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## Newsletter APRIL 2018

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### ***Get Your Ducks in a Row***



Join us for some or all of the **End of Life Discussions**, held on Thursdays, at 3:30 pm, at the Fairbanks Senior Center.

- *April 19.* Your information: what your family and friends need to know
- *April 26.* Your will and other legal paperwork.
- *May 3.* Your health care: deciding what you want
- \*No discussion on May 10\*
- *May 17.* Your finances: being smart with your money
- *May 24.* Wrap Up: what you can do now

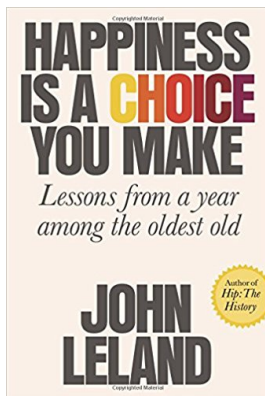
The discussions are open to the public. They are led by local experts in these fields.

[>>More Information](#)

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### ***Happiness in Old Age: Is It a Choice?***

*Enjoy a good summer read - and be ready for a discussion in September.*



At our Aging Well discussion on Tuesday, September 18, we will be discussing the 2018 best-seller ***Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old***, written by John Leland, a reporter for the New York Times. The book is available at the Noel Wien Library. Prof. Jen Peterson, UAF Psychology Department will lead the discussion. Aging Well discussions are open to the public.

Jane Brody praised the book in her recent New York Times article [Finding Meaning and Happiness in Old Age](#). Author John Leland spent a year interviewing and learning from six of the city's "oldest old" residents — people 85 and above — from diverse cultures, backgrounds and life experiences. Leland says, "These people totally changed my life. They've given up distractions that make us do stupid things and instead focus on what's important to them. To a person, they don't worry about things that might happen. They worry when it happens, and even then they don't worry. They just deal with it. At whatever age we are, we can choose to adapt to whatever happens. We have influence over whether we let things knock us out."

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## *Members Socials in April and May*

- Tuesday, April 24: Aah! Lunch at Hot Pot
- Friday, May 11: Happy Hour
- Tuesday, May 22: Aah! Lunch at Petunia's

Details will be emailed to members and are available on the [>>AAH Calendar](#)

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## *Spotlight on Member & Volunteer Helen Howard*

When Aging at Home started, I was delighted to become a member particularly because I do not have close family, except my husband Vince Howard. I met him in Fairbanks and we got married in April 1972 at St. Matthew's Episcopal Church. Father Bill Warren married us. He and Nancy Warren had sheltered me over Christmas in 1971 when I was released from St. Joseph's Hospital after an operation. Fairbanks used to have winters in the seventies, and it was too cold for me to return to the apartment I shared with Peggy Bixby (de Spain), who was out of town.



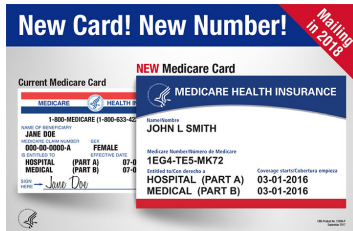
I arrived on a spur-of-the-moment whim in Fairbanks in 1964. I was born in Trebetherick, Cornwall, a seaside settlement that these days has become a playground for the very rich, but at the time my parents moved there before the War it was a quiet cluster of houses with several retired people and a few local small farmers and fishermen.

Educated mostly at boarding schools due to the unavailability of suitable local schools, I eventually received secretarial training in London, had a number of jobs and took up an invitation to work in New Jersey for people I met in Mallorca. A series of events brought me to Fairbanks where I worked for Professor John J. Teal, Jr. at the start of the Musk Ox Project. I was involved with the beginning of Oomingmak, the Musk Ox knitting cooperative and then worked twenty years at the Alaska Native Language Center, retiring in 1999. Since retirement I have become a somewhat proficient watercolor artist and I sing in three choirs, most notably the Symphony Chorus and the Aurora Women's Choir that was formed by the late Melissa Downes. Marvilla Davis's wonderful training was the basis of that and much other good choral music in Fairbanks. It has been a great place to spend most of my life.

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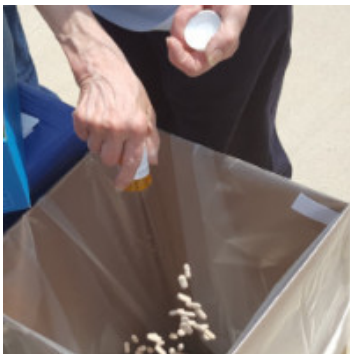
## *Health and Aging*

### **New Medicare Cards Are Coming**



Starting in April, 2018, the Centers for Medicare & Medicaid Services (CMS) will mail new Medicare cards to all people with Medicare. The new cards will have a new unique Medicare Number instead of a Social Security Number. Medicare will automatically mail the new cards to the beneficiary address on file with the Social Security Administration.

### **Drug Take-Back on Saturday, April 28, 10 am - 2 pm**



This is a chance to dispose of unused or expired prescription drugs. Locations include:

- Fred Meyers East
- Fairbanks Police Station
- North Pole Police Station
- Alaska State Troopers Office

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## *Photo Gallery: Recent Socials*

### **Aah! Lunch**

Once a month members of AAH Fairbanks explore one of the many interesting restaurants in the Fairbanks area. It's a chance to meet some of the other members while enjoying lunch. Recent choices have been Zach's and Geraldo's. Coming up are Hot Pot and Petunia's Garden Bistro.







### Spring Potluck - April 5

Members, volunteers, and guests enjoyed an amazing variety of salads, entrees, and desserts at a potluck at the Senior Center. (Yes, chocolate covered strawberries, Haagen Dazs ice cream, and homemade cookies are at the end of the table.)





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*[Click for AAH Calendar](#)*

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