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From Aging at Home Fairbanks

Subject Subject: December - January Newsletter



DEC. - JAN. 2017

THE FIRST AAH ANNUAL MEETING



The first annual meeting of Aging at Home Fairbanks was held on December 7 in the Fireplace Lounge of Raven Landing Community Center. Over 35 members enjoyed light refreshments, wine and good conversation.

We are pleased to announce that as of December we have 59 memberships (81 members) 49 volunteers (of whom 16 are members) 23 volunteers have answered a request call 94 requests for service 34 members requested services 41% of members have made at least one request

We have provided 11 speaking engagements 11 socials (one per month) 6 lectures - Issues on Aging 8 session class - Boost Your Brain and Memory Monthly drop-in discussion group - Aging Well.

We have far exceeded our original expectations for our first year and are looking forward to an even stronger second year!

AGING WISELY - A MONTHLY DROP IN DISCUSSION GROUP

In December our group had a lively discussion on the benefits (and fun) of being social. We all agreed that our days were enhanced with contact with at least one other person during the day. Did you know that Aging at Home provides a wellness phone call by our volunteers who will check in and provide that needed friendly contact.

According to an article in the Harvard Education Newsletter: "Being in contact with others is as vital and important as your health care. Moscovitz [a geriatric social worker at Harvard-affiliated Massachusetts General Hospital] says it doesn't have to be a formal date or event. It can be going to the mailroom, picking up mail, and chatting with a neighbor for five minutes. But, she stresses, "You must talk to someone at least daily, and get out of your house at least once a week. Any less could have a negative impact on your health and well-being."

Start by arranging a daily phone call with a family member or friend, even if you're the one who calls. "It stimulates your social juices, validates your existence, and also acts as a safety check," says Moscovitz."

I have provided a link to the entire article here: [Click here.](#)

Our January meeting was devoted to a discussion of the book "Being Mortal" by Atul Gawande. We all agreed that a hospital bed is no place to start planning a "good" death and we realized that it is never too soon to start that discussion, no matter how painful it might be.

STAY TUNE; PRESENTING ATUL GAWANDE

Aging at Home is presenting two upcoming events highlighting Atul Gawande in

addition to the third event a book discussion on January 13. All events are open to the public:

January 31: Issues on Aging Lecture - 3:30 pm - Senior Center Dining Room -Dr. Victor Bartling, Fairbanks palliative medicine specialist, will show the PBS Frontline video 'Being Mortal,' and will lead a discussion about end of life issues. This 50 minute film follows Boston surgeon Atul Gawande as he explores relationships doctors have with patients who are near the end of life.

February 13 - Doors open at 12:30 for coffee and cake and a short presentation-broadcast starts at 1:00 pm - Auditorium of the Noel Wein Library - a live broadcast of a lecture by Atul Gawande presented to the Beacon Hill Village, like us a member of the Village to Village Network and streamed live to other "villages" across the country.

SPOTLIGHT ON: ED DAML, VOLUNTEER EXTRAORDINAIRE

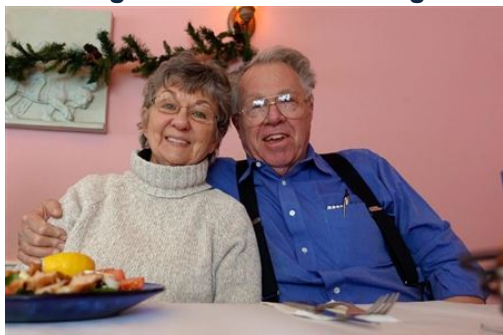


I have been in the Fairbanks/North Pole community for over 35 years. I came to Alaska as a military dependent, graduating from Eielson High School. I have been in real estate, owning Northern Pioneer Realty where I have been - building, selling and maintaining homes for over 30 years. I am married to my high school sweetheart, Michelle who works for the school district. We have 2 grown children, a son Taylor who lives in Arizona and a daughter Mallory who lives in Idaho. In my free time I love to enjoy Alaska by fishing, hunting, snowmachining and visiting our Alaska Range cabin and Denali Highway cabins. I also have enjoyed working on cars and am a self-proclaimed "motorhead", having recently purchased a Corvette. I have enjoyed my association with Aging at Home Fairbanks. I have met many wonderful people and look forward to meeting many more.

A LUNCH DATE IN JANUARY

On January 24 16 members and volunteers of Aging at Home meet at Bobby's

Downtown for a talk and photo presentation by Kathleen Huff about the history of Creamer's Field. She even gave us old milk bottle caps and a brochure about Creamers Fields to take home. We had a wonderful lunch with great conversation. We all agreed we would do it again!



[Done](#)