

Date Sent Wednesday, August 31, 2016

From Aging at Home Fairbanks

Subject Subject: Aging at Home August 2016 Newsletter



AUGUST 31, 2016

BACK WHERE WE BELONG!

As most of you know by now, I, Ellen Weiser, program director of Aging at Home and my husband David Weissman were burned in a propane explosion on July 31 along with 3 other people. The encouraging emails, full of prayers and good wishes, the flowers, food and phone calls aided our healing as much as the medical attention we received. To know that our home and dogs and cat were cared for while we were in the hospital relieved us of a great burden and allowed the healing to begin.



We've come a long, long way! Thanks to all of you. We are glad to be back.

THE LAST POTLUCK OF THE SUMMER

Grace Moore's lovely log home was the setting for the August potluck arranged by Donna Dinsmore to give the Aging at Home members a chance to catch up on their summer fun.

We encourage everyone to send along your suggestions for future monthly events.



Who is our mystery photographer?

MEMBERS CORNER

WHAT CAN WE DO FOR YOU? Over the course of this year we have helped our members:

mow lawns;
rake leaves;
fix lawn mowers;
haul away heavy equipment;
take unwanted electronics to GreenStar recycling;
declutter;
move furniture;
garden;
install smoke detectors;
fix many and varied computer problems;
access a crawl space;
fix small plumbing problems;
install a door;
care for a cat;
fill out forms.

WHAT CAN WE DO FOR YOU? It never hurts to ask. We cannot guarantee that our volunteers will be qualified to attend to every request, but remember, we also have vendors who can provide paid services.

SAVE THESE DATES:

ISSUES ON AGING MONTHLY LECTURE - Medicare; are you confused? September 27 at 3:030 pm at the Senior Center

Say the word Medicare and most people roll their eyes in exasperation. If that's been your reaction, you are not alone! Medicare *is* complicated! If you have questions about your Medicare benefit, or if you are soon to join the ranks of Medicare beneficiaries, join us for a (mostly) fun session that will answer your questions and untangle the mysteries of Medicare.

Jean Trainor is a Master Medicare Counselor, who works at Access Alaska in Fairbanks. Explaining Medicare is the nerd job of her dreams, and she thrives on helping people understand the ins and outs of Medicare.

ISSUES ON AGING LECTURE SERIES

On August 30 at 3:30 pm Ben Roth of SBS Retirement Consultants spoke to an attentive audience about the timely and important topic of retirement financing.

Rather than a formal lecture, Ben invited the audience to ask questions which he answered in great detail. Much time was spent on the rules regarding required withdrawals from IRA's at age 70.5 and also how exactly to make a wise financial plan based on our needs and lifestyles. We had a lively discussion about Medicare issues which ties directly into our speaker for September.



Ben Roth was born and raised in Fairbanks and graduated from the University of Alaska Fairbanks with degrees in business administration/finance and economics. He began his career in the financial services industry in 1992 and formed SBS Retirement Consultants, LLC in 2004 to provide a truly independent and comprehensive approach to financial planning.

SPOTLIGHT ON NEW STEERING COMMITTEE MEMBERS

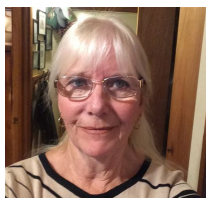


NEAL BROWN:

I came to Alaska in the fall of 1963 to do graduate work studying the aurora and have

lived here since. I brought three children and my wife Fran brought two to our marriage in 1980. We enjoy beautiful views of the mountains of the Alaska Range, including Denali and I often take pictures and videos of aurora from our home.

Why I joined the Steering Committee: I am on the ragged edge of being able to do home chores involving ladders myself and think AAH can communicate needs and help organize volunteers and services to folks as they age.



SUE ROYSTON:

My career really started at the Geophysical Institute, UAF in the fall of 1972 as an Accounts Payable Clerk. In 1975 I was promoted to Payroll & Benefits Manager through 2001, retiring then to pursue life as a Grandmother and volunteer as well as short term temping in various UAF departments, taking advantage of my many years of history there

Why I Joined the Steering Committee: Although not a very creative person myself, more of a numbers person, I look forward to being part of a creative process with initiative and follow-through for the creative ideas others will bring to the table.



VERA ALEXANDER:

After receiving my bachelors and masters degrees in zoology from the University of Wisconsin, I came to Fairbanks to pursue a doctorate in oceanography. I stayed with the University of Alaska Fairbanks as my primary occupation until 2004. During this time, I served as Professor, Director and finally, Dean of Fisheries and Ocean Sciences.

Why I joined the Steering Committee: Having lived in Fairbanks since 1962, I am very familiar with the area, the businesses, the University etc., and will be able to contribute towards the direction and development of the AAH program and services. I also will help to raise support and encourage membership.

**PAM WAGAMAN:**

I am now retired from a professional career as a medical technologist, as an adjunct faculty member (San Diego State University and UAF), and as a research scientist (Johnson and Johnson). I have also worked in a volunteer capacity with a variety of organizations, and look forward to increasing my participation now that I have more free time.

Some of my community involvement has included a term as vestry member in my church parish and member of the advisory council of the San Diego HIV Funding Collaborative while in San Diego, and serving on the board for the University Women's Association in Fairbanks since 2012. My passion continues to be supporting teens, which I did for almost 15 years as an online mentor for young people interested in STEM fields, and continue to do as a volunteer in Fairbanks for the Street Outreach and Advocacy Program.

Why I joined the Steering Committee:

As a new member of the AAH Steering Committee, I hope to continue the work done to establish this support network for elders in our community. I am particularly interested in reaching out to those who may need support to take advantage of the many resources offered by AAH.

[Done](#)