

Date Sent December 21, 2017

From Aging at Home Fairbanks

Subject Subject: December Newsletter



NEWSLETTER

December 2017

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Introducing Our New Program Director

We are happy to welcome Jane Binford as the AAH Fairbanks Program Director. Jane began on December 1 and has been busy getting to know Aging at Home, as well as Fairbanks! She is new in Fairbanks, having arrived in September.



Jane was born and raised in Denver, CO, and educated at the University of Wyoming in Laramie, WY. She is a widow with two adult sons and one adult daughter.

Jane has a background in middle management and has worked for several large corporations. Jane also has start-up experience, having started several small businesses. Most recently she was in charge of re-purposing a grade school into a community center for a small town.

CALENDAR 2018

Friday, January 12
Happy Hour
4:00 pm

Tuesday, January 16
Aging Well: Smart 9-1-1
3:30 pm, Senior Center

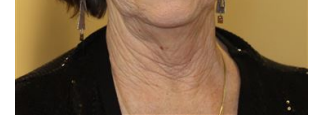
And New Steering Committee Member

Aging at Home Fairbanks is led by a Steering Committee that works with the Program Director to enhance benefits for members. Joining the Committee this fall is Lucy McCarthy. Other members for 2018 are Vera Alexander, Mary Ann Borchert, Neal Brown,



Tuesday, January 23
Aah! Lunch
 11:30 am, Zach's

Donna Dinsmore, Rheba Dupras, Barbara Lando, 'Nanne Myers, Sue Royston, and Pam Wagaman. Contact any member of the committee to give input or suggestions.



CONTACT INFORMATION

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Aging Well Discussions - Open to the Public



Third Tuesday of the month at the Senior Center

Tuesday, December 19, 3:30 pm, Why Balance?

Instructor *Holly Proell* discussed the importance of balance to reduce falls and enable older adults to remain safe and independent in their homes. Simple exercises like standing on one foot can help. She invites all to a free balance screening. [SEE BELOW](#)

Tuesday, January 16, 3:30 pm, Smart 9-1-1 and Emergency Preparedness.

Aah! Lunch

Join other members of AAH Fairbanks on the 4th Tuesday of the month to sample lunch at some of the new (or old) restaurants in the area. The first lunch will be in January. Members will be receiving more information and the opportunity to be on the contact list.

Tuesday, January 23, 11:30 pm, Zach's Restaurant

Around Town

FREE consultation with Rachael Delehanty, Elder Justice Attorney

Monday, January 15, 2018, at Fairbanks Senior Center

Call to sign up for an appointment: 452-1735. All are welcome.

Appointments will be scheduled every 15 minutes, 9:00 am - 12:00 pm; 12:30 - 4:30 pm.

Bring pertinent paperwork to your appointment to discuss powers of attorney, wills, advance directives, guardianships, probate, family law questions, or landlord/tenant issues.

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 Celebrate!

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 the year

Members: 83

Volunteers: 51

(of whom 14 are members)

Lectures & classes: 23

Socials & events: 15



[Done](#)