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From Aging at Home Fairbanks

Subject Subject: October - November newsletter



Aging at Home Fairbanks

OCT. - NOV. 2016

HONORING OUR VOLUNTEERS!

On September 30 a gathering of members and volunteers met at the home of Mary Ann Borchert to recognize the efforts of our many volunteers.

Ed Daml, David Behr, Jenny Cady, Amythe Stobell, Bill Barnes, Brenda Birdsall, Maria DeBaun, Steve Johnson and Sue Royston were those leading the volunteer efforts so far this year. **A HEARTY THANK YOU TO ALL VOLUNTEERS WHO HAVE HELPED OUT SO FAR!**



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ISSUES ON AGING - ALL YOU EVER WANTD TO KNOW ABOUT MEDICARE

On Tuesday, September 27 at 3:30 in the dining room of the Senior Center Jean Trainor from Access Alaska spoke at the Issues on Aging lecture.

She spoke at length about Medicare part A and Medicare part B, as well as the alphabet soup of the various other Medicare options. She also emphasized the differences between the offering of Medicare in Alaska and the lower 48 states, warning that what applied for one does not apply for all.

Jean told the audience that Access Alaska has a Loan program for medical equipment which is good news for anyone who might need a wheelchair or any other equipment on a short term basis.

She encouraged everyone to call Access Alaska at 479-7940 to speak with her on an individual basis.



MEMBERS CORNER

AAH Fairbanks is a success! Our membership enrollments have exceeded our expectations, and we are hearing from many happy members. The current member total is 76, including 34 individual members and 42 members who are part of households.

Now, thanks to some generous donations, AAH Fairbanks is able to provide reduced-fee memberships for a limited number of potential members who are not be able to afford the standard fees. For more information, contact the AAH Fairbanks office at 799-4026.

If you would like to help with this effort, please consider a donation to the *AAH Membership Assistance Fund*. Donations can be made online; go to [DONATIONS](#)

SAVE THESE DATES:

October 25 at 3:30 in the Senior Center Dining Room Tiffany Ricci, RDN, CSG, LD will speak on **Nutritonal Needs For Older Adults: Tips, Tricks and Tidbits for Healthy Eating.**

November 8 - Don't forget to vote

SPOTLIGHT ON MEMBERS: MEET MARGRET VAN FLEIN

Margret Van Flein was born in Kassel, Germany in 1935. She considers it her good fortune to have immigrated to America in March 1947, on the first boat of European refugees to arrive in New York after WW I.

She went to high school and college in Cincinnati and married Helmut in 1957. They lived in Colorado and Illinois before moving to Alaska with their 4 children in 1963. Her husband was an artist and worked at the University of Alaska. She stayed home until the youngest child started kindergarten and then began to substitute teach for the Fairbanks School District. Since she had finished 1 year of law school, but there was no law school here, this seemed like an interim good thing for her to do for a few years. Well she decided to get her teaching credentials in the meantime and because she liked being in schools she went full time in 1975. She taught 5th and 6th grade for 14 years and then was a school counselor for 13 years.

Having followed her children and grandchildren's lead, she now swims and competes in Masters and Senior Olympic Meets. She went to her first National Sr. Olympic Games meet last year and earned a bronze medal - now she would like to get a gold. Yoga and walking/hiking are the complement to her training program. She retired in 1998. Her husband passed away in 2011. She now lives in a condo downtown and feels Fairbanks is her home. She visits family in France and Germany but is always happy to come home.

DID YOU KNOW:

Did you know that you can access Senior Voice on-line at <http://seniorvoicealaska.com>

- Don't forget to vote in local elections on October 4th and national elections on November 8th.
- Did you know that you can access Senior Voice on-line at <http://seniorvoicealaska.com>
- If you have any extra medical supplies such as gauze, bandages, ointments, etc. that you would like to donate, you can contact Dawn Ferguson at 987-4374 who would be glad to take them for animal rescue services and spay and neuter clinics.

[Done](#)