and those that support people with diabetes.

Ketchikan

All ages.

**FEES:** None

### First City Homeless Services

**400 Main Street, Lower  
Ketchikan, AK 99901**

Contact: Donita O'Dell or Kendra Heath  
Open: M-S, 8am-12pm - 1pm-4pm  
Sunday: 8am-2pm  
• Seasonal overnight warming center open 7 days a week, 8pm-6am  
Phone: 907-225-0888  
Email: ktnfchs@gmail.com

- Dry comfortable rest area.
- Computer use for email, work search, resumes & housing search.
- Tutoring available.
- ADA accessible showers & Restrooms
- Clean clothing. (when available)
- Daily morning meal 8:30-10am 7 days a week.
- Refreshments.
- Referrals.
- Saturday brownbag lunch 11:30-12:30pm.

Ketchikan

All ages

FEES: None

## Agency & Contact Info.

### Gateway Center of Human Service **3050 Fifth Avenue** **Ketchikan, AK 99901**

Mon-Thus, 8am-6pm, Fri, 8am-5pm  
Phone: 907-225-4135  
Fax: 907-247-4135  
Website: [www.akeela.us](http://www.akeela.us)

### KTN Area Arts & Humanities Council (KAAHC) **330 Main Street** **Ketchikan, AK 99901**

Contact: Kathleen Light  
M-F, 9am-5pm & Sat. 11am-3pm-  
Phone: 907-225-2211  
Email: [info@ketchikanarts.org](mailto:info@ketchikanarts.org)  
Website: [www.ketchikanarts.org](http://www.ketchikanarts.org)

### Ketchikan Indian Community **615 Stedman Street** **Ketchikan, AK 99901**

Elder Care Services:  
Contact: Dan Ketah  
Phone: 907-247-7433  
Elder Housing:  
Contact: Bonnie Newman, Director  
Phone: 907-228-9222  
[www.kictribe.org](http://www.kictribe.org)

### Ketchikan Pioneer Home **141 Bryant Street** **Ketchikan, AK 99901**

Contact: Rachel Breithaupt  
Phone: 907-228-3365  
Fax: 907-225-4115  
Website: [dhss.alaska.gov/daph](http://dhss.alaska.gov/daph)

### Ketchikan Public Health **605 Gateway Court** **Ketchikan, AK 99901**

Contact: Soohyun Kim, Nurse Manager  
Phone: 907-225-4350  
Fax: 907-247-0978  
Email: [soohyun.kim@alaska.gov](mailto:soohyun.kim@alaska.gov)

## Services Provided

- Individual counseling for emotional or situational problems.
- Individual and group counseling for substance abuse.
- Inpatient addiction treatment.
- Case management and support services for living, working, learning, being part of our community.

- Monthly concerts, art workshops and monthly gallery exhibits.
- Wearable Arts Show, Blueberry Arts Festival, Winter Arts Faire.
- Weekly email newsletter for KAAHC members featuring upcoming events and opportunities.

- Meals on Wheels for home bound elders.
- Congregant meals.
- Eldercare. (life chore service in the home/services for family caregivers)
- Referrals/Care Coordination with KIC Medical team & Community Agencies.
- Elder (60+) Transportation. (also open to non-tribal members)
- Elder rental complex. (KIC members)
- Elder accessibility and home rehab.

- State of Alaska Assisted living Home.
- Short-term, out of home respite care up to two weeks.

- Individual based: Tuberculosis (TB) skin testing and treatment.
- Community based:
  - Health education - present to community groups.
  - Emergency preparedness activities.
  - Infectious disease investigation.
  - Community assessment.

## Area & Population served

- So. SE Alaska, Ketchikan, Metlakatla, POW

All Ages

FEES: Sliding scale, Insurance and Medicaid.

**Ketchikan**

**All**

**FEES:** Depends on events.  
Festivals and Gallery: Free.

For Alaska Natives and American Indians (except for transportation)

**FEES:** Donation for transportation and meals

Up to 46 Alaska residents age 65+

**FEES:** Depends on level of care and need. State payment assistance available.

Ketchikan, Saxman, Metlakatla, Hyder, Port Protection, Point Baker

All Ages

**FEES:** Medicaid and sliding fee scale



## Agency & Contact Info.

## Services Provided

## Area & Population served

### Ketchikan Public Library 1110 Copper Ridge Road Ketchikan, AK 99901

Contact: Front Desk  
Phone: 907-225-3331  
Phone: 907-228-2309  
Fax: 907-225-0153

- Books, magazines.
- CD's, DVD's.
- Use of computer and internet.
- Educational information & entertaining presentations.
- Meeting and study rooms.
- Audio books and Alaska Digital Library.

- Ketchikan
- FEES: Free with library card
  - Library card free with proof of residency

### Ketchikan Public Library Outreach Program 1110 Copper Ridge Road Ketchikan, AK 99901

Contact: Front Desk  
Phone: 907-225-3331  
Phone: 907-228-2309  
Fax: 907-225-0153

- Makes home visits, delivering requested or suggested books (large print available), videos, DVD's, and talking books on either a temporary or long-term basis.
- Monthly visits to the Pioneer Home, Rendezvous Day Center, Senior Services, Seaview Terrace, & New Horizons Long Term Care.
- Aids persons with disabilities to sign up for the Alaska Talking Book program.

- Ketchikan
- Those who cannot get to the library.
- FEES: FREE**

### Peacehealth Ktn Medical Center Home Health Department Lifeline 212 Carlanna Lake Road #100 Ketchikan, AK 99901

Phone: 907-228-7600  
Fax: 907-247-8914  
Email: [chpalmer@peacehealth.org](mailto:chpalmer@peacehealth.org)

- Installation of emergency call system for home safety and allow someone to live independently at home.

- Ketchikan , Saxman, Metlakatla,  
Prince of Wales Island, Thorne Bay
- All ages.

**FEES: \$40.00-\$50.00 Monthly**

### Lord's Table St. John's Episcopal Church 423 Mission Street Ketchikan, AK 99901

Phone: 907-225-3680  
Parish Hall: 907-225-4963

- Provides meals to all on Sunday at 3pm.

- Ketchikan
- All Ages

FEE: None

### Love In Action P.O. Box 6371 Ketchikan, AK 99901

Office Hours: Mon, 11-2, Tues. 9-12,  
Wed. 1-4  
Phone: 907-247-5462  
Fax: 907-247-5463  
[www.liaktn.org](http://www.liaktn.org)

- Services provided: housecleaning, simple home repairs, yardwork. (These services are not available weekly or monthly. Just as needed.)
- food boxes, linen, used furniture, toiletries, cleaning items.
- household cleaning items.
- Bus passes, ID replacement, prescriptions assistance.
- All applications taken by phone.

- Ketchikan , Saxman
- All ages.
- FEES: None**
- Ketchikan



## Agency & Contact Info.

## Services Provided

## Area & Population served

### Office of Public Advocacy Juneau, AK 99811

Contact:  
Phone: 907-465-4173  
Fax: 907-465-3645

- Provides guardianship and conservatorship services for individuals who are found to be in need of a protective order.

Southeast Alaska  
18 years or older

**FEES:** FREE

### Park Avenue Temporary Home 628 Park Avenue Ketchikan, AK 99901

Contact: Ty Rettke  
Phone: 907-225-4194  
Cell: 907-617-2939

- Temporary Shelter to the homeless, individuals and children with parents.
- Showers, laundry facilities and kitchen available w/ food donations.
- Doors open 5-10pm must leave by 9am.
- Usual stay limited to 30 days.

Ketchikan  
Homeless First come, first served  
26 beds available

**FEES:** \$3.00 if you can pay

### PeaceHealth KTN Medical Center Home Health & Volunteer Hospice 212 Carlanna Lake Road #100 Ketchikan, AK 99901

Contact: Christine Palmer  
Phone: 907-228-7600  
Fax: 907-247-8914  
Email: chpalmer@peacehealth.org

- Home Health: Intermittent skilled care in home.
- Services: Home Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Social Work and Aides work with patients and families to manage acute, chronic and terminal conditions safely at home.
- Volunteer Hospice: Respite and companion services provided by trained volunteers for terminally ill patients and families.

- Ketchikan & Prince of Wales Island
- All
- FEES: Services may be covered by insurance

### PeaceHealth KTN Medical Center New Horizons Transitional Care 3100 Tongass Avenue Ketchikan, AK 99901

Contact: Richard L Sayer, RN  
Phone: 907-225-5171 EXT. 7988  
Fax: 907-228-8334

- Skilled inpatient nursing and rehabilitation services when patient is stable enough to no longer need acute care hospitalization, but not stable enough to go home.

Alaska  
All Ages

### PeaceHealth KTN Medical Center Therapy Department 3100 Tongass Avenue (next to Emergency Room) Ketchikan, AK 99901

Contact: Patty Hayden  
Phone: 907-228-7655  
Fax: 907-228-8411

- We provide a full complement of Physical Therapy, Occupational Therapy and Speech Therapy in all settings: Outpatient, Inpatient, transitional care and in your home. Our therapists are dedicated, knowledgeable and have strong core therapy education to help you get back to your best possible self

Ketchikan  
All Ages  
FEES: We bill insurance, accept self-pay, and work with Bridge Assistance if qualified

## Agency & Contact Info.

### Rendezvous Senior Day Services

**2441 First Avenue  
Ketchikan, AK 99901**

Contact: Lichia Kelly-King  
Phone: 907-247-1961  
Email: rendezvous@kpunet.net

### Salvation Army, Gateway Corp

**P.O. Box 23241  
342 Stedman Street  
Ketchikan, AK 99901**

Contact: Linda Faber  
Office: M-F, 10-2pm  
Phone: 907-225-5277  
Email: linda.faber@usw.salvation-army.org

### Saxman Social Service

**Rt 2, Box 2  
Ketchikan, AK 99901**

Contact: Patti Green  
Office Hours: M-F, 8am-12pm  
Phone: 907-228-6984  
Fax: 907-247-2504

### Senior Center

#### **Southeast Senior Services**

**2401 Eagle Avenue #2  
Ketchikan, AK 99901**

Contact: Emily Fuller  
Phone: 907-225-6575  
Fax: 907-247-6575

### Senior Citizen Housing

#### **Pioneer Heights**

**4640 NTG Hwy.  
Ketchikan, AK 99901**

Contact: Stacy Lanier  
Office Hours: M-F, 10am - 1pm  
Phone: 907-225-4640

## Services Provided

- Adult day services, including social and related health services in a safe environment. Nutritious meals/snacks, group and individual activities, transportation to and from the center.
- Medical equipment closet.

- Soup Kitchen meals, M-F, 12:30pm.
- Clothing & furniture vouchers.
- Food boxes available M,W,F 10-12.
- Commodities (TFAP) available the 3rd Saturday from 11am-4pm @ 301 Wolf Street, Saxman.

- Emergency Elder Care Applications.
- Employment & Training, General Assistance, Higher Education, Burial Assistance & Energy Assistance for Tlingit & Haida Regional Housing Authority.
- Assist elders with reading and sorting mail.

- Hot nutritious meals and social contacts. Lunch served at noon.
- Home delivered meals to eligible seniors.
- Provide senior transportation and ADA transportation within the borders 4-5 miles south and north to lighthouse.
- Airporter services.

- Independent living 1 & 2 bedroom apartments.
- Handicap accessible.

## Area & Population served

Ketchikan Gateway Borough  
Saxman

Adult day: seniors and/or adults with physical, cognitive impairments.

**FEES:** Adult day: Sliding scale.

Ketchikan  
Saxman

Soup kitchen: Primarily homeless.  
Low-income or no cooking facilities.  
Vouchers & food boxes: Low-income

**FEES:** FREE

Saxman

Elders

**FEES:** FREE

Ketchikan, Saxman

Meals: Seniors 60+ and younger than 60 if a guest of a Senior.  
Transportation: 60+ and persons with disabilities with ADA eligibility.

**FEES:** Meals: 60+, \$4.00 per meal suggested donation, younger than 60, \$10.00 per meal. Rides: 60+, \$2.00 suggested donation; younger than 60, \$2.00 fee. Ketchikan

Age 62+

- Adjusted income



## Agency & Contact Info.

### The Manor State of Alaska Licensed Assisted Living Home

**250 Heckman Street**  
**Ketchikan, AK 99901**

Contact: Dee Wright  
Phone: 907-247-8784  
Fax: 907-247-8747  
Cell: 907-617-3291  
Email: the\_manor@gci.net

## Services Provided

- Registered w/Supportive care.
- 12 Residents age 50+.
- Medication Monitoring.
- Laundry Assistance.
- Licensed assisted living facility: A shared residence providing a bedroom, meals, personal care assistance, medication monitoring, coordinating transportation and appointments.
- Liaison between agencies for residents.

## Area & Population served

Southern Southeast Alaska

Up to 12 seniors or disabled individuals.

**FEES:** Room and board, \$775. Services, \$166.17 per day. Medicaid and general relief. Private pay accepted

### Tribal HUD-VASH Case Manager

Contact: Robin Murdock  
Phone: 907-796-4309

Email: robin.murdock@va.gov

Southern Southeast Alaska

Serving Veterans

### U.S. Congress - Federal

Dan Sullivan - U.S Senator  
Murkowski, Lisa - U.S. Senator  
Young, Don - U.S. Representative

### Ketchikan State Legislators

Stedman, Bert - Senator  
Dan Ortiz - Representative

DS phone: 907-225-6880 (KTN)  
LM phone: 907-225-6880 (KTN)  
DY phone: 907-271-5978 (ANC)

BS phone: 907-225-8088 (KTN)  
DO phone: 907-247-4672 (KTN)

### Wee Blessings

**2017 First Avenue, Lower**  
**Ketchikan, AK 99901**

Contact: Jan Kenyon  
Phone: 907-220-5228

- Clothing of all ages and sizes.
- Coats, winter garments.
- Shoes and boots.
- Small houseware items.

Ketchikan

All ages.  
Open: May-Sept, Thurs. & Sun.,  
1-3pm, Oct-April, Sun., 1-3pm

**FEES:** FREE

### Women In Safe Homes (W.I.S.H.)

**2002 First Avenue/P.O. Box 6552**  
**Ketchikan, AK 99901**

Contact: Rebecca Yunker, Shelter  
Manager  
Phone: 907-225-9474 (WISH)  
24 hour Crisis Line: 1-800-478-9474  
Fax: 907-225-2472

- 30 day Shelter, 32 beds for women and children who have experienced domestic violence or sexual assault.
- 3-day emergency housing for men who have experienced domestic violence or sexual assault.
- 24-Hour Crisis Line.
- Individual and group support for women and men.
- Advocacy services for women and men.
- Family services including; parenting classes and family reunification.
- Children, teen and adult educational programs and presentations.

Ketchikan

Victims of domestic violence, sexual assault, child abuse and other violent crimes.

**FEES:** FREE



# SENIOR DIRECTORY

GREATER KETCHIKAN AREA  
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