

Date Sent Thursday, April 28, 2016

From Aging at Home Fairbanks

Subject Subject: AAH Fairbanks April Newsletter



Aging at Home Fairbanks

APRIL 30, 2016

THANK YOU RED CROSS AND FIRE DEPARTMENT

16 of our members benefited from visits by the Red Cross on Saturday April 9, and 8 more are expecting visits in the future. What a great service they provide and how well organized they are!



BOOST YOUR BRAIN AND MEMORY WORKSHOP

Are you worried every time you momentarily forget a word or the name of a close friend. How about misplacing your keys or forgetting where you park your car? No worries! Everyone does it and the Boost Your Brain workshop will give you strategies to overcome these temporary losses.

We still have a few more spaces!

May 3 through 26, 2016

8 SESSIONS - Tuesdays and Thursdays 3:30 - 4:30 pm

Fairbanks Senior Center, 1424 Moore St.

More than just brain games:

This is a scientific approach to memory health!

- **LIVE HEALTHIER**
- **BE BETTER ORGANIZED**
- **PAY CLOSER ATTENTION**
- **REGULATE YOUR EMOTIONS**
- **REDUCE YOUR RISK OF ALZHEIMER'S DISEASE**

Each of the eight sessions includes a video segment with follow-up exercises, memory tips, key concepts, and more.

\$50 for the course, including workbook (Free for members of AAH Fairbanks and \$25.00 for volunteers)

Presented by Aging at Home Fairbanks

Limited seating

Please reserve your space by contacting

799-4206 or aahfairbanks@gmail.com where you can sign up and pay on-line.

MEMBERS CORNER

A LITTLE ABOUT OUR WEBSITE

Did you know that there are two views to our website: the public view and the members only view. If you are a member and want to access our paid service providers, calendar and members directory you must first LOG INTO the website. If you have trouble logging in and/or have forgotten your user name and/or password just contact Barbara Lando at membership@aahfairbanks.org

LET'S LOOK AT THE PAID SERVICES TAB

First of all, you never have to go to this tab. If you want a recommendation for a vendor, the easiest way is to call Ellen, our Program Director, and she will do all the work for you. Tell her your service needs and she will tell you or email you a list of the names, addresses, telephone numbers and websites of those vendors who can solve your problems.

If you choose to do it yourself, please follow these steps:

- Click on the "Paid Services tab" in the black bar just below our logo;
- Click on "Find a service provider" in the blue box in the middle of the page;
- Pull down the category of the service you are needing. (Be patient. This is a work in progress on our part);
- Pull down the type of service you wish;
- Look below and you will see all the service providers we have personally

interviewed and cleared. (This is also a work in progress)

IF YOU HAVE TROUBLE, PLEASE CALL ELLEN AT 799-4026

VENDOR RECOMMENDATIONS AND RATING

Have you used a vendor that you particularly like? We encourage all of our members to call or email Aging at Home to recommend a vendor so others can benefit from your good experiences. It would also be helpful to us if you could let us know when you use a vendor from our list. Ellen would like to speak with you in order to rate that experience.

OUR MEMBERS MINGLE

On Tuesday, April 12, a number of our members enjoyed meeting and greeting each other and sharing our traditionally wonderful potluck food.



Let's help each other! All of us are creating a Fairbanks community of very special seniors and one valuable component is helping each other. Would you like to know which Aging at Home members live in your neighborhood so you can join together for social activities? Would you like to know who is going to an AAH event that you are attending? Just call the office and find out who your like minded member-neighbors are.

LET'S ALL JOIN TOGETHER!

STAY TUNED

We are making plans for a number of summer activities which would include joining other members for an informal potluck and then a trip to the Murie Building for the Wednesday 7 pm lecture series to UAF. The lectures are:

- **June 1: D. Khalsa and S. Tevebaugh - Connecting Youth with AK's National Parks Through Digital Storytelling;**

- **June 8: S. Jewett - Sea Stars of the Aleutians**
- **June 15: J. May - Rural Justice in AK;**
- **June 22: R. Hoch - AK's Disappearing Glaciers: How does it affect us?**
- **July 13: Understanding AK Native Dance;**
- **July 20: Owning the Ocean; Salmon, science and the history of the borders of the N. Pacific;**
- **July 27: N. Moelders - Physics of Clothing;**
- **August 3: R. Murphy - Northern Landscapes;**
- **August 10: D. Russell - Owl-la-Carte: A recipe for boreal owl nesting success.**

IF YOU ARE INTERESTED IN ANY OF THESE LECTURES, PLEASE CALL OR EMAIL THE OFFICE. WE WILL PUT TOGETHER A LIST OF THE MOST POPULAR ONES AND ARRANGE THE DETAILS.

There are also musical options available on Thursday evenings at 7 PM at the Botanical Gardens:

- **June 2 - Deadbolt Heaters;**
- **June 9: Marc Brown & The Blues Crew;**
- **June 16: Dry Cabin String Band;**
- **June 23: Rock Bottom Stompers;**
- **June 30: Emily Anderson;**
- **July 14: Fairbanks Community Jazz Band;**
- **July 21: FSAF Celtic Ensemble;**
- **July 28: Fairbanks Red Hackle Pipe Band;**
- **August 4: Cold Steel Drums;**
- **August 11: ET Barnett String Band**

Again, please call the office and let us know which events you are interested in attending.

***IF YOU ARE INTERESTED IN HOSTING A POTLUCK IN YOUR HOME
BEFORE ANY OF THESE EVENTS, DO LET US KNOW BY EMAIL OR PHONE.***

Looking forward to a fun summer.

[Done](#)