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From Aging at Home Fairbanks

Subject Subject: AAH Newsletter for March and April



**Aging at Home Fairbanks
2017**

FEBRUARY, MARCH, APRIL

LET ' S APPRECIATE OUR VOLUNTEERS !

April was Volunteer appreciation Month. Where would we be without our volunteers? A major benefit to AAH membership is the ability to ask for assistance and receive it in a timely fashion. Need a mattress turned or a dog walked? Heavy planters moved? A ride to the doctors or a cabinet door handle replaced?

One call or email to the Aging at Home office will bring a volunteer to do the task within a few days.

To date we have had 112 service requests filled with the "handyman" category leading the list, followed closely by technology.

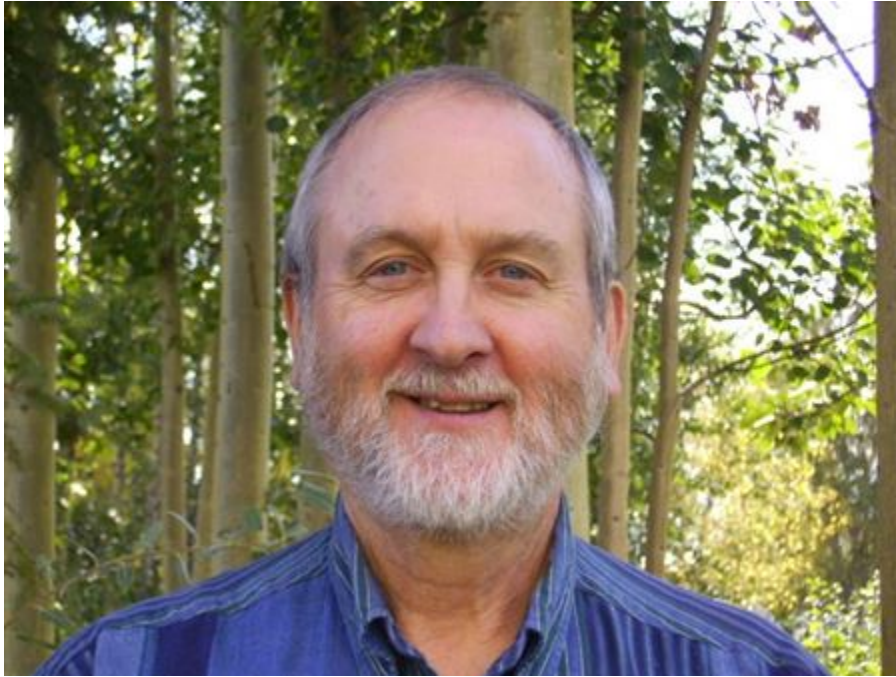
We have 43 active volunteers with a wide range of skills that keep our members happy and our organization strong.

THANK YOU VOLUNTEERS!

SPOTLIGHT ON: WILLIAM BARNES - VOLUNTEER OF THE MONTH

MEET BILL BARNES - I was born and raised in Greece NY on the shore of Lake Ontario. I graduated from the University of Buffalo and then moved to Atlanta GA where I worked at the Yerkes Primate Research Center for 4 years. I then embarked on a spiritual quest that lasted for seven years and included a 2 year stint at the Ideal Toy Co. in Queens NY as a toy designer and a 2 year retreat at the Unification Theological Seminary

on the Hudson River. My next stop was in Kodiak where I spent the next 22 years. I immediately dove into the new field of personal computers there and started a computer business and also began teaching at the college. In 2004 I started teaching the IT program at AVTEC in Seward where I remained until 2009 when I accepted a faculty position at UAF/CTC in the IT Specialist program.



I have become active in the Unitarian Universalist Fellowship here in Fairbanks and look for opportunities to be involved in the community which has included AAH. In a few weeks I will retire and look forward to spending time with my 93 year old father in New Hampshire (who still drives) and with my children and grandchildren in Fairbanks, Kodiak and Portland OR.

NEIGHBORS MEETING NEIGHBORS

What do you want? That was the question we asked at the two neighborhood meetings that we had in February and March. In addition to giving our members a chance to meet each other and see who lived in their neighborhoods, we had a series of lively discussions around the needs of our members.



The suggestions ranged from buddy calls in which members became phone buddies

to give or receive a daily check-in call to ride sharing for social events to home safety checks. Every member received a listing of the suggestions and voted on their preferences. Members should stay tuned for some exciting new initiatives in the near future!

Many thanks to Neal and Fran Brown for hosting the first gathering and Margret Van Flein for opening her home to the second.

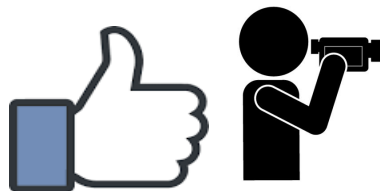


AAH CLASSIFIED



Furniture Wanted: The wooden cabinet pictured above. Aging at Home needs a cabinet in which to store all those things, big and small that help keep us up and running. We would like to collect \$200.00 in donations to pay for this cabinet. Of course, if you own one and would like to donate it, that would be as good.

Please call the office at 799-4026 or go online at aahfairbanks.org to donate.



Help Wanted: A Facebook manager
Coming soon - our AAH Facebook page which will be in need of a manager to update weekly.

A **Videographer** to create our own promotional video to supplement the talks we do around town.

Please contact the office and let us know if you are interested.

AGING WISELY



On April 17 the Aging Well drop in discussion group presented Rachael Delehanty, Elder Justice Attorney who spoke about elder abuse and scams. Did you know that legal services for power of attorney and advanced health care directives are available for free for people over 60? Just contact Ms. Delehanty at rdelehanty@alsc-law.org, or call 452-5181 for more information about their services or to make an appointment at their offices at 100 Cushman Street.

You can contact the AAH office for copies of the pamphlets that Ms Delehanty which identify indicators of abuse, neglect or financial exploitation in elders that you may care for and services available to remedy any problems.

On March 18 the Aging Well discussion group, led by Ellen Weiser and Jen Peterson discussed neuroplasticity and cognitive reserve. The discussion focused on methods that we can use to boost our brain power to off-set the effects of advancing age and possible alzheimer's disease.

This was a timely discussion since starting **May 9 and continuing every Tuesday for 8 weeks, you are invited to participate in the Boost Your Memory and Brain Power** workshops. Through a 30 minute video, workbook and discussion, we will explore the science behind our dwindling memory power and focus each week on a specific path we can follow to increase our mental capacity .

These workshops are every Tuesday, starting on **May 9 from 3:30 - 5:00** at the Senior Center dining room. They are free to members, \$25.00 for volunteers and \$50.00 to the general public. **Please email aahfairbanks@gmail.com or call 799-4026 to register.**

THINGS YOU'LL WANT TO KNOW

Aging at Home announces **Second Friday Happy Hour** - Every second Friday a member will host a get-together at 4:00 pm for all of our members. The first party is

May 12th.

The membership committee is busy calling each member to get birthdays and photos for the website. If you wish to visit our website and especially the members' directory you will need your user name and password. If you are having trouble logging in, please do call the office at 799-4026 and we will help you.

We take photos at all of our events in order to share them with our readers. If, for any chance, you would like to opt out of having your photo taken and possibly published, please do let the office know. We will be starting a list.

BEHIND THE SCENES AT THE MUSEUM



On Friday, April 28 Aging at Home hosted a fact-filled trip behind the scenes of the Museum of the North. What the public sees in the galleries is truly just the tip on an iceberg. The bowels of the museum are filled with row upon row of collections from little slivers of frozen tissue samples to giant dinosaur bones. Our collection of bird samples from all over the world is used by ornathologists from countries that cannot have their own collections. Students comparing cultures use our collections from places such as Greenland and artifacts such as cameras and tents used by arctic explorers are carefully stored.

Our thanks to Angela Lynn for such a knowledgeable tour and to Donna Dinsmore for arranging it.



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