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## Newsletter SPRING 2019

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[www.aahfairbanks.org](http://www.aahfairbanks.org)

1424 Moore St., Fairbanks, AK 99701

(907) 799-4026 [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

### *NEW NEWS*

#### *New Membership Category*

The steering committee is implementing an 'Associate Membership' category for our organization, which includes social/educational events and access to the paid providers list, but will not provide volunteer services. Annual dues will be \$200 for individuals and \$300 for households. Current members may change to Associate Memberships on their renewal date, and new members may join as Associates

beginning April 1. For more information, contact Joy.

### *New Event*

Another social event - **'Let's Talk About...'**, has been added to the AAH Fairbanks calendar. Discussion or presentations will be offered by interested volunteers. We invite anyone to submit a topic about which they are passionate, an expert, or just curious. The presenting volunteer may share a presentation or lead a roundtable discussion. First up, AAH Program Director, Joy Clein, will talk about her budget travels in Europe with her two teenage sons on Tuesday April 9 at 3:30pm (at the Senior Center). These talks are open to the public.

### *New Documents Available on Website*

Under the 'COMMUNITY RESOURCES' and 'Resource Documents' tab on our website we have some new documents available for download including:

Home Safety Checklists

Updated 'Ducks in a Row' Documents: These are handouts from the class 'Get Your Ducks in a Row' about how to plan for end of life.

"Show and Tell for Older Adults": A compilation of the great ideas from last month's Aging Well meeting (magnetic clothing fasteners, robotic vacuum, Amazon Echo, food prep ideas and lots more)

On the website, CLICK on the tab 'Community Resources' and choose 'Resource Documents'

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### *Events and Socials for Members in April*

- **Tuesday, April 9, 3:30 pm:** Let's Talk About ... (Public Welcome): Budget Travel in Europe with 2 Teens with Joy Clein
- **Friday, April 12, 4:00-5:00 pm** Happy Hour, **Home of Donna Dinsmore**
- **Tuesday, April 16, 3:30 pm:** Aging Well Discussion (Public welcome): Dementia and Alzheimer's with Joan Adams
- **Tuesday, April 23, 9:30 am:** Library Art Walk with Marie Angaiak
- **Tuesday, April 23, 11:30 am:** AAH! Lunch, Seoul Gate Restaurant

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

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### *Let's Talk About ..., Tuesday*

### *Budget Travel in Europe with 2 Teens*

Join **Joy Klein**, as she gives a presentation about her budget, 6 1/2 week trip around Europe with her teenage sons.

**Let's Talk About...** discussions are held at the Senior Center, and are **open to the public**.

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### *Aging Well Discussion for Tuesday, April 16, 3:30 pm: Dementia and Alzheimer's Disease*

Join **Joan Adams**, as she answers and discusses the following: What is the difference between dementia and Alzheimer's? We'll be looking at how you tell the difference? How do you get a diagnosis? What resources are available for individuals with memory loss and their care partners and more.

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

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### *Pictures from Past Events*

AAH Lunch February, Borealis Bistro





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### *Aging and Wellness*



#### **Is It Alzheimer's or Another Dementia? The Right Answer Matters**

In the U.S., older people with dementia are usually told they have Alzheimer's disease. But a range of other brain diseases can also impair thinking and memory and judgment. These include strokes, a form of Parkinson's disease and a disease that damages brain areas that regulate emotion and behavior.

**More info:** [Click here](#)

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#### **Falls Can Kill You. Here's How to Minimize the Risk**

Falls are the leading cause of fatal and nonfatal injuries among older adults. Every 19 minutes in this country, an older person dies from a fall.

**More info:** [Click here](#)





## When is it Time to Stop Driving

Some interesting articles relating to the subject of driving and the elderly..

**More info:** [Click here](#)

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## *Around Town This Spring*



**March 22 - April 17, various dates and times**

**Nunsense**

**Hap Ryder Theater**

A zany musical.

**For more information:** [click here](#)

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**April 12**

### **Raven Landing Presents: A Taste of Alaska Spirits Dinner 1222 Cowles St**

Alaska's distillery industry is booming. Join us for a special tasting as we explore Alaskan-made spirits from around the state. Your host and spirits specialist Bruce Abbott will lead you through a tasting of phenomenal Alaskan spirits. These spirits will be accompanied by hearty, family-style courses by Raven Landing's Chef, Slava Martynets.

For tickets and more information: [click here](#).

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### **Aging at Home Fairbanks**

1424 Moore St.  
Fairbanks, AK 99701  
(907)799-4026

aahfairbanks@gmail.com      www.aahfairbanks.org

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