



United Way of Anchorage

MEDIA ADVISORY / PHOTO OP

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What: United Way of Anchorage Day of Action

Volunteers join together to assemble senior memory kits

When: Friday, June 21 from 11 a.m. - 1 p.m.

Where: Anchorage Senior Activity Center
1300 E. 19th Ave., Anchorage, AK 99501

Anchorage AK – Over 25 volunteers will get together Friday at the Anchorage Senior Activity Center to help assemble 400+ memory kits -- kits that include puzzles, Sudoku, crosswords and information designed to help residents stay mentally sharp by socializing and engaging in actions that allow them to flex their brains.

“The Senior Memory Kit Build was designed to mobilize volunteers around Anchorage seniors,” said Ariane Kelsey, manager for volunteer and community engagement at United Way of Anchorage. “Knowing the positive impacts of volunteering we have engaged both seniors and our community partners to build these kits, which we hope will help more seniors in our community continue to live and thrive independently.”

The memory kits contain activities aimed at helping to prevent Alzheimer’s disease and other forms of dementia. In 2017, an estimated 6,700 Alaska seniors were living with Alzheimer’s. Along with a healthy diet, aerobic exercise and sufficient sleep, memory kits like the those assembled on Day of Action may prevent or slow the progress of the disease.

The Anchorage Senior Activity Center will distribute the completed kits to seniors at a later date.

Media are welcome at Friday’s event, cosponsored by the Anchorage Senior Center and United Way of Anchorage. The memory kit build is part of United Way’s global [Day of Action](#) which calls for people to volunteer in any way they can to help a neighbor, stranger or organization in need on Friday.

About United Way of Anchorage

United Way of Anchorage is a community of donors, advocates, volunteers, and partners who fight for the health, education and financial stability of every person in our community. LIVE UNITED.

www.LiveUnitedANC.org