

Date Sent February 4, 2018
From Aging at Home Fairbanks
Subject Subject: January - February Newsletter



NEWSLETTER

January - February 2018

**Happy New Year
Happy Valentine's Day
and Best Wishes for a Great Year in 2018 with AAH!**

IN THIS ISSUE

[Tech Tuesday](#)

[Happy Hour](#)

[Aging Well Discussion](#)

[Aah! Lunch](#)

[Smoke detector replacement](#)

[Around Town](#)

[Village Movement in News](#)

[Health & Aging](#)

[Celebration Photos](#)

Tech Tuesday

First Tuesday of the month at the Senior Center, 3:30 pm, members

Computer Safety - Tuesday, February 6, Barbara Horner-Miller will bring information on what issues we need to think about when surfing the Internet and using email.

Happy Hour

Second Friday of the month, 4-6 pm, members' homes

Friday, February 9 -. Members will be sent a reminder next week with location information. Not only will this be our monthly social, it will also be a good bye party for our Program Director, Jane Binford, who will be moving back to Colorado. Although she was only able to work with us for a short time, we enjoyed getting to know her and introducing her to the advantages of an organization like AAH Fairbanks.

CALENDAR 2018

Tuesday, February 6
Tech Tuesday
Computer Safety
3:30, Senior Center

Friday, February 9
Happy Hour
4:00 pm

Aging Well Discussions - Open to the Public

Third Tuesday of the month at the Senior Center, 3:30 pm

Home Modifications for Older Adults - Karla Zervos will share her expertise on **Tuesday, February 20**, at this month's Aging Well discussion. Karla is a local consultant on safety and comfort issues which are important to consider as we age. Our bodies don't always do what we want them to any more, but we can make changes in our living environments which will help us prevent accidents.

Tuesday, February 20

Aging Well:
Home Modifications
3:30 pm, Senior Center

Tuesday, February 27

Aah! Lunch
11:30 am, Cookie Jar

Smart 911 - The Aging Well series last month featured information on the SMART 911 System. Kate Janoski, Emergency Management Public Information Officer for the Fairbanks North Star Borough, provided printed information and spoke to us.

The SMART 911 System is an enhancement to the current 911 system. A person can enroll for free. . the You can sign up online (search for Smart911), or get a form at FNSB Emergency Management Office. You add detailed information about your personal situation such as medical conditions, medications, pets, and special instructions pertaining to your home. Then emergency responders have that information as they are driving to your location. You can link the information to both your home telephone and your cell phone.

Please note that the regular 911 system will work even if you do not enroll in the SMART 911 System.

CONTACT INFORMATION

Aging at Home Fairbanks

1424 Moore St.
Fairbanks, AK 99701

(907) 799-4026

aahfairbanks@gmail.com

www.aahfairbanks.org

[Facebook](#)

Aah! Lunch

Fourth Tuesday of the month at local restaurants, 11:30 am

Tuesday, February 27, 11:30 am at the Cookie Jar - The first lunch was in January, and nine members enjoyed lunch out and good conversation. Join the group this month on the 27th at the Cookie Jar. RSVP is not necessary, but it helps if you let the office know if you can come - if it's a large group we'd want to make reservations at the restaurant.

Service for Members

Smoke detector replacements

AAH FAIRBANKS is partnering with the American Red Cross of Alaska to provide a very important service to our members. Red Cross volunteers will come to your home and add or replace smoke detectors at no charge to you! Did you know that the new smoke detectors have batteries that last 10 years? So there's no need to worry about replacement every year any more! Rec Cross volunteers will also be able to do an evaluation of your home for safety issues and advise you about what is needed if you do not have enough protection.

If you are interested in this service contact Stephanie Crain at the local office of The American Red Cross. 907-456-5937 x 5100. Or you can contact the AAH Fairbanks office at 907-799-4026.

Around Town

OLLI (Osher Lifelong Learning Institute)

Spring registration is now open for OLLI, and classes begin on February 12. Get more information online at www.uaf.edu/olli, or call the OLLI office at 474-6607. Catalogs are available at the Senior Center, or check out the many classes being offered at the website.

FREE Balance Screening for anyone age 55

Foundation Health Partners Rehabilitation Services **Call 458-5670 to register.**
Identify your mobility and balance risk factors.

Library Offers Home Delivery Service

Fairbanks North Star Borough BOOKMOBILE delivers books, audiobooks, DVDs, and music CDs to people who are homebound or unable to access and use the library because of age or disability. Call 459-1031 or email bookmobile@fnsblibrary.us to learn more.

Village Movement in the News

Aging at Home Fairbanks is part of this national movement to assist older adults who wish to remain in their homes as they age. Click to hear about:

[The Village Movement on NPR!](#)

["Village" Movement Helps Seniors Age in Place](#) (TimesUnion, Albany)

Health and Aging

Exercise May Enhance the Effects of Brain Training

(New York Times, Nov. 22, 2017)

Exercise broadly improves our memories and thinking skills, according to a [wealth of science](#). The evidence supporting similar benefits from so-called brain training has been much iffier, however, with most people performing better only on the specific types of games or tasks practiced in the program. But an interesting [new study published in the Journal of Cognitive Neuroscience](#) suggests that combining intense exercise and brain training might, over time, amplify the benefits of both for the brain, even in people whose minds already are working well. [READ MORE>>](#)

Things I'll Do Differently When I'm Old

(New York Times, Dec. 5, 2017) [READ MORE>>](#)

Can Shoveling Snow Put Your Heart At Risk?

(Harvard Health, Dec.6, 2017)

[READ MORE>>](#)

Members and Volunteers Celebrated!

Members and volunteers enjoyed refreshments and good company at the AAH annual

meeting and celebration on Wednesday, December 6, at Raven Landing.



A quick review of 2017

Members: 83

Volunteers: 51

(of whom 14 are members)

Lectures & classes: 23

Socials & events: 15

Done