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**From** Aging at Home Fairbanks

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FEBRUARY 29, 2016

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## **RED CROSS SAFETY CHECK**

Aging at Home Fairbanks wants all of our members to be safe in their homes! **On April 9** the Red Cross, in conjunction with the Fairbanks Fire Department and a group of dedicated volunteers will visit the home of each member. They will replace old smoke detectors with new, 10 year models; or simply replace old batteries with ones that last 10 years.

What do you have to do to get the FREE service! Call Ellen at 799-4026 or email her at [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com) (preferable) and schedule a morning or afternoon appointment.

We want everyone's home inspected, so be prepared for a phone call from Ellen if you do not sign up!

## **SAVE THE DATES!!**

**MARCH 5 from 5:00-9:00**

**Senior Center & FNA Fundraiser David Solomon Tribal Hall**

**MARCH 11 at 1:30**

**Senator Don Young will hear senior concerns at the Senior Center.**

**MARCH 16 at 3:00 pm**

**Ursa Major Field Trip (see below)**

**MARCH 26 at 11:00**

**Ellen Weiser will be speaking about AAH Fairbanks on 660 (KFAR) am**

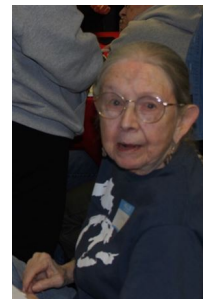
**APRIL 9 all day**

The Red Cross will visit your home for a fire safety check (more details in the newsletter)

**54 GUEST ENJOY OUR POTLUCK!**

On February 24 AAH Fairbanks had our first, and certainly not last, potluck. As usual in Fairbanks, there was lots and lots of great food, great conversation and much information shared among volunteers, members, vendors and guests.

Thanks to Donna Dinsmore for organizing the event and Darlene Supplee, of the Senior Center for providing the room and many extras. And thank you to all of our members who brought along their friends! We had 4 new members sign up after the potluck!

**GREAT DE-CLUTTERING TIPS**

Post Written by Leo Babuata and edited by Ellen Weiser

**As the weather gets warmer and warmer my thoughts turn to spring cleaning. Of course, often cleaning is not the answer...decluttering is.**

**Here are 15 tips for easy decluttering!**

**Declutter for 15 minutes every day. It's amazing how much you can get through if you just do it in small increments like this.**

**Don't allow things into the house in the first place. Whether you've begun decluttering the living space, or you've just completed it, stop bringing in new stuff NOW.**

**Donate stuff you're decluttering, so you don't feel bad about wasting it.(I will attach a handy list of venues in Fairbanks that would love to take your stuff.)**

**Create a Joe's Goals chart with decluttering on it — either daily, or 3 times a week. Check off the days when you declutter, and you'll feel a great sense of accomplishment.**

**Start at the corner by the door and move your way around the room, doing the superficial stuff first – surfaces, empty the bin, etc. Repeat, but do more the 2nd time around – i.e. open the cupboards.**

**Whenever you're boiling the kettle for tea, tidy up the kitchen. If the kitchen is tidy, tidy up the next room – it's only 3 minutes but it keeps you on top of everything.**

**Use the "one in, two out" rule. The rule: whenever you bring in an item, you have to throw away two other items.**

**Make your storage space smaller and more minimal. If you have lots of storage, you'll fill it with stuff.**

**Clothing rule: If you haven't worn an item in 6 months, sell or donate it.**

**The One-Year Box. Take all your items that you unsure about getting rid of (e.g. "I might need this someday..."), put them in a box, seal it and date it for 1 year in the future. When the date comes, and you still didn't need to open it to get anything, donate the box WITHOUT OPENING IT. You probably won't even remember what there was in the box.**

**Declutter one room (including any closets, desks, cabinets, etc.) before starting on the next one. Spending time in that room will feel \*so\* good, and it will be so easy to keep clean, that it will motivate you to do more!**

**Keep a list in your planner labeled "Don't Need It – Don't Want It." When**

you're out shopping and run across some kind of gadget or other item you crave, note it down on the list. This will slow you down long enough to reconsider. Also, seeing the other things on the list that you nearly bought on impulse really helps.

Internalize that your value is not in your "stuff". It is just "stuff". And realize that your value grows when you share your "stuff". Hoarding is a selfish act.

Have someone else (an AAH volunteer!) help you go through things. They don't have the (sometime's irrational) emotional attachment that you might have, but can still recognize if something should be kept. Gift everything. Books you've read immediately get recycled among friends, family or local libraries. If you buy a new gaming system, donate your old one – and all the games.

### **PLEASE SIGN UP**

Our First Field Trip is coming up on March 16 at 3:00 pm. Ursa Major, Fairbanks's very own vodka and gin distillery will show us how it is done and give us a tasting of their wonderful products. Let's make it a social event as well and have an appetizer potluck. After our tour we can purchase up to two cocktails (but that's the limit!!) and enjoy our snacks in a private area. Please let Ellen know by email ([aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)) or phone (799-4026) if you will be joining us and what you can bring.

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Please join the Steering Committee of AAH Fairbanks if you are interested in shaping our future. Email a short biography and one of our members will be in touch.

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Do you have a special skill? Are you interested in acting as a consultant to our members. Join our Brain Bank, a listing of talents held by our members who are willing to answer questions posed by other members; a knitting question; a good book; a gardening problem; asked and answered by phone or email. Email AAH Fairbanks with your talents!

Please email Ellen at [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com) or call the office at 799-4026.

### **HELP IS ON THE WAY**

Our volunteers are waiting to assist you in tasks large and small. And if

**they cannot help, our vendors can! Please email Ellen or call the office with your requests. Here are a few suggested requests, but we welcome "out-of-the-box thinking. What have you been putting off doing that needs to be done. Now is the time!**

**Deep cleaning;  
Outside clean-up;  
Anything involving climbing ladders;  
Electrical work;  
Woodworking repairs;  
Technical support;  
Shopping;  
Rides to the doctor, airport, stores; events**

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Contact Us:

Aging at Home Fairbanks | 1424 Moore Street, Fairbanks, AK 99701 907-799-4026 [aahfairbannks@gmail.com](mailto:aahfairbannks@gmail.com)

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