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From Aging at Home Fairbanks

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May 2017

GOODBYE !



A serendipitous comment at a Thanksgiving dinner in 2015 led to a wonderful 2 years of work, play and friendship at Aging at Home. I have loved serving all of you, but now find that I would like my time with fewer commitments.

Having the opportunity to make people happy by providing connections between volunteers and members in a win-win context was my favorite part of this job. Facilitating monthly socials, lectures and workshops has given me the chance to meet many of you face to face and enriched my life while serving the organization.

I leave you in the capable hands of Mary Ellen Barker.

HELLO !

Hello. My name is Mary Ellen Baker, and I am excited to have a role in the Aging at Home Fairbanks program. I have worked in libraries for 40 years, and recently retired from the Library Director position, with the Fairbanks North Star Borough. I worked as the public library system's public services manager for 14 years, and

as the director for 3 years. Previously, I was the library director in Wasilla for 9 years, and prior to that I lived and worked in Bethel for 4 years. I grew up in Massachusetts, and lived and worked in New Jersey and Colorado prior to moving to Bethel, Alaska, in 1986. One of the many benefits of working in the FNSB public library system was interacting with so many individuals and organizations in the community. I enjoy connecting people with the information and services they need. I look forward to interacting with and assisting AAH members.



THE FIRST 2ND FRIDAY HAPPY HOUR

Aging at Home presents - 2nd Friday Happy Hours every month for members, by members. Once a month our members can meet and greet each other at a different house each time. What a great way to begin the weekend and meet new members and catch up with those you already know.

Our first Happy Hour was at the home of Mary Ann Borchert. Stay tuned for an email announcing the time and place of the next Happy Hour get together.





BOOST YOUR BRAIN AND MEMORY

Our 2nd annual Boost Your Brain and Memory workshop started on May 9th and will continue every Tuesday from 3:30 m-5:00 at the Senior Center for 8 weeks.

This lively, interactive workshop, taught by Ellen Weiser, and Jen Peterson of UAF, using the Mather Lifelong Learning Institute's Issues on Aging video and workbook, covers such topics as cognitive reserve and neuroplasticity and ways to increase it through physical, social, intellectual, emotional, spiritual and nutritional health.

Through a weekly video segment interspersed with discussions and practice our 17 men and women learn what we can do to help our brains and memory as we age.





[Done](#)