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Newsletter MAY 2018

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ENGAGE AT EVERY AGE: MAY 2018



Alice volunteers at the Hospice office, Osher Lifelong Learning Institute, and Calypso Farm. When she retired from her job as a wildlife biologist, her goal was to continue learning, stay social, and volunteer. She was held back for a while by health issues, but now sees her energy returning.

She attributes her success in getting back into shape to keeping up with her three dogs: she spends more than an hour each day walking them.

Robby Mohatt, 71, artist

Robby looked forward to her retirement so that she would have more time for her art. She now has a studio at Well St. Gallery, has showings, and enjoys being an active member of the Fairbanks art community. Outside of the studio, Robby



maintains a busy social life featuring a network of friends and travel, and she enjoys holding on to connections that she made as a high school teacher. She says that hanging out with young folks keeps her young.

Joan Robson, 85, gardener

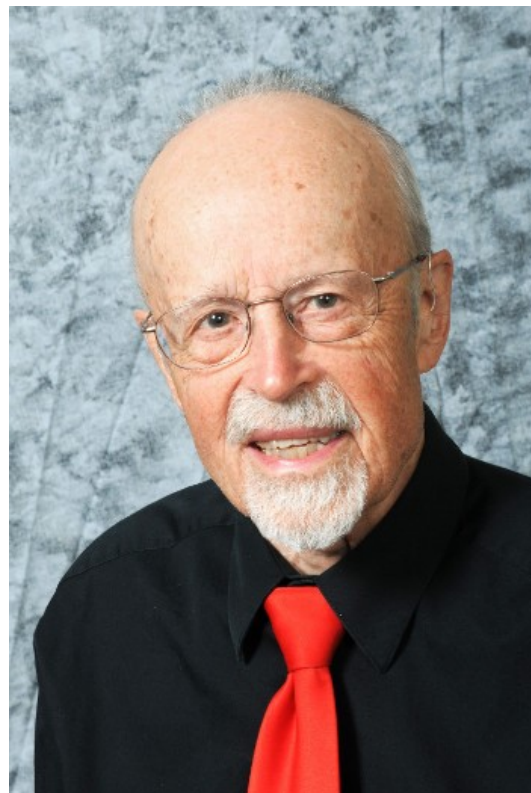


Joan swims or exercises 5 days a week to keep herself fit for her passion: gardening. Her gardens include 60' long beds of perennials, and a fenced vegetable garden with 12 rows and drip irrigation. Her garden provides enough frozen vegetables to last the

winter, while her flowers are shared wherever she goes. As a long time member of the Fairbanks Garden Club she helps with planting the hanging baskets they put up around Fairbanks. She likes to travel the world, but she is not a snow bird. Fairbanks is her home!

Richard Hansen, 90, photographer

Richard got his first camera from his dad when he was a child, and he has had one in his hand ever since. He is retired from a career as a professional photographer, after working at Clear and traveling to locations like Greenland, England, and more. He still can be seen at Creamers Field and local ponds getting shots of cranes or swans. These days he enjoys donating prints of his work for local fund raisers. Richard exercises with the Senior Center "Strong Seniors," and he performs with his barbershop quartet (he is the oldest member!) at the Pioneers Home, Golden Days Parade, and local events.



AAH Fairbanks Has a New Program Director!

Welcome Joy Clein



My name is Joy Clein, and I am excited to start working with the Aging at Home Fairbanks program. Many of you will recognize me, since I have worked for OLLI for the past 2 years. Before that I worked at UAF as a data/research technician for over 15 years. I am a single mom (by choice) of 2 sons, ages 14 and 15, both adopted from China. I grew up in Miami FL, lived in Israel for almost 5 years after high school, then came to Fairbanks in 1989 for university (where I got both a B.S. and M.S in Biology), and I have been here ever since. Activities I enjoy include international travel, pickleball and being a mom. I look forward to learning more about this program, and interacting with and assisting members.



Root Beer Floats, Wednesday, June 13

AAH members and volunteers are all invited to a Root Beer Float Party at the picnic pavilion at Tanana Lakes. We'll start dipping into the ice cream at 1:00 pm, but you are welcome to come earlier, take a walk on the trails, and enjoy your lunch in this peaceful setting.

Aging Well Discussion for Tuesday, June 19, 3:30 pm:

Home Care Services in Fairbanks

Do you or someone you know need assistance with personal care, homemaking or living with a disability? Hear what services are available and what they may cost from three local providers: *Katrina Thomas* from Access Alaska, *Liz Bottasso* from ResCare Alaska, and *Holly Scott* from Preferred Care at Home.

Aging Well discussions are held at the Fairbanks Senior Center on the third Tuesday of the month, and are open to the public.

Events and Socials for Members in June

- **Tuesday, June 5**, 3:30 pm: Tech Tuesday: All About Facebook
- **Friday, June 8**, 3:30 pm: Happy Hour on the deck at Pike's
- **Wednesday, June 13**, 1:00 pm: Root Beer Floats at Tanana Lakes (Members & volunteers)
- **Tuesday, June 19**, 3:30 pm: Aging Well Discussion (Public welcome)
- **Tuesday, June 26**, 10 am: Guided Walk Around Wander Lake
- **Tuesday, June 26**, 11:30 am: Aah! Lunch at Golden Bear

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

Around Town This Summer

Summer Sessions at UAF

Enjoy free lectures and concerts this summer

- Wednesday, **May 23**, *The Final Lecture*, Terrence Cole
- **Mondays**: Down Memory Lane
- **Tuesdays**: Healthy Living Lecture Series
- **Wednesdays**: Discovery Alaska Lecture Series
- **Thursdays**: Music in the Garden

For details, go to [UAF Summer Sessions Events](#)



August 10 - 19, 2018, in Fairbanks

Registration is open now, with early bird discount until July 15. Among the 21 sport events are bowling, cycling, golf, horseshoes, pickleball, swimming, track and field. For more information visit the website: www.alaskaisg.org

Aging at Home Fairbanks

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