

Seward Senior Center

Serving older Alaskans since 1978





- **Mission since 1978**
- To ensure honor, dignity, security and independence for the older Alaskan through support services that assist them in maintaining meaningful, and quality lives.

Vision

Engage seniors as mentors with a meaningful impact on individuals and the community.

Core Purpose

Quality of Life for Older Alaskans

Core Values

*Healthy Lifestyle
Flexible/Adaptive*



The Team

Dana Paperman, Executive Director

Program Manager, Juan Sabalones

Lead Chef, Todd Mashlan

Fitness Instructors: Rachel Dow and Mary Ann Benoit

Volunteer Support Team

Board of Directors; Meals on Wheels package and delivery; Front Desk welcome committee; Snack elves; and

Art and Music Maestros.



A day at the center

Nutrition Services

Meals on Wheels

Dining Room hot lunch

Monthly Food Box

USDA program

Holiday Parties

“No senior is ever turned away due to lack of income.”





Health Promotions

Foot Care; Blood Pressure checks; Staying Active and Independent for Life, Tai Chi for Diabetes and Arthritis, Bingocize, and Matter of Balance classes.



A time to learn

Supporting enriching art programs since 2001

Government Partners

Older Americans Act & State of Alaska (funds 36% of budget)

City of Seward (funds 28% of budget)

Kenai Peninsula Borough (funds 13% of budget)

Foundation Grants and Community Partners (funds 13% of budget)

Annual Budget: \$391,000.00

Partnership funds support Nutrition, Transportation, Health Promotion programs and Support Services, supporting the mission of the senior center.

Over a lifetime, we share and care for community members



Community financial and collaborative partners

American Legion, Sons of American Legion and American Legion Auxillary

Seward Community Foundation

Food Bank of Alaska

Seward Hospice

Seward Community Health Clinic

Alaska Legal Services

Providence Seward

Alaska Railroad Corporation

The Fish House

First National Bank of Alaska

Aunt Mays Taxi and Tours

**Together and
never alone.**



POSITIVE AND PRICELESS OUTCOMES

Served more than 150 Seward residents in 2023

Packaged **Meals on Wheels** for **32 homebound older Alaskans**, delivering more than 6000 hot meals between here and Moose Pass, a volunteer driven program.

Dished up 9000 hot meals in the dining room serving **65 older Alaskans** that live between Seward and Moose Pass.

Facilitated and organized **daily fitness classes** for more than **55 older Alaskans**

Enrolled 16 older Alaskans in **Social Security** retirement benefits and 18 elders in **Medicare** Insurance and provided **advocacy** services for 22 residents.

Aided 6 older Alaskans in **housing security**, detouring homelessness.

The Kenai Peninsula Borough grant provide a powerful “bang for your buck” in serving older Alaskans in Seward. THANK YOU



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and on our website: www.sewardsenior.org**