

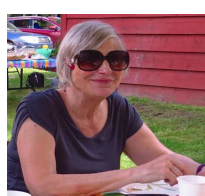
Date Sent Thursday, June 30, 2016
From Aging at Home Fairbanks
Subject Subject: AAH Fairbanks June newsletter



JUNE 30, 2016

THE SECOND TIME IS THE CHARM!

Donna Dinsmore and the Events Committee persisted with their plans for our Members Picnic despite one cancellation due to inclement weather. But all was well on June 26 and the home of Kurt Dinsmore and Lorraine Peterson provided a spacious, green and comfortable setting for the re-scheduled event. As usual there was SO MUCH food!



GREENSTAR ELECTRONICS PICK-UP

GreenStar will send a truck to any member who needs electronics recycled on the third weekend of each month. July 15th and 16th is the next event. Just let the AAH office know ahead of time and we will schedule a pick up. This is for electronics only.

MEMBERS CORNER

AAH Fairbanks continues to grow at a very healthy pace. At the end of our 6th month, membership includes 70 members in 50 households! (Our initial projection was 40 households in 12 months. We are delighted to have underestimated!)

Do you know some of the other members?

Remember that, as a member, you have access to the *Member Directory*. You must first login as a member on our website aahfairbanks.org; then you will see a MEMBERS tab on the menu bar. That will lead you to the Member Directory, a Contact List, and the Member Handbook.

It is up to you to decide how much or how little of your contact information other members

can see and whether you want to add your photo. You may make changes by clicking on your name at the top and going to your *Profile*. There you will have access to your directory listing.

If you have questions about how to navigate the website or about your membership, don't hesitate to contact Barbara Lando at membership@aahfairbanks.org.

SAVE THESE DATES:

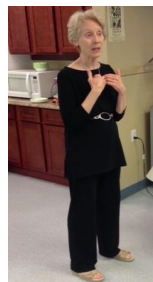
July 14: Donna Dinsmore and the Events Committee invite you to join members at the Georgeson Botanical Gardens to hear the Fairbanks Community Jazz Band.

Music starts at 7:00 pm but we will be meeting at 6:00 pm to share food, drinks and blankets and chairs. More information by email.

July 26: Issues on Aging - *Cheap N' Eazy - Home Modifications to Keep You Aging At Home*, by Karla Zervos, Founder of Lifespan Home Modifications. More information by email.

ISSUES ON AGING LECTURE SERIES

On Tuesday, June 28 at 3:30 pm 25 guests attended a talk by Dr. Judith Boice titled Essential Oils for Your Home Medicine Chest. The 25 people in the audience paid close attention to her descriptions of the uses and dangers of the many oils that are available for common use. Dr. Boice currently works at the Alaska Center for Natural Medicine and came well prepared with copies of her numerous books that she had for sale



GREAT NEWS

Barbara Lando, Chairman of the Steering Committee and Ellen Weiser, Program Director, accept a generous check of \$1000.00 from Pastor Randy Young of the Christ Lutheran Church for our Membership Assistance Fund. This fund will help potential members who can benefit from membership in Aging at Home, but might not have the means to pay for a full membership fee.



Donations can be made online at aahfairbanks.org, at the DONATIONS tab, or by contacting the AAH Fairbanks office at 799-4026.

SPOTLIGHT ON MEMBERS: PAM WAGAMAN

I was born in Memphis, grew up and attended university in Atlanta, and spent my first 47 years there, in Florida, and on the Gulf Coast. After altering my course of study from music to science, I worked in an Atlanta hospital, and later in Mobile, as a medical technologist until starting my family, then remained home for 10 years with my 3 daughters (and over the years, with several foster children) until returning to graduate school. I received my Master's and PhD degrees (in microbiology, specializing in virology) at the LSU Health Sciences Center in New Orleans. And when my daughters graduated I did a post-doctoral fellowship at The Scripps Research Institute, then worked for 13 years in drug discovery for Johnson and Johnson.

I began teaching a UAF Summer Sessions course in microbiology in 2008, and was offered an adjunct faculty position to teach human biology in 2011, making my dream in living in AK a reality. I moved here permanently in 2012. I lived my dream job for 8 years and retired at the end of fall semester, 2015, and am so grateful that I live in a place where I frequently run into former students and can keep up with them!

Thus far (6 months in) I am enjoying my retirement immensely! I have this vision of a kind of Benedictine, balanced approach that I finally feel I can pull together. I have been studying watercolor (even had my first shared show this spring!) and taking a few classes in drawing, and I play violin with the Northern Lights Strings on campus and also the North Star Strings. I am trying to learn to play more Celtic and old-time or bluegrass fiddle, and will be joining another fiddler this fall to offer a class at OLLI for those who want to play waltzes. I take classes at OLLI (a couple of the very best EVER were this past spring!) and at the Fairbanks Summer Arts Festival, work on activities with AAH, am on the board for the University Women's Association, am a communicant at St. Matthew's Episcopal church, and am trying to get back into the physical activities I enjoy by doing Qigong and aquacize classes. (I spent 12 years studying Wu style T'ai Chi in San Diego, including push hands, and sword and saber forms.



One of my passions is working with young adults, so I have been volunteering at the Street Advocacy and Outreach Program (SOAP) since January. I basically rock babies, talk with kids who drop in for a meal or other support, and help with a weekly discussion group for young women. Other activities that keep me busy are spending an inordinate amount of time obsessing over my Brittany Spaniel Sierra (walking at Creamer's or on other trails around Fairbanks), gardening in my plot at the Watershed school and in my yard, activities with my daughter and grand children who live here in Fairbanks, and planning visits with my other daughters and grandchildren.

[Done](#)