

Date Sent Tuesday, June 07, 2016

From Aging at Home Fairbanks

Subject Subject: AAH Newsletter - May



Aging at Home Fairbanks

MAY 31, 2016

NEW AND DIFFERENT OFFICE HOURS!

_Based on our members' requests, we are now offering a physical office at the Senior Center (on the first floor in the corner to the left of the dining room) open MONDAY AND WEDNESDAY FROM 10:00 AM TO NOON. In addition to these physical office hours, we are still continuing to maintain our virtual office hours open 9 - 5 Monday through Friday wherever our cell phone is located.

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THANK YOU GREEN STAR AND AAH VOLUNTEERS

On May 21 Aging at Home offered a clean-up day to our members. The date was chosen because GreenStar holds an electronics recycling event on the third weekend of every month. One truck manned by two GreenStar volunteers and one truck of AAH volunteers visited our members and carted away items too heavy for our members to handle. Here is David Weissman, AAH member and V.P. of GreenStar loading the truck to take to the GreenStar recycle center.



From now on GreenStar will send a truck to any member who needs electronics recycled on

the third weekend of each month! Just let the AAH office know ahead of times and we will schedule a pick up. This is for electronics only. Please note, this service will not be available in June.

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BOOST YOUR BRAIN AND MEMORY WORKSHOP



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We had a lively time at our Boost Your Brain and Memory Workshop. 23 women (I guess the men forgot to come!) met every Tuesday and Thursday from 3:30 to 4:30 for a video presentation and engaging discussion of how our brains process memories and how we can Boost our Brains through emotion health, nutrition, physical activity, intellectual activity, spiritual activity and social engagement. We spent part of the time sharing our memory tricks and pitfalls and part of the time practicing the memory exercises in our workbooks.

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As soon as we find 15 more people, both men and women, to sign up for this workshop we will begin another one. The workshop is free to members, \$25.00 for volunteers and \$50.00 for anyone else. Please email us or contact the office to add your name to the growing waiting list.

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FREE EVENTS AT THE UNIVERSITY

There are so many free events at the University this summer. They provide a great opportunity for our Aging at Home community to get together, share rides, enjoy the lecture or music and each others' company. If you are interested in hosting a

potluck before the event, do call the office and let us know and we will send out an invitation to our members. Or, you can access the member directory at our aahfairbanks.org website by clicking on the Members tab and call some of your fellow members and arrange to go together.

Here are June's lectures and musical events:

LECTURES

- June 1: D. Khalsa and S. Tevebaugh - Connecting Youth with AK's National Parks Through Digital Storytelling;
- June 8: S. Jewett - Sea Stars of the Aleutians
- June 15: J. May - Rural Justice in AK;
- June 22: R. Hoch - AK's Disappearing Glaciers: How does it affect us?

Music

- June 2 - Deadbolt Heaters;
- June 9: Marc Brown & The Blues Crew;
- June 16: Dry Cabin String Band;
- June 23: Rock Bottom Stompers;
- June 30: Emily Anderson.

Again, please call the office and let us know which events you are interested in attending.

ISSUES ON AGING LECTURE SERIES

Starting in June, AAH Fairbanks will be providing free monthly lectures on a variety of topics that are of interest to older adults. The lectures will be on the last Tuesday of the month, at 3:30 pm, at the Fairbanks Senior Center, and are open to the public.

Tuesday, June 28: *Essential Oils for Your Home Medicine Chest*, by Dr. Judith Boice.

Description: One drop of an essential oil is roughly equivalent to 30 cups of tea! Discover how to use these potent healing allies safely and effectively to address infections, burns, colds, nausea, insomnia and many other common health conditions.

Dr. Judith Boice, award-winning author, international teacher, naturopathic physician and acupuncturist, has a special passion for working with wellness and women's health. She has traveled around the U.S. conducting over 900 trainings and public lectures on women's health, menopause, and osteoporosis. Dr. Boice is the author of several magazine articles and ten books, including *Menopause with Science* and

Soul: A guidebook for navigating the journey (Silver Medal, Nautilus Book Awards).

Currently she works at the Alaska Center for Natural Medicine in Fairbanks.

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

Tuesday, August 30: Retirement Planning, by Ben Roth, SBS Retirement Consultants

INFORMATION CORNER

Donate to Provide Reduced-Fee Memberships

AAH Fairbanks is a success! Our membership enrollments have exceeded our expectations, and we are hearing from many happy members. The current member total is 63, including 28 individual members and 35 members who are part of households.

Now AAH Fairbanks is hoping to address the needs of potential members who may not be able to afford the membership fees. With this in mind, we are seeking donations to be used to offer reduced-fee memberships to people with lower incomes.

A new *Membership Assistance Fund* has been set up. 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

More than fifty years. That's how long Neal Brown and Fran Tannian have been in Fairbanks. Thirty-six years ago they married and combined his two sons and daughter with her two sons to form the family that is the most important part of their lives. With their five children and six grandchildren dispersed from coast to coast, they make several trips Outside each year.

Neal came to Alaska for graduate school and found another great love in the study

and research of the aurora borealis. Fran spent most of her “working” years in editing and publication. However, both Neal and Fran feel their real “work” was raising the five fine people who are their children.

Last spring Fran took a tumble down their stairs to the lower floor of their house. Neal heard her head hit the wall and swung into action. Karla Zervos came to the house and gave excellent advice on what had to be done. The next day Straight Ahead Construction crew assessed the situation and in several weeks the old hazardous stairs were replaced with a new stairway built to the best possible specifications for older folks.



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