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**DECEMBER 2016**

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### **WHAT A GREAT GIFT!**

Do you know someone who could benefit from Aging at Home? Are you looking for the perfect gift? Then stop by our office or give us a call and arrange for a gift membership to Aging at Home Fairbanks. This is truly the gift that keeps on giving.

Call Ellen at 799-4026 or stop by the office at 1424 Moore Street or email [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com) for information.

### **WINE AND CHEESE WITH FRIENDS**

On November 13, Jean James opened her home to members and their friends who would like to learn about Aging at Home. About 25 members and interested guests enjoyed a chance to learn about the program, get to know each other and share some wine, cheese and desserts.

Thanks to Donna Dinsmore, who once again, arranged a lovely event.



### **ISSUES ON AGING -OCTOBER - YOUR UNIQUE**

## **NUTRITIONAL NEEDS**



On Tuesday, October 27 Tiffany Ricci spoke on Nutrition Alaska at the Issues on Aging lecture. Her was talk, titled Tips, Tricks and Tidbits for Healthy Eating. She instructed her listeners to eat more fiber, healthy fats, fluids, vitamins A, D and B12, minerals such as zinc, calcium, potassium. She warned against a decrease in appetite, loss of muscle mass, and chewing and swallowing difficulties.

Tiffany encouraged her listeners to stock a healthy pantry and create a pleasant eating environment; socialize meals by starting a diner's club or having lunch with family or friends; build a healthy plate by filling at least half with veggies and drink water...and then some more water!

According to Tiffany, we can prevent some of the frustrating aspects of aging such as elevated blood pressure, bone loss, increased body fat by monitoring what we eat.

## **ISSUES ON AGING -NOVEMBER -STAYING BALANCED AS YOU AGE**



On Tuesday, November 29 Maria Bray, PhD educated a full house about how we can maintain our strength and therefore improve our balance. However, rather than speak to us she had us up and exercising. Maria emphasized that small routines built up over time make the world of difference in improving our balance. For example, while standing in line at the super market and holding onto a cart with one hand balance on one foot then the other is an easy exercise.

Then advancing to doing this with eyes closed, will, over time, gives us improved strength and balance.



Here are some, but not all of her suggestions for increasing strength and balance: walking a line heel to toe; sitting in a chair and twisting our torso as if we were handing a friend behind us a cup of coffee; sitting and lifting our leg from the knee; tying a stretchy band around our knees and trying to pull them apart. If anyone is interested in group lessons through AAH, please let me know. Maria owns Alaska Health and Fitness and provides group and individual sessions on balance and strength. If we have enough people, she will do a class for us!

If you go to YOUTUBE and search for balance exercises for seniors or do a websearch for balance exercises for seniors you will find many visuals to help you practice on your own. **GOOD LUCK!**



## **MEMBERS CORNER**

Just a reminder: AAH Fairbanks has a Membership Assistance Fund to provide reduced fee memberships for a limited number of people, and current members are

eligible to apply for a reduced fee to begin at their next renewal date. The awards are on a first-come first-serve basis, so if you are eligible, apply now. You don't have to wait until your membership is due for renewal.

For those who qualify, it is \$200/year for an individual or \$300/year for a household. (\$50/quarter or \$75/quarter).

Please contact Program Director Ellen Weiser at 799-4026 to find out if you are eligible.

All assisted memberships are funded by donations. If you would like to help with this effort, please consider a donation to the *AAH Membership Assistance Fund*. Donations can be made online; go to [DONATIONS](#)

### **SAVE THESE DATES:**

*December 7 from 3-5 pm at the Lounge at Raven Landing Center - Members and volunteers only Annual meeting*

*December 13 from 3:30 to 4:45 in the Senior Center dining room - Aging Wisely: A drop-in discussion group.*

### **SPOTLIGHT ON MEMBERS: MEET DONNA DINSMORE**



Donna, who is currently a member of the Aging at Home Steering Committee, and chairman of the Events Committee, was born and raised in Detroit, Michigan. Looking for adventure, she moved to Bethel, Alaska in 1968 with her husband and 3 small children. Her husband worked for the BIA as a social worker and she worked part time as the Museum director as well as a childbirth trainer at the Prematernal Home. She loved living in the bush and learning about Native ways.

In 1974 the family decided to trade the bush for the outback and moved to Perth, in western Australia. They found much to enjoy but realized how much they loved Alaska, and in 1979 they came home. She has been in Fairbanks ever since and has no desire to live anywhere else.

Donna says, "I love this community and the interesting and talented people who live here. We are so fortunate to have AAH as another resource in this community."

## **WHAT'S NEW AT AGING AT HOME**

**We are fortunate to have our Steering Committee member Pam Wagaman agree to become the new volunteer coordinator. Pam is busy contacting all the volunteers, assisted by Carol Coady.**

**Vera Alexander is now helping Nanne Myers by contacting all of our new vendors to make sure that they will provide appropriate services for our members. She is assisted by Ruth Knapman.**

**Aging Wisely is a new drop-in guided discussion group that meets once a month at the Senior Center. Led by Ellen Weiser, program director, and Jen Peterson, Associate Professor at UAF, this group will discuss the physical, mental, spiritual, social and health aspects of aging. The next discussion is December 13.**

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