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NEWSLETTER

November 2017

IN THIS ISSUE

[Tying It Together](#)

[Tech Tuesdays](#)

[Aging Well Discussion](#)

[Annual Celebration](#)

[Lunch](#)

[Giving Thanks](#)

[Members](#)

[Health & Aging](#)

Tying It All Together - Open to the Public

This four-part series had its third session on Thursday, November 16, with a presentation by *Mike Cavaliere, J.D., LL.M.*, on various **Legal Issues** including wills, trusts, probate, and Medicaid.

The final session will be on **Thursday, November 30, at 3:30 pm** at the Senior Center. The focus will be **Financial Issues**:

- * When living on a retirement income, what financial plans can I make now to be better prepared for the future?
- * How can I prepare for the unexpected?
- * What about annuities, reverse mortgages, and spending down li insurance equity?
- * Who can access my bank accounts after I die, and when?

Handouts from this series are available at [Resource Documen](#)



Tech Tuesdays - For Members of AAH Fairba

First Tuesday of the month, 3:30 pm, at the Senior Center



Members of AAH Fairbar have the opportunity to le more about some of the technology that is now available.

On November 7 member learned about Google ma drive, docs, translate, and

CALENDAR

(3:30 pm at the Senior Center unless otherwise indicated)

Tuesday, November 21

Aging with Grace

Thursday, November 30

Tying It All Together #4

Tuesday, December 5

Tech Tuesday

Wednesday, December 6

3:00 pm, Raven Landing
Annual Celebration

Tuesday, December 19

Why Balance?

Friday, January 12, 2018

Happy Hour

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photos with the help of instructors *Mel Denning* and *Josh Peter*.

Tuesday, December 5, 3:30 pm

A "hands-on" session with individual help on signing into various systems and learning about the "cloud."

Aging Well Discussions - Open to the Public

Third Tuesday of the month at the Senior Center

November 21, 3:30 pm, Book Discussion of Aging with Grace:

What the nun study teaches us about leading longer, healthier, and more meaningful lives, by David Snowdon.

Join us for a book discussion on healthy aging, including the physical, psychological and spiritual aspects of aging well. This was a groundbreaking study that changed the way scientists view aging.

Discussion leader will be *Jen Peterson*, of the UAF Psychology D

Tuesday, December 29, 3:30 pm, Why Balance?

Come and find out what balance really means. Learn how the components of your balance system works together and what happens when they don't. Discover causes of imbalance and how to assess your fall risk. Identify potential ways that you can improve and maintain your balance.

Instructor *Holly Proell* has been a physical therapist for over 22 years. A little over a year ago she and some of her colleagues developed a Balance Screening program for the purpose of identifying at risk individuals before they fall. In doing this, they hope to reduce falls and keep seniors safe and independent at home.

Annual Meeting and Celebration

Members and volunteers, join us for the biggest social event of our year!

Wednesday, December 6, 3:00 - 5:00 pm

Fireplace Lounge at Raven Landing Center

Enjoy the camaraderie of AAH Fairbanks, nibble on some fabulous hors d'oeuvres, and perhaps take home a door prize.

Coming in January -- Aah! Lunch

How many of Fairbanks' restaurants have you visited? New ones keep appearing. Join members of AAH Fairbanks once a month as we sample lunch at some of the new (or old) restaurants of the area. We'll enjoy a meal and get to know each other at the same time. More details will be coming.

Giving Thanks



To Darlene Supplee and the Senior Center

We were more than lucky! Back in December 2014 we held an open meeting to discuss the possibilities for an organization like Aging at Home Fairbanks. The Director of the Senior Center, Darlene Supplee, not only endorsed the idea, she offered an office to the "yet-to-be-formed" organization. The relationship evolved with the North Star Council on Aging (Senior Center) becoming a sponsor for AAH Fairbanks, thereby making it part of a non-profit organization. For three years now Darlene's support, advocacy and encouragement have helped us to continue to grow. Thank you, Darlene!

To Our Wonderful Volunteers

We are ever grateful to all the volunteers who come forward to help our members with the things that they have trouble doing: replacing light bulbs, putting plastic up on windows, picking up stamps at the post office, helping to clear snow, giving a ride to the doctor's office -- and more. You are a vital part of Aging at Home Fairbanks. Thank you!



AAH Members

November Happy Hour



This monthly event on the second Friday of the month is held at the homes of members of AAH Fairbanks. It provides a casual atmosphere for relaxing and getting to know other members. The next Happy Hour will be in January.



Remembering Teri Viereck

Joyfully blowing bubbles

Aging at Home was sorry to learn of the recent death of member Teri (Eleanor) Viereck. Teri was a long-time Fairbanks resident. Her career in Alaska started as a field botanist, and then switched to experimental animal physiology, while also raising her family. Later in life, she pursued her many non-scientific loves—yoga, art, music, and drama, all involving her many friends. She loved entertaining, and her friends enjoyed annual Guy Fawkes bonfires, and the neighboring children enjoyed sledding parties. She is greatly missed by her many friends.

Health and Aging

How Would We Live If We Forgot We Were Over 50? (Next Avenue, Oct. 11)

Our ageist culture provides us with one guarantee when we grow older: we will all become susceptible to negative ageist stereotypes. What becomes equally troubling, however, is that we may become our own worst enemies. [READ MORE >>](#)

Age-Proof Your Knees (Harvard Health Letter)

Knee pain is common in older age, often caused by osteoarthritis (the wearing away of knee cartilage). Fortunately, there are ways to fool Father Time and postpone knee problems or even prevent them entirely. "In many cases, you can delay or avoid the need for surgical intervention, such as a knee replacement," says Dr. Lars Richardson, an

orthopedic surgeon with Harvard-affiliated Massachusetts General Hospital.

[READ MORE >>](#)

No Excuses, People: Get the New Shingles Vaccine (*New York Times*, Nov. 10)

What's causing the enthusiasm: Shingrix, which the pharmaceutical firm GlaxoSmithKline intends to begin shipping this month. Large international trials have shown that the vaccine [prevents more than 90 percent of shingles cases](#), even at older ages. [READ MORE >>](#)

[Done](#)