



Newsletter MARCH 2018

Join Us and Bring a Friend!
Pot Luck for Members, Volunteers, and Interested Friends!
Thursday, April 5, 5:30 pm
at the Fairbanks Senior Center

Staff Transitions



After moving to Fairbanks and then accepting the position as AAH Program Director, *Jane Binford* made a sudden decision to return to Colorado in early February. She says that she was influenced by a better health plan there and by the greater availability of senior residential housing. Members wished her well at the February Happy Hour.



Barbara Lando has taken over as Interim Program Director, with *Brenda Birdsall* as Assistant Director. Barbara has been the Chairman of the AAH Steering Committee, and Brenda has previously volunteered in the AAH office, so they are able to provide a smooth transition as the search continues for a permanent director.

Tech Tuesdays

"Alexa, what's the weather forecast?"

One of the benefits of membership in AAH Fairbanks is the opportunity to attend *Tech Tuesday* sessions and try out new technology - like the Amazon Echo, a digital assistant that responds to questions when addressed as "Alexa."



On **March 6**, the topic was **Digital Assistants**. *Mary Ann Borchert* brought an Amazon Echo and Amazon Kindle Fire, while others showed what Siri can do on iPhones and Apple watches. You can talk to the device, and it answers back. It can play music, tell jokes, turn out the lights, or make a phone call. Is a digital assistant necessary? Most agreed there are other ways to do these things, but being able to use your voice rather than eyes and fingers is sometimes much more convenient, especially for older adults. As this technology is perfected, it will be interesting to see how we can use it.

Best Travel Apps will be the topic for **April 3**. *Barbara Lando* will demonstrate how to use sites like Expedia, Hotels.com, Priceline, and VRBO to make plans, book flights and hotels, and find deals.

Aging Well Discussions

AAH Fairbanks **welcomes the public** to discussions of topics that are of interest to older adults. The sessions are held on the third Tuesday of the month, at 3:30 pm, at the Fairbanks Senior Center.

In **February** *Karla Zervos* discussed ***Inexpensive Home Modifications for Older Adults*** and ways we can make our homes more 'age friendly' with things that are easy to install. She stressed the need for things like grab bars in bathrooms and good lighting.



Coming next....

Tuesday, March 20, 3:30 pm. Join us for the discussion ***Stress and You***, led by *Prof. Jen Peterson*, from the Department of Psychology at UAF. Hear how stress works in the brain and body, short-term and long-term consequences of stress exposure, and ways to combat these effects.

Tuesday, April 17, 3:30 pm. ***Yoga, Tai Chi, Qigong*** - How Similar, How Different? You have heard that these disciplines are good for older adults - for balance, flexibility, mindfulness. Here is a chance to see how they differ, try a move or two, and consider which might work for you. *Patricia Mata-Celis, Dave Nebert, and Marsha Munsell* will share their expertise with us.

Get It All Together - and Share It!
(to be repeated this spring)

Last fall AAH offered a five-part series to help you "get your ducks in a row" for your health care, legal, and financial situation and final wishes. The series was very well received, with many requests to repeat it. The repeat series will be held at 3:30 pm on Thursdays at the Senior Center - **April 19 and 26, and May 3, 17, and 24**. These sessions are **open to the public**, so let your friends know!

We are looking for a better title. *Get It All Together* does not bring to mind all the topics that we cover, and *Preparing for Your Death* seems a bit too straight-forward! Can you help us come up with a simple phrase that explains what will be covered? Email Mary Ann Borchert, maborche@gmail.com, with your thoughts. There will be a prize for the best submission!

AAH Members Update

Accessing the Paid Service Providers list [online](#)

If you wish to obtain information on our website about possible service providers, you do need to be an active member and to log in with your username and password.

- > Go to the www.aahfairbanks.org website
- > Place the cursor on **MEMBERS ONLY*** on the top banner and scroll to **Paid Services**
- > A dialog box will appear, asking for your username and password.

After providing the information, you will have access to the Paid Service Providers page, as well as the Member Directory.

Forgot your username or password? We are happy to help: call 799-4026 or email aahfairbanks@gmail.com

Not interested in doing it online? Not a problem! Just let us know, and we will provide the information you need.

Thank You, Volunteers!

Among recent helpers were

Brenda Birdsall, Barbara Bottoms, Don Callahan, Dan File, Loraine Gaffan, Lloyd Huskey, Steve Johnstone, Ruth Knapman, Diana Lingle, Judi and John Morack, and Dan Naber.

Thank you!!

Steering Committee 2018

Aging at Home Fairbanks is guided by its Steering Committee, which develops policies and procedures, as well as planning events and socials. At the January meeting new officers were elected. Current members and officers are:

Officers:

Chairman Pam Wagaman

Vice Chairman Mary Ann Borchert

Secretary Vera Alexander

Treasurer Rheba Dupras

And:

Neal Brown

Donna Dinsmore

Lucy McCarthy

'Nanne Myers

Sue Royston

Openings. There are currently vacancies on the committee. If you are interested in participating, let us know. We welcome new ideas!

*Spotlight on Steering Committee Member
Mary Ann Borchert*

I was born and raised in the Chicago area and studied biology in college and grad school in Ohio. Then I moved to Oregon for more grad school before coming to Fairbanks in 1971 – for a year or two. Since then, though, I haven't found anywhere else I'd rather live, as long as I've been able to visit someplace warm for a few weeks in January or February – that seems to shorten the long winters for me.



I worked at UAF in research and administration before retiring over 20 years ago. I've been volunteering with many organizations over the years – Literacy Council, Association for Women in Science, Hospice, AARP TaxAide, Fairbanks Symphony, OLLI, Retirement Community of Fairbanks (Raven Landing), as well as AAH. My advice to others is “Just because you *can* do it doesn't mean you *have* to,” but I have trouble taking my own advice and seem to always be busy with these ‘jobs.’ Thanks to Karen Parr and her vision for senior housing, as a board member I've been active in the design, building, and management of Raven Landing Senior Community (which makes me wonder if I should have studied architecture rather than biology, or maybe it just means there's life after retirement and ways to expand our horizons). And thanks to Barbara Lando, I was in on the beginning of both OLLI at UAF, and AAH Fairbanks. Seems as though my focus has become working with older adults as I, myself, get older!

Health and Aging



How Exercise Can Keep Aging Muscles and Immune Systems 'Young' (New York Times, March 14, 2018)

Remaining physically active as we grow older could help to keep our muscles and immune systems robust, according to two inspiring new studies of older recreational cyclists. [READ MORE>>](#)

For laughs: **Amazon Echo for Seniors** A YouTube video of a Saturday Night Live skit (May, 2017) We were reminded of this video during the last Tech Tuesday. [WATCH>>](#)

Calendar - March and April

Open to Public

Tuesday, March 20, 3:30 pm

Aging Well: *Stress and You*

Thursday, April 5, 5:30 pm

Pot Luck for Members, Volunteers, and Interested Friends

Tuesday, April 17, 3:30 pm

Aging Well: *Yoga, Tai Chi, Qigong?*

Thursday, April 19, 3:30 pm

Get It Together #1

Thursday, April 26, 3:30 pm

Get It Together #2

Just For Members

Tuesday, March 27, 11:30 am

Aah! Lunch at Geraldo's

Tuesday, April 3, 3:30 pm

Tech Tuesday: *Best Travel Apps*

Friday, April 13, 4:00 pm

Happy Hour

Tuesday, April 24, 11:30 am

Aah! Lunch, location to be announced

Aging at Home Fairbanks

1424 Moore St.
Fairbanks, AK 99701
(907) 799-4026

aahfairbanks@gmail.com www.aahfairbanks.org

Want to change how you receive these emails?
You can [unsubscribe from this list](#)

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Aging at Home Fairbanks · 1424 Moore St. · Fairbanks, Ak 99701 · USA

