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Newsletter SEPTEMBER 2018

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Aging and Wellness

About Go4Life: Endurance. Strength. Balance. Flexibility.

Go4Life, an exercise and physical activity campaign from the National Institute of Aging at NIH, is designed to help you fit exercise and physical activity into your daily life.

There are free resources, exercise guides, and videos available.

For more information: [Click here.](#)

Be #Fit4Function with Go4Life®

Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

Endurance

So you can



climb stairs



clear the right away



Strength

So you can



lift groceries



carry grandchildren



Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



Flexibility

So you can



drive



get dressed



Visit go4life.nia.nih.gov and be #Fit4Function.

Get exercise ideas, motivational tips, and more from Go4Life®, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.

Go4Life®



Fall Prevention Awareness Week, Sept 22-28

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. **For information:** [Click here](#)

Volunteers

We have several new volunteers and some 'older' volunteers who say they want to do more volunteering. So let **us** help **you** get things ready for winter. Give me a call or email me with any requests you have.

Volunteer Survey: You might have recently received a phone call as we are calling all our members with a 'volunteer survey.' Responses to this survey let us better help our members and better utilize our volunteers to make everyone happy.

Aging Well Discussion for Tuesday, September 18, 3:30 pm: Book Discussion

Join **Jen Peterson** for a discussion on 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 Wein Library.

Jen Peterson is a Professor at UAF Psychology Department.

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 September

- **Friday, Sept. 7, 3:30 pm:** Happy Hour at the Home of Mary Ann Borchert, **BRING A FRIEND**
- **Tuesday, Sept. 11, 3:30 pm:** New! Tell It to Joy
- **Tuesday, Sept. 18, 3:30 pm:** Aging Well Discussion (Public welcome)
- **Tuesday, Sept. 25, 10:00 am:** Fall walk around Wander Lake, meeting place and leader, TBA
- **Tuesday, Sept. 25, 11:30 am:** Aah! Lunch at Gallo's Mexican Restaurant

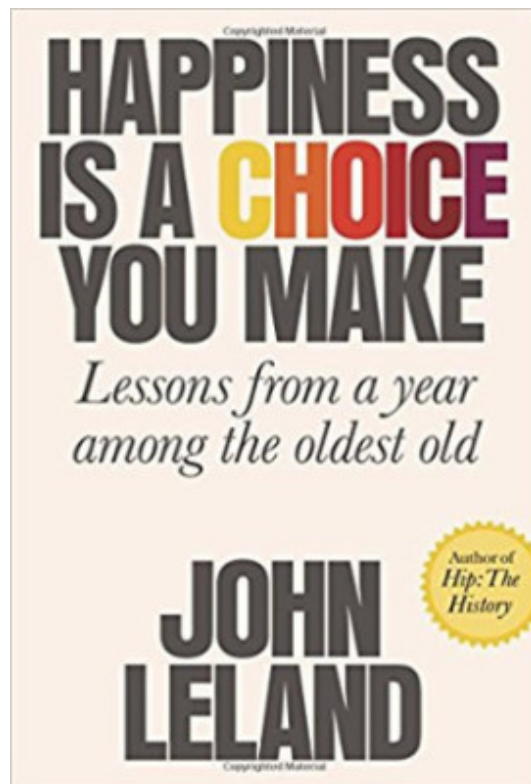
Details will be emailed to members and are available on the **>>AAH Calendar**

Upcoming Event/Discussion in September

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.**



Pictures from August Events

Happy Hour at the home of Rheba and Joe Dupras



Movement with Purpose at the Aging Well Discussion



AAH Outing at the Railroad Depot



Around Town This Summer

Sept. 11, 18, 7:00 pm at Noel Wein Library Auditorium Local History Lecture Series.

Join Joan Skilbred as she informs us over the next couple weeks about some local history of our Golden Heart City and the vicinity.

THE FAIRBANKS NORTH STAR PUBLIC LIBRARIES PRESENT:

FAIRBANKS LOCAL HISTORY LECTURE SERIES

LECTURES & MULTIMEDIA SHOW COMPILED AND PRESENTED BY JOAN SKILBRED

THE BLUE PARKA MAN, A GOLD RUSH BANDIT
MONDAY AUGUST 27, 2018 at 7:00PM NOEL WEIN AUDITORIUM
Learn about the legendary gold-rush bandit that preyed upon travelers along the trail leading from Fairbanks to the Chitina south of town. This evening tale has all the ingredients of great story telling and you will get to know an insider's look into who this criminal really was along with an understanding of law and order in early day Fairbanks, Alaska.

FAIRBANKS THEN & NOW, A TIME TRAVEL JOURNEY
TUESDAY SEPTEMBER 4, 2018 at 7:00PM NOEL WEIN AUDITORIUM
Time travel through a photographic technique called "epitaphography". See how Fairbanks and surrounding areas have changed over the years and watch scenes and people morph from one era to the next right before your eyes. This one of a kind historical show features images of Fairbanks, Homer, Prudhoe, Denali Park, Chitina, and Chena Hot Springs.
Multimedia show compiled and presented by Joan Skilbred & Mark Cosson.

TRASH TOWN, THE HISTORY OF TRASH WITHIN THE GOLDEN HEART CITY
THURSDAY SEPTEMBER 13, 2018 at 7:00PM NOEL WEIN AUDITORIUM
This multimedia presentation is about the no-nonsense and captivating story of how early day Fairbanks dealt with waste management and the consequences of some of their practices. Among the topics covered are: consequences of early day trash dumping recycling, and those pay policy! Think you know about trash? Come see the program and think again!

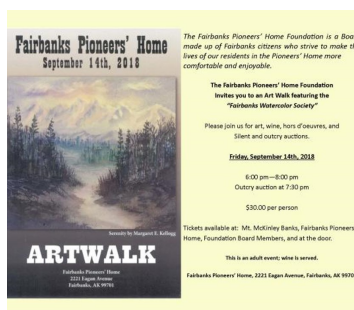
EVING & SWARSON, TWO EARLY DAY SUCCESS STORIES
TUESDAY SEPTEMBER 18, 2018 at 7:00PM NOEL WEIN AUDITORIUM
Fairbanks and the Alaskan Interior has always been a place with a profusion of cultural and ethnic diversity. Take an insider's look at two very successful mining men of African-American heritage. Learn about where they came from, how they got here, their mining histories and what they did with their money. This enlightening and uplifting story will leave you with a new sense of pride for being in the land of opportunity that is Fairbanks, Alaska.

Noel Wein Public Library • 1315 Conklin Street • Fairbanks, AK 99701
Library.org • library@noelwein.org • 907.459.1022



Sept 12, 10:00 am - 2:00 pm
at Pioneer Park
 Senior & Caregiver Resource Fair.

September 13, 20, 27,
Thursdays 12:10 - 12:50pm
 Raven Landing, Bldg #4, FREE
Laughter Yoga is a great way to de-stress, re-energize, and get happier...all in less than an hour! All of this is done by laughing, making eye contact, and having fun in a group! For more information: [Click here.](#)



Sept. 14, 6:00 - 8:00 pm
Fairbanks Pioneer Home Fundraiser:
Artwalk
 Art Walk featuring the "Fairbanks Watercolor Society"
 Please join us for art, wine, hors d'oeuvres, and silent and outcry auctions. \$30/person. Tickets available Mt. McKinley Banks, Pioneer Home, and at the door.

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