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# Health Needs and Human Services Commission Agenda

Wednesday, November 20, 2024 12:00 p.m.

Harrigan Centennial Hall

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## Commission Members:

Crystal Duncan, Annette Evans, Amanda Roberts,  
Lawrence “Woody” Widmark, Paul Bahna, Michelle Kavouras  
Assembly Liaison: JJ Carlson

### I. CALL TO ORDER

### II. ROLL CALL

### III. CORRESPONDENCE /AGENDA CHANGES

### IV. PERSONS TO BE HEARD (*For items OFF the agenda - not to exceed 3 minutes*)

### V. APPROVAL OF MINUTES

A. October 16, 2024

### VI. REPORTS

Chair:

Commissioners:

City Staff:

Assembly Liaison:

Other(s):

### VII. UNFINISHED BUSINESS

### VIII. NEW BUSINESS

B. Presentation from Betty Eliason Childcare Center Board, President Joel Markis

C. Working Group Updates

1. Goals

- Childcare Services
- Community Transportation
- Elder Services

### IX. PERSONS TO BE HEARD (*For items ON or Off the agenda – not to exceed 3 minutes*)

### X. ADJOURNMENT

The next regular meeting is scheduled for Wednesday, December 18, 2024, at noon in Harrigan Centennial Hall.

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**Health Needs and Human Services Commission Minutes**

Wednesday, October 16, 2024 12:00 p.m.

Harrigan Centennial Hall

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**Commission Members:**

**Crystal Duncan, Annette Evans, Amanda Roberts**

**Lawrence “Woody” Widmark, Paul Bahna, Michelle Kavouras**

**JJ Carlson (Assembly Liaison)**

**I. CALL TO ORDER**

Chair Duncan called the meeting to order at 12:00 p.m.

**II. ROLL CALL**

Commissioners Present: Crystal Duncan, Annette Evans , Michelle Kavouras, Woody Widmark, Amanda Roberts, and Paul Bahna

Commissioners Absent: None.

Assembly Liaison: JJ Carlson

Staff Present: Jess Earnshaw, Deputy Municipal Clerk

**III. CORRESPONDENCE /AGENDA CHANGES**

**IV. PERSONS TO BE HEARD** (*not to exceed 3 minutes*)

*None.*

**V. APPROVAL OF MINUTES**

**A. September 18, 2024 minutes**

**Kavouras move to approve the minutes of September 18 , 2024. Motion passed unanimously by a voice vote.**

**VI. REPORTS**

Chair –Duncan congratulated Assembly Carlson on her reappointment as the HNHS Liaison.

Commissioners – None.

City Staff – Jess Earnshaw announced the date changes for the December Assembly meetings.

Assembly Liaison –None.

Other(s) – None.

**VII. UNFINISHED BUSINESS**

**B. Working Group Updates**

*Childcare Services*

Evans provided an update on the progress of the childcare working group. She mentioned the Sitka School Board approved the planning of a tuition-based preschool

program, which could potentially offer up to 20 more preschool spots. The Early Childhood Coalition and the Greater Chamber of Commerce initiated a Speaker Series, with the first session featuring a panel of early childhood providers and coalition members. She also mentioned that Anchorage had implemented funding for childcare, Valdez was researching a community center, and Juno was leading the way in supporting local childcare providers and the early childhood workforce. The group considered further recommendations for the Assembly and planned to provide more information at the next meeting. There was a discussion about the potential involvement of the Board President of Betty Eliason Child Care Center in the Commission's next meeting, suggesting that the President should speak to the Commission before presenting recommendations.

Community Transportation

Bahna mentioned the importance of meeting and the need for the group to come together to push forward their goals. The group then talked about the concept of an "Airporter," a shuttle service that could potentially be owned by the tribe or the city to help people get to the airport. The idea of an Airporter was seen as a potential solution to the transportation issue, but no final decision was made during the meeting. They also explored the potential for economic development within the tribe, particularly in relation to airport expansion. The idea of providing transportation services for specific individuals, such as those needing to catch early or late flights, was considered. However, concerns were raised about the potential liability for the city if a "good Samaritan" did not show up as expected. They discussed options for airport shuttle services, including the possibility of the tribe taking over the responsibility, the city handling it, or a private company. He also mentioned the work group's exploration of different communication methods.

Elder Services

Bahna mentioned the clarification of benefits for elders, which were statewide and income dependent. They plan to finalize recommendations and prepare a report for the November meeting

**VIII. NEW BUSINESS**

None.

**XI. PERSONS TO BE HEARD** *(For items on or off the agenda, not to exceed 3 minutes)*

None.

**VIII. ADJOURNMENT**

Chair Duncan moved to adjourn the meeting. Seeing no objections, the meeting adjourned at 1:00 p.m.

Attest:  
Jess Earnshaw, Deputy Municipal Clerk

## November 20<sup>th</sup> HNHS Commission Packet

### Childcare Workgroup Summary:

- Childcare Workgroup met on October 25th to delegate report focus between group members.
- Greater Chamber Speaker Series was held October 30th featuring Blue Shibler from Juneau. Blue is the Executive Director for the Association for Education of Young Children (AEYC) based in Juneau, serving all of Southeast. AEYC currently holds an MOA with the City of Juneau to distribute Juneau's childcare funds appropriately to Juneau childcare programs and providers. Blue stated that AEYC is available for Sitka Assembly questions and is willing to support Sitka in the future including creating an MOA/U for Sitka municipal childcare funding distribution if Sitka adopts this route of support.
- October 31st work group met again, and drafted Assembly recommendations based off collected data and community input.
- November 6th Chamber Speaker featured STA summarizing how STA has been supporting tribal citizens in finding childcare in Sitka, and how the STA grants that have been given to local childcare programs to support existing programs with sustainability. STA also highlighted their relationship with state licensing regulations and their new Relative Childcare Program to support tribal citizens in providing and obtaining quality childcare.
- November 13th Childcare Workgroup Draft Report has been submitted for commission review and input.



Community Childcare Collaboration

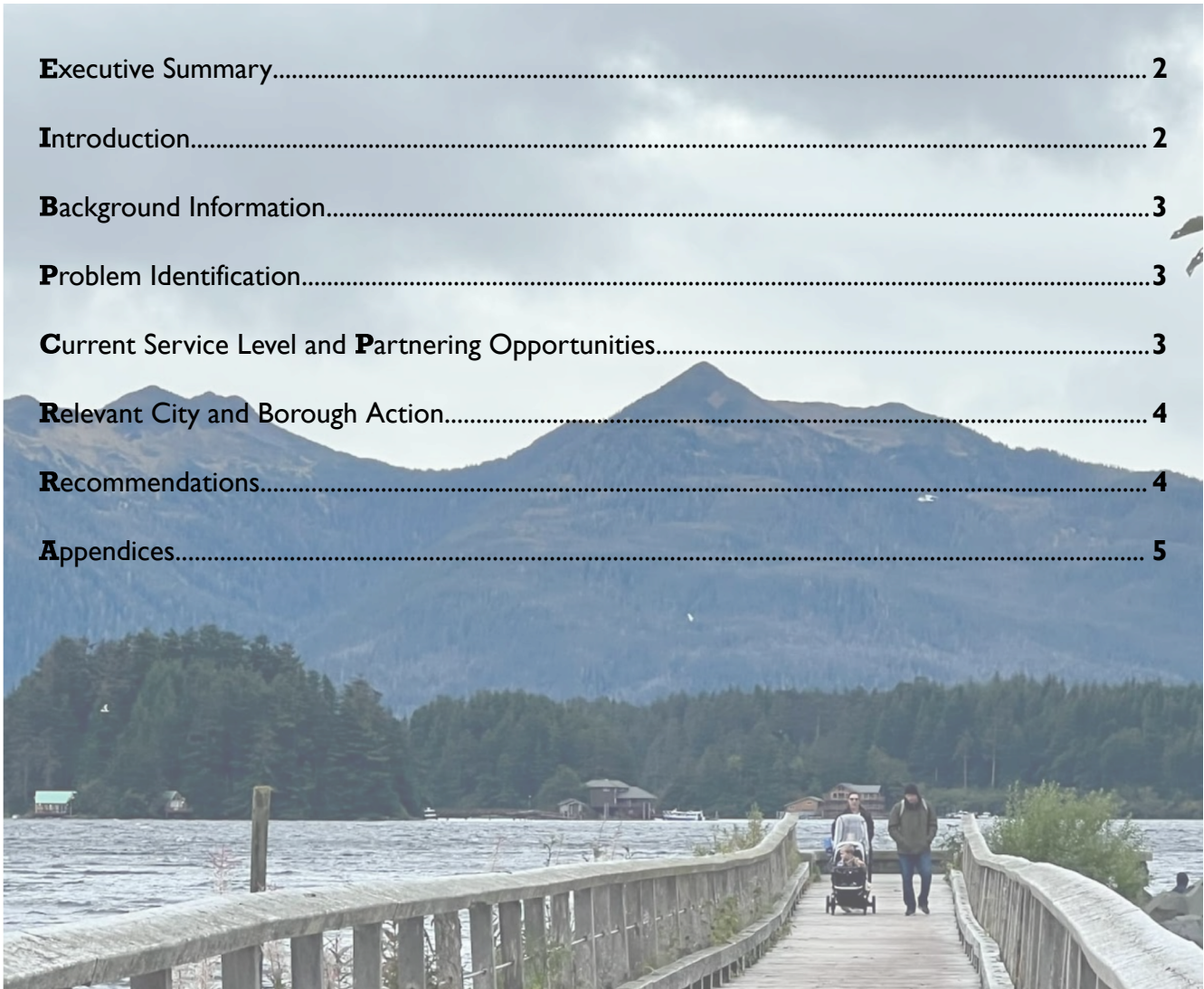
Annette Evans, Crystal Duncan

# Goal: Help develop a Community-wide Strategy to Improve Access to Childcare



## Community Childcare Collaboration





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***“I admire those who are brave enough to have children today.”***

- Parent offering feedback at a public meeting with staffer from the offices of Senator Dan Sullivan

# EXECUTIVE SUMMARY

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# INTRODUCTION

**T**he Health Needs & Human Services Commission (HNHS) prioritized that a report on childcare would be one of its 2024 goals. Firstly HNHS would like to thank the City and Borough of Sitka's (CBS) Assembly for requesting our commission research and make recommendations on this issue. We are excited to see the future action you will take on this issue and hope to continue to be a support as you move forward.

**F**urther, the HNHS Subcommittee on Childcare Services would like to recognize the response from individuals and groups in our community to support the gathering of information for this report. A special thank you to: Sitka's Early Childhood Coalition (ECC), Southeast Association for the Education of Young Children (AEYC) and executive Director Blue Shibler, Sitka Tribe of Alaska (STA), local childcare providers and their governing boards, THREAD Alaska, Sitka Chamber of Commerce, CBS strategic workgroup, and other volunteers who are helping to address this issue for Sitka including Kari Sagel and Lauren Wild of the ECC.

## Annette Evans

**A**nnette is a parent of two and has been working in the early childhood field for over 25 years. Her college studies began with a focus on early childhood education and psychology. In 2004, she received her Montessori Teacher's Certification for children ages 2.5 - 6 yrs, and followed up with an Infant-Toddler Caregiver certification and has begun studies in Children's Behavioral Health.



**S**he currently works as the Therapeutic Preschool Manager and Lead Teacher at Sitka Counseling. Previously she owned and operated a licensed childcare center in Montana for over 15 years in the private sector which served children in Infancy through Kindergarten.

**B**orn and raised in Sitka, Annette returned home fall of 2020 and has been actively advocating locally and at the state level for early childhood recognition and support. Annette joined the Health Needs and Human Services Commission in February 2022.

## Crystal Duncan

Crystal is a lifelong Sitkan who was elected to the City & Borough of Sitka Assembly in October 2020. For the duration of her service she signed on as the Health Needs and Human Services Commission Assembly Liaison and voted in support of requesting the HNHS Commission provide recommendations on how to improve childcare availability and program services in Sitka. Upon completion of her term, she was appointed to the Commission as a community member. In June 2024 she moved into the Chair role and currently serves on two subcommittee groups: Childcare Services, Elder Care Services.



Crystal has spent the entirety of her career in service to her Indigenous community. She has been employed at SouthEast Alaska Regional Health Consortium, Sitka Tribe of ALaska, University of Alaska Southeast, and currently works as a remote employee with the Alaska Native Tribal Health Consortium (ANTHC). Her cultural background has shaped her collectivist approach to the community. Though not a parent, she adheres to the quote shared by Liz Medicine Crow, Liz summarized “if everyone older than us is an elder, and everyone younger than us is a youth, then everyone should be taken care of.” Gunalchéesh.

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## BACKGROUND INFORMATION

### A Recent Timeline of Childcare Issues:

- Pre-pandemic: the Early Childhood Coalition was established and began supporting families, creating networking activities for parents and children, and investigating early childhood problems and possible solutions for Sitka.
- April 26, 2022: The City Assembly charged the Health Needs and Human Services Commission to work on solutions for Sitka.
- May 2022: STA with Stellar Group, published their Child Care Needs Assessment which captured findings with four recommendations:



- 1) Provide supplemental funding for wages to help existing providers increase capacity
  - 2) Ensure increased capacity, both short-term and long term, addresses specific needs of tribal families
  - 3) Development an early childhood education advocacy agenda
  - 4) Consider a childcare center partnership with other large employers to subsidize costs and increase community-wide capacity.
- September 15, 2022: The Sitka Health Summit identified childcare as their goal.
  - September 27, 2022: The City Assembly unanimously adopted the Sitka 2022-2027 Strategic Plan which directly outlined childcare as an action step:

### **Goal 1: Preserve the quality of life + affordability for all Sitkans**

#### ***Action Item 1.4: Convene community partners to develop a community-wide strategy to improve access to childcare.***

- Spring 2024: Alaska's Governor assigned a State Child Care Task Force.
- June 19, 2024: The HNHS unanimously adopted childcare as part of its three goals to focus on through the remainder of 2024. A report as well as presentation will be provided to the Assembly in December 2024 or January 2025.
- October 30, 2024: The Sitka Chamber of Commerce kicked off their fall speaker series. Over the course of six sessions, the community will hear from experts in the area of childcare about how to identify and pursue solutions when it comes to childcare.

<https://www.aeyc-sea.org/index.html>

<https://www.threadalaska.org/>

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## **PROBLEM IDENTIFICATION**

*Sitka's child care issue is not unique to Sitka, and where once "child care deserts" were talked about, we now recognize childcare as a nation wide crisis. A national solution is not realistic, but community-wide strategies are possible.*

Our nation is experiencing a child care desert. Defined by the Center of American Progress as an area with at least 30 children under the age of 5 with either no child care providers at all, or so few that there are more than three times as many children under the age of 5 as there are childcare spots available." <https://Childcaredeserts.org/2018/>). This lack of childcare availability is a problem, however, that our federal government has been unable to address as a nation for

several reasons, one reason being that each state is different and each community has unique struggles and resources available. Therefore, solutions for community childcare issues need to start at the community level with municipal involvement that is aimed to address childcare as part of its long term infrastructure. There are three problems that need to be addressed in order to make headway on this issue:

***Problem 1 - Sitka is lacking available and affordable childcare spots to meet the needs of our current population.***

The reasons for this lack of ability to enroll more children into programs, or to start a new program opening more places for local children, are echoed by providers and their governing boards in Sitka:

- Providers can not recruit and retain employees
  - Low non-livable wages
  - Inability to provide benefits
- Failed business model where budgets cannot be balanced with current expenses to revenue without raising tuition costs
  - Raising tuition risks inequity; childcare becomes an option only for the wealthy
  - Raising tuition risks losing clientele because it is unaffordable, and therefore contributes to problems such as more children entering the public school system ill prepared, and/or more parents out of the workforce to provide at home childcare

***Problem 2 - Sitka's childcare crisis is not just an issue for parents, child care employees, or businesses, lack of childcare is affecting our community on the whole as it greatly impacts our economy.***

The US Chamber of Commerce Foundation compiled a report in 2021 to illustrate the *Value of Childcare: How Childcare Impacts Alaska's Workforce Productivity and the State Economy*. Their top finding was that childcare issues result in an estimated \$165 million loss annually for Alaska's economy.

***Problem 3 - Sitka's changing demographics***

According to Alaska Public Media publication July 2024, Alaska is experiencing an increase in outmigration. A strong theory is that younger families, or those wishing to start a family, are unable to do so in communities like Sitka due to the unavailability of childcare, and the high cost of living. Fewer people will be able to move into Sitka with these factors, and therefore the city's average age is rising. This in turn means lower workforce and because of Sitka's sales tax and property tax exemptions, a smaller tax base.

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# CURRENT SERVICE LEVEL AND PARTNERING OPPORTUNITIES



## *City and Borough of Sitka:*

**While** the city has both the Parks and Recreation department as well as Library department that offer programming and activities for children, the City is limited in resources devoted to providing childcare services. Rather, they rely on a partnership with the Sitka School District to help address the needs of our community.

**The** Sitka School District is currently recruiting for a Venture's Coordinator, until then, operations for this after school program have halted. The district also received approval from the school board to develop a preschool program that would begin in the 2024/2025 academic year.

## *Community Partners and Non-Profits in Sitka:*

**In** 2020, Sitka Tribe of Alaska (STA) conducted a childcare assessment. At that time there were an estimated 1,222 children under the age of 13 living in Sitka. 13.32% of them are enrolled as tribal citizens of STA. STA has a number of programs that support children and families including child care assistance as well as development of a program so in-home day providers can assist with child care needs.

**Sitka's** Early Childhood Coalition (ECC), a local group of early childhood advocates consisting of parents, local childcare providers, business owners and city employees, has been collecting data and advocating for possible solutions within Sitka, and advocating at the state level for support as well. ECC compiled a data sheet for fall 2023 noting Sitka's lack of available childcare:



- Infants: 93%
- Toddlers: 88%
- Preschool: 56%
- School age: 99%

Their data further supports this table showing child care coverage in all of Sitka (see graphic).

Age Group	Number of kids currently enrolled in licensed facility (approx.):	Estimated children in Sitka of this age:	Coverage %
<i>Infant (2-18 mon)</i>	9	120	7%
<i>Toddler (19 - 3 years)</i>	16	120	13%
<i>Preschool (3-4 years)</i>	82	160	55%
<i>School Age (5+ years)</i>	40	640	6%

\*BECCC will soon be expanding their infant and toddler programs, and this number could double

Sitka’s current options include: Betty Eliason Child Care Center, Mt Edgecumbe Preschool, Sheldon Jackson Child Care Center, Sitka Counseling and Prevention Services, Woonch.een Head Start, and 3-5 Preschool plus smaller in-home child care options.

## RELEVANT CITY AND BOROUGH ACTION

The nation’s childcare desert is now being discussed at federal and state legislative tables, with action being taken here in Alaska. We summarized other relevant communities to provide examples of their approach to addressing this issue in their community.

### Anchorage

- 2023 Voters approved a proposition dedicating all the municipality’s marijuana tax revenue to boost child care access and early education programs. This tax is expected to bring in \$5 million per year.
- Mayor and Assembly Created a Task Force
- As of January 2024, money has been accumulating in the fund.
- September 2024 Task Force proposed \$8 million budget for spending the Anchorage Child Care and Early Education Fund
  - Recommended Spending Breakdown:
    - \$2 million to Subsidize cost of childcare for childcare workers and early education
    - \$2.4 million to grants to existing licensed child care and early education organizations to help with operation costs.
    - Remaining set aside for board administration and tax collection.

- Additional revenue from 2024 used for “innovative pilot projects” (strategic projects)
- \$500,000 as capital funding grants to support existing facilities in small-scale minor improvements
- \$200,000 start-up grants to new in-home child care facilities.

## Juneau

- In 2012, AEYC started investing in the childcare workforce, training early childhood providers, granting money awards to participants as they completed steps along the training pathway. AEYC partners with the City and Borough of Juneau via a signed MOU agreement, still carrying out contractual agreements with the capacity to take on other governments interested in developing similar programming.
- In November 2018, the City and Borough of Juneau (CJB) Assembly Child Care Committee was formed
- In 2019, The Mayor assigns the Assembly Childcare Committee with its charge:
  - Committee Recommendations to Assembly:
    - 1) That the CBJ identify what, if any, public and school facilities may be used to provide child care.
    - 2) That the CBJ establish a revolving loan fund for use in business start-up and on-going programs.
    - 3) That in FY20, the CBJ fund existing child care and early education programs.
    - 4) That the Best Starts model be funded with some structural changes to clearly delineate how the program would prioritize increasing capacity until child care demands are fulfilled (FY21).
    - 5) That with the FY21 budget proposal to the Assembly, the CBJ Administration present an implementation plan for Recommendation #4.
- In 2020, a large amount of Cares Grant funding was made available as part of the pandemic response:
  - AEYC distributed funds to Sitka, Ketchikan and Juneau for childcare support.
- When Cares funds ran out, CBJ implemented a childcare line item as part of their annual operating budget.
  - AEYC handles the distribution to providers. Providers fill out a form monthly, and then receive \$ / child AND \$ / staff.

## Valdez

- In February 2023: The City of Valdez established a Child Care Crisis Task Force (CCCTF).
- Additionally they secured funds from thread's Community INNOVATION Grant in the amount of \$880,000.
  - With this grant the task force: created a plan focused primarily on the logistics of creating an initial licensed child care facility in the community, suggesting that the City of Valdez take on a role as the facilitator of the facility rather than directly owning and operating the child care facility.
- January 23, 2024, the CCCTF reported recommendations for addressing Valdez's chronic child care shortage to the Assembly.
  - Valdez Vision of a Community-supported child care center is one that:
    - Provides high-quality care and early learning opportunities for children, contributing to increasing school readiness
    - Ensures employers in Valdez can attract and retain the workforce they need
    - Creates jobs and contributes to the community's economic vitality
    - Preserves the City's family-friendly status with the Coast Guard.
  - Valdez Task Force Plan's five priorities:
    - **Sustainable Child Care Workforce Pipeline**
      - Recruit and provide monetary support to train an initial cohort of early educators and work toward making Prince William Sound College into a training hub for the profession
      - Assess the minimum pay and benefits needed to retain a professional workforce
    - **Site Selection**
      - Select possible locations
      - Contract with an architect to assess timeline for financing and renovation of space
    - **Management Structure and Licensing**
      - Potentially a public-private partnership
      - Create a community support system to help navigate licensing process and gain access to other existing financial and professional development supports
    - **Sustainable Funding**

- Create a Child Care Endowment to fund grant programs aimed at supporting the childcare and early childhood education sector and build community partnerships with local stakeholders to maintain funding
- Establish a discretionary sales tax on alcohol, tobacco and/or marijuana to directly provide revenue to the fund in perpetuity.
- **Communications and Advocacy**
  - Communication tools to connect families to quality care
  - Advocate at the State and Federal levels for support of local child care efforts.

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## RECOMMENDATIONS

- 1.
2. List childcare as priority on annual state
3. Resolution of support at state level for future ongoing support of child care actions. Join boards, commissions, as opportunities become known.
4. Childcare fair with other local providers annually at Centennial
5. That CBS fund existing childcare and early education programs.
6. Develop MOA/U with AEYC to explore funding opportunities for #5
  - a. Building a line item budget appropriate for Sitka's needs.
  - b. Draft Ordinance for tobacco tax, marijuana, or alcohol to support (a.) Draft to be provided as template to build off of.
7. Establish a Community-supported Childcare Center
  - Explore potential real estate in Sitka for an independently managed community-supported childcare center to operate in (school district space, Stratton Building (previous SJ library, now state owned), SEARHC hospital (after move out to new facility, etc.)
  - Child Care center that is business sponsored (tax break) that is in city of sitka owned facility offer free or reduced rent or find way to support childcare centers.

- Close by re-reference action is needed on strategic plan goal when they update and plan for next five years. Sustainability, keep childcare at the forefront. Thank you for including child care in this strategic plan. Shows importance.
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# APPENDICES

## Appendix A:

- Do you live in a child care desert? <https://Childcaredeserts.org/2018/>
- Early Childhood Education & Childcare in Sitka, compiled by Early Childhood Coalition member Lauren Wild , September 2023; updated October 2024.
- U.S. Chamber of Commerce Foundation: How Childcare Impacts Alaska’s Workforce Productivity and the State Economy.  
[www.uschamberfoundation.org/solutions/early-childhood-and-k-12-education/untapped-potential](http://www.uschamberfoundation.org/solutions/early-childhood-and-k-12-education/untapped-potential)
- Alaska demographers predict population drop, a switch from prior forecasts  
<https://Alaskapublic.org/2024/07/23.alaska-demoprahers-predict-population-drop-a-switc-h-from-prior-forecasts/>
- [www.threadalaska.org/thread/policy-and-research/take-action/return-on-investment/](http://www.threadalaska.org/thread/policy-and-research/take-action/return-on-investment/)
- CBJ Assembly Child Care Committee, Final Report, April 19, 2019
- CBJ Assembly Child Care Committee letter from Chair to Mayor, April 19, 2019
- Sitka 2022-2027 Strategic Plan, SSW Consulting, September 1, 2022
- Sitka Tribe of Alaska Child Care Needs Assessment, Stellar Group, May 2022
- Anchorage Daily News: Group Proposes first child care spending budget for Anchorage’s marijuana tax, Emily Goodykoontz, September 5, 2024
- Valdez Child Care Task Force Final Recommendation to the Valdez City Council, January 23, 2024
- Southeast Association for Education of the Young Child  
<https://www.aeyc-sea.org/index.html>

Sitka City and Borough

Human Needs and Health Services Commission

Transportation work group

## **A Summary Report on Transportation Assessment**

### **Work group members:**

- 1) Mr. Woody Widmark: STA Chairman
- 2) Ms. Amanda Roberts- Community Health at SEARHC
- 3) Dr. Paul Bahna- Adjunct Professor of Biology at UAS& Sitka Counseling

### **Background:**

There was a lot of concerns from the public in the past regarding accessibility of transportation in Sitka. The HNHS Commission decided to include it as one of its three goals this year 2024 to assess the current situation and to find out areas of improvement.

### **Transportation means in Sitka:**

- 1) Public bus the Ride three lines
- 2) Taxis
- 3) Care-A- Van
- 4) Private mini buses

### **The challenges:**

- 1) The Ride lines (Green, Red, and Blue) scheduled on hourly basis from 6:30 am to 7:30 pm, does not serve the airport, have restricted routes with distant stops/ shelters, and no service on weekends.

- 2) Taxis- we have three taxi companies that operate in Sitka, but with questions on reliability and availability, especially during the summer/tourists season. Calls may not be answered!
- 3) Occasionally, people missed their flights or could not make it to the hospital/clinic because their transportation options were limited.
- 4) Tourists also had challenges to have a ride to Fortress of Bear or even to/from the airport.

### **Work group activities:**

The group met together on regular basis to assess and plan for actions. We took on the Ride 3 lines to have hands-on experience. We met with The Ride bus manager at STA; Mr. Gerry Hope 2-3 times to listen to his perspectives and to share our questions/suggestions. We also met with Mr. Leach, the city administrator to hear his viewpoints. We checked about possibility to have Uber or Lyft taxi services, and we reached out to Ms. Tamara Walsh at Center for Community.

### **Recommendations:**

- 1) To make the Ride more reliable for the public to use, we suggested the following:
  - a. Reducing the time period between trips to 30 minutes instead of an hour.
  - b. To operate on Saturdays
  - c. To create more stops where there is residential areas, and to increase the sheltered stops for the cold winter.
- 2) An Airport shuttle needs to be put to service when flights are pending. We are still assessing if STA would like to take on running its service.
- 3) Lyft taxi is in town- we need to spread the word for individuals whose criteria apply (available on their website) to consider joining and operating their vehicles.
- 4) Creating a Good Samaritan App that Sitkans can download on their phones. A list of trusted volunteers will be selected to be matched at will with urgent needs for transportation.



## Goal: Elder Services



## Title



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# EXECUTIVE SUMMARY

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## INTRODUCTION

**T**he Health Needs and Human Services (HNHS) Subcommittee on Elder Services would like to thank the following community members for sharing resources and information related to this goal: Anna Schumacker (Sitka Tribe of Alaska), Barb Morse (Community Member/Volunteer), Dayna Arnold (Sitka Pioneer Home), Elle Campbell (City and Borough of Sitka (CBS)), Jason Own (Sitka Counseling and Prevention), JJ Carlson (HNHS Assembly Liaison), Lee House (Senior Center), Loyd Platson (Sitka Counseling and Prevention Services), Martha Pearson (Southeast Alaska Regional Health Consortium), Kevin Knox (City and Borough of Sitka (CBS)), and Tamara Walsh (Center for Community).

**A**dditionally as part of this process, the subcommittee identified and connected with five communities that are similar to our community. Their willingness to share ideas and best practices for elder services will be further discussed in our report; it has helped shape our recommendations: Juneau, Ketchikan, Kodiak, Petersburg, and Wrangell.

**L**astly we would like to thank our fellow Commission members who supported this as a goal. The opportunity to learn and make recommendations has been enlightening - we hope our information will help shape future Assembly action for the betterment of this important community group.

### Crystal Duncan

**C**rystal is a lifelong Sitkan who was elected to the City & Borough of Sitka Assembly in October 2020. For the duration of her service she signed on as the Health Needs and Human Services Commission Assembly Liaison. Upon completion of her term, she was appointed to the Commission as a community member. In June 2024 she moved into the Chair role and currently serves on two subcommittee groups: Childcare Services, Elder Care Services.

**C**rystal currently works as a remote employee with the Alaska Native Tribal Health Consortium (ANTHC). Her role has her regularly working with users of speciality services at the Alaska Native Medical Center (ANMC), the majority of whom are elders. Her philosophy for care was shaped by Dr. Walter Soboleff when he shared an expression taught to him by an elementary



## Title of Document

school teacher: “Take care of the old person you are going to become.” By working in health care and serving on the Commission, she is able to help her elders turn into the elders they were meant to be. Gunalchéesh.

## Michelle Kavouras



**M**ichelle is honored to serve on the Health Needs and Human Services Commission because it gives her a platform to advocate for compassionate, evidence-based support for vulnerable communities. This role aligns with her dedication to advancing harm reduction and comprehensive care approaches in health and social services in her current role as Prevention Program Manager at Sitka Counseling. She is excited to contribute to shaping policies that prioritize dignity, equity, and meaningful change for those we serve.

## Dr. Paul Bahna

**D**r. Paul Bahna is a medical doctor who turned to teaching Medical & Health Science, presently working as an adjunct professor of Biology at UAS, beside his work at the Sitka Counseling and Prevention.

**A**fter moving to Sitka 12 years ago, he volunteered at the former Sitka community hospital board, Health Commission, and Sitka public library board, before returning back to the Health Commission. He feels grateful for the opportunity to make a difference in the elders' care in Sitka.



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## BACKGROUND INFORMATION

**W**hile many elder services are currently offered in Sitka through the City and various organizations, recent discussions on adjustments to the home health program—combined with the rising number of aging baby boomers and Generation X residents—prompted the Health Needs and Human Services Commission to establish a goal at their April 17th work session.



## Title of Document

This goal focuses on exploring elder services, particularly to assess whether the City should enhance its support for this population by raising awareness of their needs, improving public communication about available services, and identifying any service gaps that could be filled through City initiatives.

The Sitka 2022 - 2027 Strategic Plan supports this goal through goals one and two. More broadly, this demographic group is impacted through Goal 1: *Preserve the quality of life + affordability for all Sitkans* when it comes to the topics of housing, utility costs, and food security. Further, Goal 2: *Improve communications and strengthen relationships throughout the community*, outlines three actions that speak to awareness, enhanced communication, and service gaps:

*2.1 Develop a communication and engagement plan to increase engagement and participation through storytelling and enhancing Sitka's communication tools and networks*

*2.2 Annually convene non-profits, CBS boards and commissions, and other community groups for a summit to discuss community challenges, updates, and opportunities for collaboration*

*2.3 Identify opportunities to foster relationships with underrepresented groups/populations in the community and implement findings to improve service delivery to these groups*

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## PROBLEM IDENTIFICATION

Alaska's senior population has experienced significant growth between 2010 and 2020. A 56% increase from 90,876 to 142,099.

<https://health.alaska.gov/acoa/Documents/seniorssummary2021.pdf>

This trend is particularly evident in Sitka and Southeast Alaska, where demand for elder support services and housing has increased, reflected in expanded waiting lists for senior housing units and support programs. (see graphic below).

<https://www.alaska.gov/search.html?q=data+population&submit=>

Nearly 10% of Alaska's senior population is affected by Alzheimer's and related conditions, emphasizing the need for coordinated care solutions to meet the complex health and housing needs of this aging demographic.

**Limited Home Health**

**Availability:** While home health services are available, their reach and accessibility remain insufficient for the needs of our seniors. The lack of adequate in-home care poses a risk to the well-being of seniors who may need support to live independently.

**Lack of Coordination Among Service Providers:**

Various agencies are delivering important aspects of elder services, yet there is minimal coordination among them. This fragmented approach limits the effectiveness of services and may result in service overlaps, missed needs, or confusion among elders trying to navigate the available options.

**Lack of Available Resources:** After discussing the need for services for our elder population, we have seen that the current resources have become overwhelmed. The waitlist for home health care is growing and is not meeting the needs of those most vulnerable.

**Elders Living Alone:** According to Alaska Commission on Aging, the senior population (over 65 age) was 15.85% with about 8.1% living alone, using this data point we calculated that to be around 150 elders in Sitka. For many, this isolation can lead to vulnerabilities, including social isolation, unmet healthcare needs, and potential safety risks in emergencies. Access to connection to services is limited by communication barriers.

### Alaska Commission on Aging (ACoA) Senior Snapshot Older Alaskans in 2023

The Alaska Commission on Aging gathers data annually to provide a snapshot in time of the health and well-being of Alaskan residents, age 60 years and older. The Senior Snapshot incorporates the latest data available. However, due to data source limitations, some senior statistics are tracked for ages 60+ and others are tracked for ages 65+.

Below are highlights from the 2023 Senior Snapshot as well as the data sources compiled to complete this report. Thank you to the people and organizations who provided data for this Snapshot.

#### Population Growth

- In 2023, Alaskans aged 60+ (156,832) represent more than 21% of the State's total population (736,812).
- Alaska's 60+ population increased by 73% between April 2010 and July of 2023.
- Alaska's 65+ population increased by 101% between April 2010 and July of 2023.
- Alaska's 85+ population is expected to increase by 500% between 2023 and 2050 to 30,000+ seniors, of which, an estimated 1/3 will experience Alzheimer's and Related Dementia.
- Alaska's senior population has increased in all regions across the state from 2010 to 2023.
- Southeast Alaska continues to have the highest concentration of seniors: more than one in four residents in the region is age 60+

Population by Age Group	Percentage of Senior Population	Seniors in CY2023	Seniors in CY2022	Seniors in CY2021	Seniors in CY2020	Seniors in CY2010	Senior Population Change 2010-2023
Age 60-64	29.55%	46,342	47,363	47,473	47,225	35,938	29%
Age 65-74	46.73%	73,291	72,170	69,663	65,197	35,350	107%
Age 75-84	18.92%	29,667	28,101	25,536	23,469	14,877	99%
Age 85+	4.80%	7,532	7,305	7,065	6,519	4,711	60%

Source: Alaska Department of Labor, Workforce and Development, Research and Analysis.

In Sitka, there is a growing need to address the healthcare requirements of an aging population, many of whom face higher healthcare needs due to chronic conditions and age-related challenges. For many elders, limited income compounds these healthcare needs, creating barriers to accessing necessary services and maintaining quality of life. Additionally, there are fewer opportunities for this demographic to voice their concerns and advocate for their needs, making it essential for community leaders and organizations to actively engage with them and ensure their voices are heard. This combination of healthcare needs, financial limitations, and limited avenues for self-advocacy calls for a focused effort to support Sitka's elderly residents more effectively.

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## CURRENT SERVICE LEVEL AND PARTNERING OPPORTUNITIES

The City and Borough of Sitka currently provides a number of services that are geared towards our aging population. Additionally, according to ProPublica data, in 2023, Sitka had 151 registered non-profit agencies, 48 reported revenue within the last three years - see Appendix B, with several offering elder-focused services to the community.

### *City and Borough of Sitka:*

Recognizing that seniors often have limited income, the City offers support by way of sales tax and property tax exemption programs. Once a Sitkan turns 65, they can apply for a sales tax exemption on most personal use items, as well as a property tax exemption of up to \$150,000 in assessed property value.

Another long standing benefit is use of the Swan Lake Senior Center facility at 402 Lake Street. The Sitka Catholic Services organization uses the kitchen to prepare hot lunches for delivery or pick up by seniors. Part of the FY '25 budget is money allocated for needed repairs and improvements at the Senior Center; upon completion this will address one of the barriers that is preventing in-person lunches.

Grant awards for non-profits organizations is another means to indirectly support elder services. This year there were five applications in the Human Services category. Of those, two applicants were awarded monies to carry out activities that support seniors: Southeast Alaska



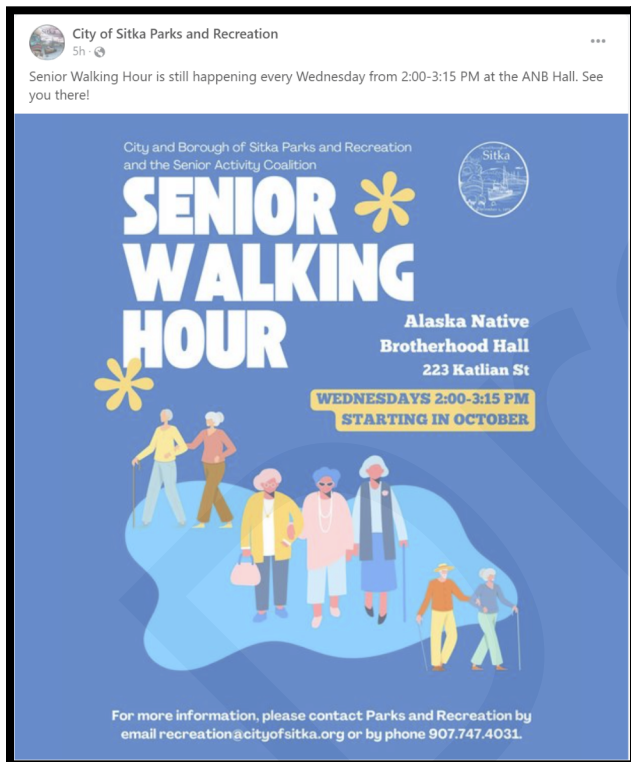
Title of Document

Independent Living (\$4,493) and Braveheart Volunteers (\$9,921) totaling 58% of funding allocated for this category.

And finally with the creation and expansion of recreation activities within the City's Parks and

Recreation department, programming has expanded to senior specific opportunities (see graphic below).

Applicant	FY25 Requests & Funds Available	FY25 Assembly Approved
<b>Human Services</b>		
1 Brave Heart Volunteers	\$10,000	
2 Sitka Counseling and Prevention Services	\$10,987	
3 Sitka Homeless Coalition	\$25,000	
4 Southeast Alaska Independent Living	\$24,000	
5 United Methodist Church of Sitka	\$1,600	
<b>Subtotal</b>	<b>\$71,587</b>	<b>\$0</b>
**Funds Available FY25**	\$25,000	



*Community Partners and Non-Profits in Sitka:*

Without a Health and Social Services department, the City relies heavily on non-profits to address community human service needs. Some of organizations who provide elder care include, but are not limited to:

- Baranof Island Housing Authority
- Braveheart Volunteers
- Catholic Community Services
- Center for Community
- Sitka Pioneer Home
- Sitka Tribe of Alaska
- Southeast Alaska Independent Living
- Southeast Alaska Regional Health Consortium

For additional information on the types of services available see the most updated Resources Guide in Appendix C.

## RELEVANT CITY AND BOROUGH ACTION

For comparison purposes, and to generate ideas on best practice when it comes to City action, we identified five communities that seemed like an appropriate fit (geographic, size, etc.). We reached out to learn more about their services for seniors. Below is a snapshot of what we were able to find:

### Juneau

**P**opulation: INSERT INSERT% 65+

[Commission on Aging](#)

7 Members (2 vacant seats)

Priorities:

#1 Promote creation of Juneau's Age-Friendly Community Planning

#2 Develop an Office of Aging, emphasizing Juneau's Age-Friendly Community Plan, Age-Friendly Housing, and Senior Focused Recreation

### Ketchikan

**P**opulation: 8,079 15% 65+

**B**lank Text

### Kodiak

**P**opulation: INSERT INSERT% 65+

**T**hey utilize the center for community, similar to the one we have in Sitka.

### Petersburg

**P**opulation 3,427 22.5% 65+

**B**lank Text - Mountain View Manor Elderly housing

### Wrangell

**P**opulation 2,127 27% 65+

Wrangell Senior Center - lunch served at noon Tuesday through Friday

Title of Document

Transportation services Tuesday through Friday 8:15am - 1:30pm (advance notice)

Family Caregiver Support

Case Management

[Hospice Booklet 2022](#)

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## RECOMMENDATIONS



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**Maintain Current Level of Service** CRYSTAL WILL DO THIS

Blank Text

### Social Media Campaign

(October 1 - Intl day of older people (UN) - August 21 - National Senior Citizens Day)

The celebration of our seniors is important to honor and acknowledge their strength and wisdom. By launching this social media campaign, we can foster a deeper sense of appreciation, respect, and community for seniors in Sitka. It provides an opportunity to educate, celebrate, and engage people of all ages in recognizing the contributions of older adults. We will inquire whether local service providers are already planning activities for these dates and offer to share and promote their events on social media to maximize visibility. Additionally, we will request support from the City in sharing this information with the public, ensuring that the entire community has the opportunity to participate and show their appreciation for our seniors. This campaign not only raises awareness but also strengthens ties across generations, ensuring that seniors are celebrated and valued year-round.

## Community Resource Day for Seniors hosted by the City and Borough of Sitka

**Resource Information Stations:** Set up dedicated booths or tables for key services available to seniors, such as healthcare programs, transportation assistance, housing resources, legal aid, and social services. Have informational brochures, pamphlets, and staff available to answer questions.

**Interactive Workshops and Presentations:** Offer short, interactive workshops on topics like:

- Financial Management/Assistance
- Navigating Medicare and Medicaid
- Technology training (e.g., how to use smartphones or social media)
- Health and wellness tips and sign up options for activities in the community

**Health Screenings and Services:** Partner with local healthcare providers to offer free or low-cost health screenings (e.g., blood pressure, cholesterol, vision, and hearing tests) and consultations. This could help seniors access important health services they might otherwise miss.

**Social and Recreational Activities:** Swan Lake re-opening to encourage socialization and community building, provide opportunities for seniors to participate in light recreational activities, such as:

- Group games (e.g., bingo, trivia, or card games)
- Dance or music sessions
- Informal "meet-and-greet" sessions where attendees can mingle and share experiences

**Transportation Assistance:** Given that transportation can sometimes be a barrier for seniors to access community events, offering free transportation to and from the event could increase attendance. Work with local transit services or volunteer drivers to provide rides.

Title of Document

We propose hosting a one-day event at Centennial Hall either quarterly or twice a year, designed to bring together local elder care services and resources. This event would provide a centralized location for individuals in the community who are seeking elder care services for themselves or their loved ones. The City would cover the costs of the event space, including any necessary technical support, and assist in promoting the event to Sitka residents. By offering this regular opportunity for connection, the City can help ensure that community members have easy access to the information and services they need to support the well-being of older adults in Sitka.

## Increase to Non-Profit Grant Awards

More money for non-profits in the grant awards that is earmarked for senior serving proposals. (CRYSTAL WILL DO THIS)

<b>FY21 - FY25 Non-Profit Grant Requests &amp; Approvals</b>										
<b>Applicant</b>	<b>FY21 Request</b>	<b>FY21 Assembly Approved</b>	<b>FY22 Request</b>	<b>FY22 Assembly Approved</b>	<b>FY23 Request</b>	<b>FY23 Assembly Approved</b>	<b>FY24 Request</b>	<b>FY24 Assembly approved</b>	<b>FY25 Request</b>	<b>FY25 Assembly approved</b>
<b>Human Services</b>										
Brave Heart Volunteers	\$15,000	\$8,167	\$9,000	\$8,060	\$9,000	\$7,583	\$10,000	\$8,381	\$10,000	
Sitka Counseling & Prevention Services	\$10,000	\$5,167	\$7,600	\$5,845			\$18,500	\$7,381	\$10,987	
Sitka Ham Amateur Radio Klub	\$8,321	\$1,000								
Sitka Homeless Coalition			\$7,000	\$4,536	\$25,000	\$15,500			\$25,000	
Sitka Lutheran Church					\$1,000	\$917				
Sitka Pregnancy Center	\$1,000	\$583								
Southeast Alaska Independent Living	\$16,000	\$8,500	\$20,000	\$8,179			\$24,000	\$8,881	\$24,000	
United Methodist Church of Sitka									\$1,600	
<b>Subtotal</b>	<b>\$50,321</b>	<b>\$23,417</b>	<b>\$43,600</b>	<b>\$26,620</b>	<b>\$35,000</b>	<b>\$24,000</b>	<b>\$52,500</b>	<b>\$24,643</b>	<b>\$71,587</b>	<b>\$0</b>

176,909.20 with a budget of \$45,000.

Started in 2006.

18 requests

A motion was made by Christianson to award the following FY25 General Fund Non-Profit Grants in the category of Human Services. The motion PASSED by the following vote. Yes: 7 - Carlson, Ystad, Pike Mosher, Eisenbeisz, Saline, and Christianson Brave Heart Volunteers \$9,921 Sitka Counseling and Prevention Services \$3,764 Sitka Homeless Coalition \$5,407 Southeast Alaska Independent Living \$4,493 United Methodist Church of Sitka \$1,129 A motion was made by Carlson to award the following FY25 General Fund Non-Profit Grants in the category of Cultural & Educational Services. The motion PASSED by the following vote. Yes: 7 - Christianson, Carlson, Saline, Pike, Ystad, Mosher,

## Title of Document

and Eisenbeisz Alaska Arts Southeast (Sitka Fine Arts Camp) \$2,622 Outer Coast \$1,061 Sitka Conservation Society \$1,847 Sitka Maritime Heritage Society \$2,837 Sitka Music Festival \$1,490 A motion was made by Mosher to award the following FY25 General Fund Non-Profit Grants in the category of Community Development. The motion PASSED by the following vote. Yes: 7 - Carlson, Ystad, Saline, Mosher, Eisenbeisz, Pike, and Christianson Alaska Heat Smart \$2,143 Friends of the Sitka Animal Shelter \$2,357 Greater Sitka Fine Arts Council \$1,429 Sitka Trail Works \$4,071

## **Task Force that Focuses on Addressing Seniors' Needs**

We suggest that all concerned organizations that serve elders in one capacity or another meet together once a year in a public town hall meeting, first to make their services known and recognized, and second to network with each other for best collaborations in service.

## **Sustainability as our population grows**

For a continuous support and evaluation of services, we suggest establishing a Commission on Aging, similar to the one in Juneau, in order to address issues of concern for the elders, and to maintain a dignifying support to the seniors in different situations.

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# APPENDICES

## Appendix A:

[World Population Review](#)

[Alaska Department of Health 2023 Snapshot](#)

[Alaska Department of Health 2022 Snapshot](#)

July 1, 2023 Estimate				July 1, 2025 Projected			
Age	Total	Male	Female	Age	Total	Male	Female
0-4	378	191	187	0-4	376	194	182
5-9	410	226	184	5-9	431	239	192
10-14	471	232	239	10-14	440	216	224
15-19	507	290	217	15-19	498	269	229
20-24	517	267	250	20-24	414	209	205
25-29	518	283	235	25-29	533	310	223
30-34	564	284	280	30-34	552	267	285
35-39	620	286	334	35-39	611	304	307
40-44	564	301	263	40-44	591	299	292
45-49	515	267	248	45-49	583	297	286
50-54	524	246	278	50-54	471	242	229
55-59	467	248	219	55-59	447	237	210
60-64	582	320	262	60-64	538	277	261
65-69	561	280	281	65-69	550	277	273
70-74	439	210	229	70-74	465	222	243
75-79	320	165	155	75-79	317	175	142
80-84	145	65	80	80-84	181	85	96
85-89	98	32	66	85-89	103	40	63
90+	31	10	21	90+	53	15	38
Total	8,231	4,203	4,028	Total	8,154	4,174	3,980
Median Age	41.2	40.7	41.7	Median Age	41.9	41.3	42.4
July 1, 2030 Projected				July 1, 2035 Projected			
Age	Total	Male	Female	Age	Total	Male	Female
0-4	361	189	172	0-4	343	179	164
5-9	367	198	169	5-9	352	191	161
10-14	401	220	181	10-14	340	181	159
15-19	397	197	200	15-19	360	203	157
20-24	407	213	194	20-24	310	146	164
25-29	453	230	223	25-29	443	233	210
30-34	551	294	257	30-34	471	216	255
35-39	561	282	279	35-39	562	310	252
40-44	592	298	294	40-44	544	276	268
45-49	569	282	287	45-49	570	281	289
50-54	571	296	275	50-54	557	280	277
55-59	431	234	197	55-59	530	287	243
60-64	389	206	183	60-64	376	205	171
65-69	487	251	236	65-69	349	186	163
70-74	459	225	234	70-74	404	203	201
75-79	407	197	210	75-79	404	200	204
80-84	235	125	110	80-84	311	144	167
85-89	118	55	63	85-89	156	82	74
90+	75	26	49	90+	93	37	56

[https://www.akleg.gov/basis/get\\_documents.asp?session=33&docid=30786](https://www.akleg.gov/basis/get_documents.asp?session=33&docid=30786) - reference for diagram on Problem Identification

## Appendix B:

## Title of Document

<b>Northern Southeast Regional Aquaculture Association Inc</b> Sitka, AK • Animal-Related - Fisheries Resources	Revenue (2022-2023) <b>\$15,227,742</b>
<b>Center For Community Inc</b> Sitka, AK	Revenue (2021-2022) <b>\$3,964,736</b>
<b>Sitka Sound Science Center</b> Sitka, AK • Environmental Quality, Protection and Beautification - Research Institutes and/or Public Policy Analysis	Revenue (2022) <b>\$3,829,160</b>
<b>Alaska Arts Southeast Inc</b> Sitka, AK	Revenue (2022-2023) <b>\$2,935,556</b>
<b>Sitka Counseling &amp; Prevention Services Inc</b> Sitka, AK • Mental Health, Crisis Intervention - Mental Health Treatment - Multipurpose and N.E.C.	Revenue (2022-2023) <b>\$2,719,599</b>
<b>Youth Advocates Of Sitka Inc Sitka Receiving Home</b> Sitka, AK • Human Services — Multipurpose and Other - Residential, Custodial Care	Revenue (2022-2023) <b>\$2,250,229</b>
<b>Sitka Conservation Society</b> Sitka, AK • Environmental Quality, Protection and Beautification - Natural Resources Conservation and Protection	Revenue (2023) <b>\$2,145,827</b>
<b>Alaska Raptor Rehabilitation Center Inc Arrc</b> Sitka, AK • Animal-Related - Bird Sanctuary, Preserve	Revenue (2022) <b>\$1,997,390</b>
<b>Armstrong Keta Incorporated</b> Sitka, AK • Animal-Related - Fisheries Resources	Revenue (2022) <b>\$1,964,956</b>
<b>Kootznahoo Fortress Of The Bear</b> Sitka, AK • Animal-Related - Animal Protection and Welfare	Revenue (2022) <b>\$1,459,281</b>
<b>Outer Coast</b> Sitka, AK • Educational Institutions and Related Activities - Higher Education Institutions	Revenue (2022-2023) <b>\$1,433,302</b>
<b>Sitka Community Development Corporation</b> Sitka, AK • Housing, Shelter - Housing Development, Construction, Management	Revenue (2022) <b>\$461,045</b>
<b>Schaeffers Angels</b> Sitka, AK • Human Services — Multipurpose and Other - Neighborhood Centers, Settlement Houses	Revenue (2019) <b>\$306,783</b>
<b>Mt Verstovia Building Corporation</b> Sitka, AK	Revenue (2023) <b>\$14,468</b>
<b>Sitka Fine Arts Endowment</b> Sitka, AK • Arts, Culture and Humanities - Single Organization Support	Revenue (2023) <b>\$2,740</b>



## Title of Document

<b>Sitkans Against Family Violence</b> Sitka, AK • Human Services — Multipurpose and Other - Family Violence Shelters, Services	Revenue (2022–2023) <b>\$1,205,392</b>
<b>Alaska Marine Safety Education Association — Amsea</b> Sitka, AK • Public Safety, Disaster Preparedness and Relief - Safety Education (M4XZ)	Revenue (2022–2023) <b>\$1,153,369</b>
<b>Alaska Sustainable Fisheries Trust Inc</b> Sitka, AK • Environmental Quality, Protection and Beautification - Natural Resources Conservation and Protection	Revenue (2022) <b>\$1,091,418</b>
<b>Greater Sitka Chamber Of Commerce Inc</b> Sitka, AK	Revenue (2022) <b>\$843,117</b>
<b>Benevolent &amp; Protective Order Of Elks Of The Usa — 1662 Sitka</b> Sitka, AK	Revenue (2023–2024) <b>\$744,995</b>
<b>Sitka Trail Works</b> Sitka, AK • Public, Society Benefit — Multipurpose and Other - Public Transportation Systems, Services	Revenue (2023) <b>\$723,737</b>
<b>Southeast Region Emergency Medical Services Council</b> Sitka, AK • Health — General and Rehabilitative - Ambulance, Emergency Medical Transport Services	Revenue (2022–2023) <b>\$671,268</b>
<b>Sitka Homeless Coalition</b> Sitka, AK • Housing, Shelter - Homeless, Temporary Shelter For	Revenue (2022–2023) <b>\$618,264</b>
<b>Alaska Longline Fishermens Association</b> Sitka, AK • Community Improvement, Capacity Building - Promotion of Business	Revenue (2022) <b>\$596,170</b>
<b>Betty Eliason Child Care Center</b> Sitka, AK	Revenue (2022) <b>\$573,407</b>
<b>Sheldon Jackson Child Care Center</b> Sitka, AK • Human Services — Multipurpose and Other - Child Day Care	Revenue (2023) <b>\$477,020</b>
<b>Sitka Golf Association</b> Sitka, AK • Recreation, Sports, Leisure, Athletics - Golf	Revenue (2022) <b>\$247,780</b>
<b>Mt Edgcombe Preschool Inc</b> Sitka, AK	Revenue (2022–2023) <b>\$228,639</b>
<b>America Legion — 13 Sitka</b> Sitka, AK • Public, Society Benefit — Multipurpose and Other - Military, Veterans' Organizations	Revenue (2023) <b>\$226,785</b>
<b>Sitka Sportsmans Association</b> Sitka, AK • Philanthropy, Voluntarism and Grantmaking Foundations - Named Trusts/Foundations N.E.C.	Revenue (2023) <b>\$205,603</b>
<b>Sitka Historical Society Inc</b> Sitka, AK • Arts, Culture and Humanities - Historical Societies, Related Historical Activities (A82Z)	Revenue (2022–2023) <b>\$200,022</b>
<b>Sitka White Elephant Shop Inc</b> Sitka, AK • Human Services — Multipurpose and Other - Thrift Shops	Revenue (2022) <b>\$197,857</b>
<b>Sitka Music Festival Inc</b> Sitka, AK • Arts, Culture and Humanities - Music	Revenue (2022) <b>\$195,133</b>

## Title of Document

<b>Southeast Alaska Indigenous Transboundary Commission</b> Sitka, AK • Animal-Related - Wildlife Preservation, Protection	Revenue (2023) <b>\$193,997</b>
<b>Brave Heart Volunteers Inc</b> Sitka, AK • Human Services — Multipurpose and Other - Human Service Organizations - Multipurpose	Revenue (2022) <b>\$193,878</b>
<b>Sitka Economic Development Association Inc</b> Sitka, AK • Community Improvement, Capacity Building - Economic Development	Revenue (2022-2023) <b>\$187,982</b>
<b>The Seer School</b> Sitka, AK • Employment, Job-Related - Vocational Training	Revenue (2017-2018) <b>\$181,657</b>
<b>3 To 5 Preschool Inc</b> Sitka, AK	Revenue (2022-2023) <b>\$167,867</b>
<b>Baranof Barracudas</b> Sitka, AK • Recreation, Sports, Leisure, Athletics - Swimming, Water Recreation	Revenue (2023) <b>\$157,699</b>
<b>Sitka Music Festival Foundation</b> Sitka, AK • Arts, Culture and Humanities - Music	Revenue (2023) <b>\$144,480</b>
<b>Sita Foundation Inc</b> New York, NY • Human Services — Multipurpose and Other - Human Service Organizations - Multipurpose	Revenue (2022) <b>\$129,950</b>
<b>Artchange Inc</b> Sitka, AK • Educational Institutions and Related Activities - Adult, Continuing Education	Revenue (2022-2023) <b>\$108,357</b>
<b>The Island Institute Inc</b> Sitka, AK	Revenue (2017-2018) <b>\$85,316</b>
<b>Friends Of Sheldon Jackson Museum</b> Sitka, AK • Arts, Culture and Humanities - Natural History, Natural Science Museums	Revenue (2022) <b>\$79,570</b>
<b>Sitka Charr Association</b> Sitka, AK	Revenue (2023) <b>\$75,295</b>
<b>Rivers Edge Property Inc</b> Sitka, AK • Housing, Shelter - Housing Development, Construction, Management	Revenue (2022-2023) <b>\$68,884</b>
<b>Greater Sitka Arts Council Inc</b> Sitka, AK	Revenue (2023) <b>\$59,781</b>
<b>New Archangel Dancers</b> Sitka, AK	Revenue (2023) <b>\$53,574</b>

## Appendix C:

### Senior Services

#### Adult Protective Services

**Phone:** 1-800-478-9996

Report harm or neglect of vulnerable adults

#### Alaska Legal Services Corporation

**Phone:** 1-907-586-6425

8800 Glacier Highway, Suite 228

**Toll Free:** 1-800-789-6426

**email:** [juneau@alsc-law.org](mailto:juneau@alsc-law.org)

**alsc-law.org**

Provides legal services to socially and economically needy and to those 60 and older and others who meet financial eligibility.

#### Tama Beven, LMT

**Phone:** 1-907-738-0400

Offering geriatric massage and End of Life Doula services.

#### Brave Heart Volunteers

**Phone:** 1-907-747-4600

120 Katlian Street (Manager's House on the Pioneers' Home Campus)

**braveheartvolunteers.org**

Brave Heart Volunteers Yee gu.aa yáx x'wán (be of brave heart), provides compassionate care, companionship, respite and education to those facing illness, isolation, end of life and grief. Program services include volunteer training, orientation, and coordination; family caregiver information and grief support groups; a library and resource room. All services are provided free of charge.

#### CAREGIVER RESOURCES

Southeast Senior Services Senior Caregiver & Resource Center (Juneau Office).

**Phone:** 1-907-463-6177

Senior Caregiver Support Advocate & Information also available at the Swan Lake Senior Center, Sitka.

**Phone:** 1-907-747-8617

**Center For Community**

**Phone:** 1-907-747-6960

700 Katlian Street, Suite B

- ♦ Personal Care Services – Professional in-home care for temporary or long-term personal care needs resulting from age, disability or illness. Tamara Walsh Sitka Regional Manager for Community Services, email: [twalsh@cfc.org](mailto:twalsh@cfc.org)
- ♦ Respite Care Services – Providing a needed break for caregivers and families of people with disabilities, Alzheimer's and other dementia, and frail seniors. Terra Parsly, email: [tparsly@cfc.org](mailto:tparsly@cfc.org)

**Harry Race Durable Medical Equipment Services**

**Phone:** (907) 966-2104

Contact: Tammy Thom, DME Specialist

117 Granite Creek Rd., Sitka, AK99835

**email:** [tammythom@whitesalaska.com](mailto:tammythom@whitesalaska.com)

Services available include: mobility equipment, hospital beds and accessories, bath safety equipment, vascular support, orthopedic support, personal care items, and diabetic supplies. Many items available to be billed through Medicare, Medicaid, or Private Insurance with proper documentation.

**Mature Alaskans Seeking Skills Training (MASST)**

**Phone:** 1-907-586-6806

**email:** [info@serrc.org](mailto:info@serrc.org)

**[www.serrc.org/educational-services/masst/](http://www.serrc.org/educational-services/masst/)**

This program is designed to assist seniors with developing marketing skills with the opportunity to earn extra income while receiving part-time job site or educational training.

**Older Persons Action Group, Inc. (OPAG)**

**Phone:** 1-907-276-1059

3340 Arctic Blvd., #106, Anchorage, AK 99503

Toll free: 1-800-478-1059

Contact: James Bailey, Executive Director

**[seniorvoicealaska.com](http://seniorvoicealaska.com)**

**email:** [info@seniorvoicealaska.com](mailto:info@seniorvoicealaska.com)

Advocacy for older Alaskans. Publishes Senior Voice, a statewide newspaper for seniors and their families and caregivers, with online version at [www.seniorvoicealaska.com](http://www.seniorvoicealaska.com). Also publishes the statewide Directory for Older Alaskans.

**Southeast Alaska Independent Living (SAIL)**

**Phone:** 1-907-747-6859

Contact: Rick Petersen

514 Lake Street, Suite C

**email:** sitka@sailinc.org

A consumer directed independent living program providing information and referrals, advocacy services, independent living skills training, recreation, and de-institutionalization information. The program is designed to increase the potential for persons with aging and/or disability issues who live in the community so they can remain active, involved, productive, integrated individuals.

**Swan Lake Senior Center**

**Phone:** 1-907-747-8617

Contact: Sandi Koval

402 Lake Street

**Senior Nutrition & Transportation Programs:**

**Senior lunches:** (age 60 & older) served Monday through Friday at 11:30 am; suggested free-will donation for senior lunch is \$5.00. Guests of seniors are welcome; there is a \$15.00 charge per meal for non-seniors. Homebound seniors call for information about delivery.

**Afternoon activities:** include exercise classes & other group activities; call for details. The Senior Center building is open from 9 am to 3:30 pm Monday through Friday.

**Transportation:** Senior & Paratransit Care-A-Van is a pre-scheduled door-to-door service for seniors age 60 and above; and for folks of all ages who have a disability, which prevents them from using the regular bus fixed-route system. Scheduled vans are wheelchair accessible. Call 907-747-8617 for more information about paratransit eligibility & application process.

**Senior & Paratransit Care-A-Van Hours:** Monday through Friday from 6:30 am to 7:30 pm. Riders are encouraged to call at least one day in advance; and can call up to 7-days ahead to pre-schedule rides. Flexibility with times will also offer riders their best opportunities for successful scheduling.

**Ride scheduling, donations, & fares:** Care-A-Van Dispatch office is open from 8 am – 4:30 pm Monday through Friday; call 907-747-8617 to pre-schedule rides. Free-will donations (\$2 per trip) are accepted from seniors and much appreciated to help support services. Paratransit Riders (under 60 years old) must pay \$2.00 per one-way trip; Care-A-Van Drivers do not handle cash so exact change is necessary.

**Saturday & Sunday:** Care-A-Van Senior Rides available from 8:45 am to 2 pm. These rides should be pre-scheduled before 4:30 pm on Fridays.

If something comes up after regular dispatch hours the Care-A-Van weekend & evening cell phone: 907-738-1333.

**Sitka Long-Term Care**

**Phone:** 1-907-747-3241

209 Moller Ave

For those who need more care than can be delivered at home, Sitka Long-Term Care offers professional, skilled nursing services in a protected home-like environment.

**Sitka Pioneers' Home**

**Phone:** 1-907-747-3213

120 Katlian Street

The Sitka Pioneer Home is an Eden Alternative® Registered Home. The home is committed to providing compassionate care to residents, staff, family and community in a home that nurtures the human body, mind and spirit while preserving dignity and individuality.

**State Care Line**

**Phone:** 1-877-266-4357



## Transportation

**Swan Lake Senior Center Van (Paratransit & Senior rides)**

**Phone:** 1-907-747-8617

Contact: Sandi Koval

The Senior Center van service provides transportation for persons with disabilities and seniors including transportation to and from the Center. Suggested senior donation is \$2.00 each way; paratransit non-senior rides must pay \$2.00 each way. Pre-Scheduled paratransit rides are available Monday through Friday from 6:30 am-7:30 pm; senior rides available on weekends between 8:45 am to 2:00pm. Please call and make a reservation in advance as van availability cannot be guaranteed at the last minute. After hours call **738-1113**.

