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Newsletter OCTOBER 2018

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Aging and Wellness

Yellow Dot Program

This is a nation-wide program in which a brightly colored 'Yellow Dot' window sticker alerts first responders that someone in the car may have a pre-existing medical conditions. If you'd like the sticker and card, COME by the office, or check the table at the Senior Center. **For information:** [Click here](#)



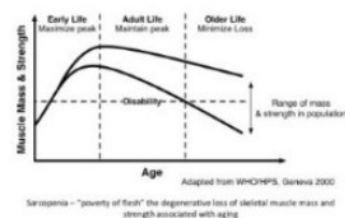
Preventing Muscle Loss

A decline in skeletal muscle in older people (sarcopenia) contributes to loss of independence.

"Use it or lose it."

For more information: [Click here](#)

Muscle Mass and Aging



Scams Directed Towards the Elderly

Most recent types of scams...

The Grandparents Scam: Scammers claim they are family members, or grandchildren, and in need of money (ie. bail money, debt, etc.)

Investment Scam: Scammers claim they have a "great deal" for you. Scammers attempt to entice you to invest your money into a money making endeavor.

Hostage Scam: Scammers claim they have a family member or friend held hostage. They demand money or else they will harm your family member.

Lottery Scam: Scammers claim that you have won a large sum of money. To collect your winnings they request a processing fee from you.

Also be aware that scammers will pose as anybody in attempts to commit crimes. For example: a repair person, collection agency, I.R.S., medical personnel, religious organization...etc.

In all or most cases the callers may be able to provide specific information about a family member or friend. They may have knowledge of the area, and even knowledge of you (the person they are calling). In many or all cases this is a scam. If you receive one of these types of phone calls you should terminate the phone call immediately.

DO NOT give the caller **ANY** personal information. **DO NOT** send the caller cash or checks. Call the Police department for further direction and information.

If you think it's suspicious, it may be. Consult a family member, or call your local police.

Scams, Scams, Scams

A member of our organization notified me that there is a phone scam going around Fairbanks again. So here is some information to remember about scams. **For information:** [Click here](#) and [here](#)

Volunteers

In September, volunteers answered 15 service calls, but there are still 7 members who need additional services. Several of our more active volunteers are out of state for a couple months, while one of our new volunteers has been very active and helped with 4 service calls in the past week. Thanks again for all your help.

Aging Well Discussion for Tuesday, October 16, 3:30 pm: Know Your Medications

Join **Karen Miller, R.Ph.** from FMH Pharmacy and **Leif Holm, PharmD** from Alaska Family Pharmacy as they talk to us about medications. Topics may include: how the pharmacy can help make it easy for the Senior, larger print on labels, medisets, bubble packs, dangers of drug interactions, and importance of having a medication list on your person.

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 October

- **Tuesday, Oct. 2, 3:30 pm:** Talk with Joy
- **Friday, Oct. 12, 4:00 pm:** Happy Hour at the Home of Brenda Birdsall
- **Tuesday, Oct. 16, 3:30 pm:** Aging Well Discussion (Public welcome)
- **Tuesday, Oct. 23, 11:30 am:** Aah! Lunch at Bobby's Downtown, with a Guest lecture by a member of the Folk School

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

Pictures from September Events

Happy Hour at home of Mary Ann Borchert, Bring a friend



Aging Well Book Discussion with Jen Peterson



Around Town This Fall

Oct. 6, 6:00 pm

at Raven Landing

Dinner and Auction Fundraiser

An evening of friends and fun supporting the



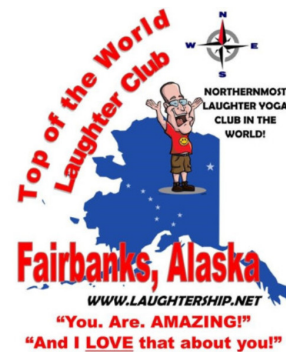
Fairbanks Dog Park. See flyer for more information or [click here](#)

October 11, 18, 25

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.](#)



Oct. 12 - 14, 3 showings

Oct. 19 - 21, 3 showings

**Fairbanks Light Opera Theater (FLOT)
presents 1776**

UAF Salisbury Theater, Fine Arts Complex

See [website](#) for more details.

Oct. 20, 12:00 - 5:00 pm

**Fairbanks International Friendship Day
Pioneer Park Civic Center**

Free Admission

Stage performances, cultural displays, food and gifts for sale.

Call 474-0928 or [click here](#) for more information.

Presented by Fairbanks International Friendship Day

Committee. Co-sponsored by FNSB Parks and Recreation.

32nd Annual
*Fairbanks
International
Friendship Day*



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10/4/2018

AAH Fairbanks NEWSLETTER October

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