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Newsletter NOVEMBER 2018

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Events and Socials for Members in November and December

- **Friday, Nov. 9**, 3:30 pm: Happy Hour at Hoarfrost Distilling
- **Tuesday, Nov. 20**, 3:30 pm: Aging Well Discussion (Public welcome): Essential Oils
- **Wednesday, Dec 5**, 3:00-5:00pm Annual Meeting and Celebration for Members and Volunteers at Raven Landing
- **Tuesday, Dec. 18**, 3:30 pm: Aging Well Discussion (Public welcome): Vaccinations
- AAH! Lunch will resume in January

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

Aging Well Discussion for Tuesday, November 20, 3:30 pm: Essential Oils

Join **Gwen Jackson**, who in addition to working at the Senior Center, is a Wellness Advocate with doTerra. She will be sharing how you can Age Well with essential oils and other natural ways to support your body and mind. Gwen and her family have been taking care of their health needs using natural methods for over 9 years. For the last 6 years, essential oils have made the process more simple and effective, while saving them money in the process. Gwen gets excited about helping others understand how essential oils work in the body and enjoys celebrating with others as they grow in confidence and discover what their body needs.

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

Volunteers

In October, 9 different volunteers answered 12 service calls for 10 different members. We also have one new volunteer for a total of 44 volunteers.

Volunteer Highlight

This month a member volunteer answered a call request to rake leaves, and while she was there, she received help with her computer problem. Paying it forward, members helping members!

Pictures from October Events

AAH! Lunch at Bobby's Downtown with Guest Speaker from the Folk School



Aging Well Discussion, Know Your Medications



Aging and Wellness



Eating Well as You Age

A healthy diet helps to ensure that you'll like the reflection you see.

Good nutrition is linked to healthy aging on many levels: It can keep you energized and active as well as fight against slowing metabolism and digestion and the gradual loss of muscle mass and healthy bone as you age. **More info:** [Click here](#)

Dancing Can Reverse the Signs of Aging in the Brain

Physical exercise has an anti-aging effect on the hippocampus region of the brain – an area that controls memory, learning and balance. A study, comparing different forms of exercise – dancing and endurance training – undertaken by elderly volunteers for 18 months, shows that both can have an anti-aging effect on the brain, but only dancing corresponded to a noticeable difference in behavior, attributed to the extra challenge of learning dancing routines.

For more information: [Click here](#)



Bubble Pack Your Medication and More

On Oct. 16, Leif Holm, Alaska Family Pharmacy, and Karen Miller, Denali Pharmacy (FMH) spoke to us about how pharmacists play an important role in our health care. Pharmacists are quite often

the most accessible of our health care providers, and they are a wonderful resource when we have questions about our medications. They also give immunizations – those annual flu shots and new shingles shot.

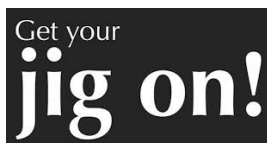
Leif and Karen talked about the advantages of getting your meds in weekly or monthly bubble packs, a free service by Alaska Family and offered by some others. This can simplify keeping track of what to take and when. And, if you get all your meds at the same pharmacy, is to ask them to synch your medications so they can all be renewed at the same time. The pharmacist can work with your physician(s) to make this happen.

Alaska Family Pharmacy is a compounding pharmacy and can work with you and your doctor to prepare prescriptions for individual patients, such as when a liquid is needed rather than pill form. Karen emphasized that it's extremely important to make a list of all medications and supplements you are taking, for checking at your doctor's appointments, and to carry with you all the time in case of emergency. Be sure to watch for the twice-a-year National Drug Take-Back Day.

Thanks to Mary Ann Borchert for this report.



Around Town This Winter



Nov. 14, 15, 16, 17: 6:30pm-midnight

Gwich'in Athabascan Fiddle Dance

at Morris Thompson Cultural and Visitors Center

A family friendly dance; lessons from 7-8pm nightly.

\$15 adults / \$10 for kids 10 and under

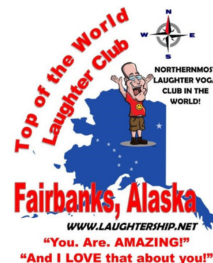
[Click here](#) for more details.

November 15, 22, 29

Thursdays 12:10 - 12:50pm

Raven Landing, Bldg #4, FREE

Laughter Yoga is a great way to de-stress, re-energize, and get happier...in less than an hour! This is



done by laughing, making eye contact, and having fun in a group! For more information: [Click here.](#)



Nov. 17, 7:00 pm

at Hering Auditorium

Dark Winter Nights: True Stories from Alaska LIVE!

Hear Alaskans share their amazing true stories.

For tickets: [click here](#)

Nov. 30 - Dec 2, various times

The Nutcracker Ballet

Purchase tickets using the link below or at Enchanted Forest Toys, Bentley Mall Safeway, Artisan's Courtyard, or at the theater an hour before each show.

[Click here](#) for showtimes and ticket prices.



Aging at Home Fairbanks

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