



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/](http://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](http://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 12<sup>th</sup> 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](http://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](http://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](http://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](http://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**

1590 E. Financial Drive, Suite F105

Wasilla, AK 99654

[www.wbu.edu](http://www.wbu.edu)

**(907) 373-4828**

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)**

403 S. Alaska Street

Palmer, AK 99645

<http://www.ccsalaska.org/index.html>

**(907) 745-4040**

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](http://www.matsuk12.us)

Public education for K-12<sup>th</sup> grade.

**Mat-Su Services for Children and Adults**

**(907) 352-1200**

5000 E Shennum Drive  
Wasilla, AK 99654  
[www.mssca.org](http://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 1<sup>ST</sup>**..... (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](http://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**  
901 Snohomish  
Wasilla, AK 99654

**(907) 376-8669**

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](http://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](http://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](http://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](http://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](http://www.unitedwaymatsu.org/ourwork/mssapc/index.php)

[www.facebook.com/drugfreecommunity](https://www.facebook.com/drugfreecommunity)

**(907) 373-5818**

### 24-HOUR CRISIS LINES

<b>Medical Emergency</b>	<b>911</b>
<b>Alaska Family Services</b>	<b>(907) 746-8026</b>
<b>Mat-Su Health Services</b>	<b>(907) 376-2411</b>

### TOBACCO PREVENTION

<b>Alaska Tobacco Quit Line</b>	<b>(888)-842-QUIT (7848)</b>
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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.

<b>Teens Against Tobacco Use ® (T.A.T.U.)</b>	<b>(907) 746-6123</b>
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Youth empowerment program teaching teens to fight back against tobacco use.

### FREE COMMUNITY SUPPORT GROUPS AND PROGRAMS

<b>Addicted No More (Faith-Based)</b>	<b>(907) 373-3601</b>
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Word of Faith Assembly: Mondays **6:30pm**

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

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

<b>Mat-Su Alano Club</b>	<b>(907) 376-8669</b>
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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/](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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 ) <a href="http://www.alaskantrailrides.com">www.alaskantrailrides.com</a>	(907) 733-2207
Flying G Ranch	(907) 745-7258
Glacier Mountain Adventures	(907) 745-1694
Mat-Su Borough Trails <a href="http://www.matsugov.us/trails">www.matsugov.us/trails</a>	

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](http://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](http://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.

### **Alaska Home Care**

**(907) 357-5431**

1450 N. Creste Foris St. #1  
Wasilla, AK 99654

ADL assistance, home management, daily and overtime. Respite day time.

**Alaskan Veterans & Pioneer Home**

**(907) 745-4241**

250 E Fireweed Ave  
Palmer, AK 99645

**Acacia Personal Care Services**

**(907) 376-8802**

619 South Knik Goose Bay Road # C  
Wasilla, AK 99654

Personal care assistance, chore services and respite services.

**Access Alaska**

**(907) 357-2588**

897 Commercial Drive  
Wasilla, AK 99654  
[www.accessalaska.org](http://www.accessalaska.org)

ADL assistance, home management, daily and overtime. Respite day time.

**Amedisys Home Health Care**

**(907) 376-3390**

892 East Usa Circle  
Wasilla, AK 99654

Medicare-certified home, health care and hospice.

**Colony Estates Senior Housing**

**(907) 745-5434**

920 S. Chugach St  
Palmer, AK 99645

**Comfort Keepers**

**(907) 745-3000**

701 E. Parks Hwy # 208  
Wasilla, AK 99654

ADL assistance, home management, daily and overtime. Respite day time.

**Hearts & Hands**

**(888) 644-0480 ext. 2**

Wasilla & Palmer Area  
[www.heartsak.com](http://www.heartsak.com)

Accepts Medicaid waiver and private pay. Private Pay rate is \$75 for half day, \$118 for a full day, including transportation and snacks. Sliding scale is available.

**Home Instead Senior Care**

**(907) 277-4663**

4050 Lake Otis Pkwy # 109  
Anchorage, AK 99508

ADL assistance, home management, daily and overtime. Respite day time.

**LV's Home Care**  
826 McMillan Ct  
Wasilla, AK 99654

**(907) 373-0503**

**Mat-Su Regional Home Care**  
950 E. Bogard Rd # 132  
Wasilla, AK 99654

**(907) 352-4800**

Medicare-certified home health care and hospice.

**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.

**ProCare PC**  
5050 E. Dunbar Dr Suite C2  
Wasilla, AK 99654

**(907) 357-7882**

Care management/coordination.

**Ready Care**  
357 East Parks Highway  
Wasilla, AK 99654

**(907) 357-5627**

ADL assistance and home management. Day time respite care.

**Red Mountain Care Coordination**  
9520 North Wolverine Road  
Palmer, AK 99645

**(907) 745-8117**

Care management/coordination.

**Respect Your Elders**

**(907) 745-3687**

2301 Colleen St  
Palmer, AK 99645

Adult day care and respite.

**Senior Care Of Alaska**

**(907) 677-7890**

241 East 5<sup>th</sup> Avenue #204  
Anchorage, AK 99501

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

**Senior Housing**

**(907) 376-5744**

1201 N Lucille St Suite 104  
Wasilla, AK 99654

Alaskan housing and finance programs to assist the elderly.

**Social Security Administration**

**(800) 772-1213**

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

**Starfish Cares LLC**

**(907) 376-1922**

201 E. Swanson Ave # 13  
Wasilla, AK 99654

Care management/coordination.

**Trinion Quality Care Services**

**(907) 631-5028**

1375 E. Parks Hwy  
Wasilla, AK 99654

ADL assistance and home management.

**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.

**Willow Personal Care Assistants**

**(907) 495-6778**

PO Box 624

Willow, AK 99688

Personal care assistance.

## TRANSPORTATION

### **Alaska Cab Valley**

**(907) 357-2727**

### **Greyhound Bus Services**

**(800)800-2814**

### **M.A.S.C.O.T**

<http://www.matsutransit.com/>

**(907) 376-5000**

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**

<http://www.valleymover.com/>

**(907) 892-8800**

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

### **Valley Cab**

**(907) 357-8294**

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