



Newsletter MAY and JUNE 2019

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NEWS

It's Been a Year!

A year ago I became your Program Director. I have enjoyed meeting many of you and hope that over the coming years, I get to meet others. I am amazed at the great members and volunteers of this organization, and look forward to continuing to work with all of you.
Joy

Paid Provider List

Over the past couple months, we have added new vendors to our list. Recently, we added a declutterer and a towing company.

I recently received the following review: "... is a very enthusiastic, hard worker. She will take the lead and help you figure out how to start the daunting process of decluttering. She breaks it down into stages, room by room, brings her own boxes, takes initiative to move

furniture, vacuum and organize the room we are working on. AND she hauls the unwanted boxes away..... making stops at goodwill, dumpster or wherever is appropriate. 5 Stars!!!"

THANK YOU VOLUNTEERS!

Among recent helpers were Brenda Birsdall, Don Callahan, Ed Daml, Dan File, Dennis Hedgecock, Helen Howard, and Sarah McGowan. Thank You!

An extra thank you to the 3 volunteers who helped a member who needed to move boxes to storage in a timely manner. The member was greatly relieved to get that task accomplished and appreciated the help of our volunteers.

Members Events and Socials in May and June

- **Tuesday, May 28**, AAH! Fieldtrip, Goldstream Peat Ponds
- **Tuesday, May 28**, AAH! Lunch, Ivory Jacks
- **Friday, June 7**, Let's Talk About ... Pickleball
- **Tuesday, June 11**, Let's Talk About ... Pickleball
- **Friday, June 14**, Happy Hour: TBD
- **Tuesday, June 18**, Aging Well Discussion: TBD
- **Tuesday, June 25**, AAH! Fieldtrip, Weeks Field Community Park (near the library)
- **Tuesday, June 25**, AAH! Lunch, Raven Landing

Interested in any of these events, check out our [membership page](#) or give me a call at 799-4026 to become a member.

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

Let's Talk About ... Pickleball Friday June 7 and/or Friday June 11 10:00 am to 12:00 pm

Pickleball: Learn how to play

Have you heard about this fast growing sport among seniors? Are you curious about what the fuss is all about? Want to learn how to play? Or just watch?

Come out to the **Big Dipper**, in the first outdoor hockey rink, on Friday June 7th and / or Tuesday June 11th any time between 10 and 12. Be sure to wear athletic shoes and comfortable clothing, and bring water. Call me at 799-4026 if you have questions.

Aging Well Discussion for Tuesday, June 21, 3:30 pm: TBA

Not sure what we are doing in June, but will send out information when we do.

Aging Well discussions are held at the Fairbanks Senior Center on the third Tuesday of the

month.

Pictures from Past Events

Fire Extinguisher Training

Aging at Home Fairbanks provided a special hands-on session on the use of fire extinguishers on Tuesday, May 14, at the UAF University Park Building. Fire Science Professor John George provided basic information about the types and use of extinguishers, then led the group outside where they could each activate an extinguisher and put out a fire.



Special significance for AAH member Marilyn Wenzlick!

Marilyn said she has kept a good number of extinguishers around – ever since a frightening experience in a fire in the Northward Building in January, 1957. This historic Fairbanks apartment building was built in 1950 and opened in 1952. Marilyn says she was one of the “homesteaders” in the 8-story building. The fire alarm would regularly go off, always as a false alarm, but on that day 62 years ago, there was no fire alarm, instead they smelled smoke. A fire had broken out in trash and tires in the basement, and the thick smoke quickly went up the garbage chutes and filled the building. People were told to jump from the windows into fire nets below, and nearly 50 did. But Marilyn was on the fifth floor and pregnant with her first child, so couldn’t. Fortunately a friend with a flashlight came and led her through the dark thick smoke to safety.



Agging Well Discussion: Lighting Options with John Hall



May Happy Hour, Bring a friend



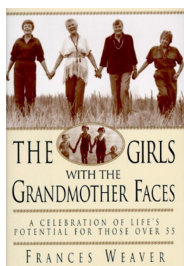
April 23rd, AAH! Fieldtrip, Art Walk Noel Wien Library followed by Lunch at Seoul Gate Restaurant



Aging and Wellness

Book Recommendation: **Girls with Grandmother Faces**

Frances Weaver uses humor and homespun wisdom to share her practical and inspirational advice for women over fifty-five,



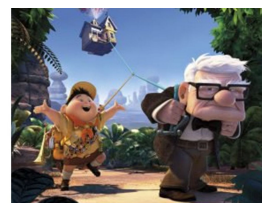
challenging women to keep their freedom, independence, imagination, and curiosity.

More info: [Click here](#)

Bringing Older Americans Back in the Fold

When you look at what developmental research on happiness and purpose in later life shows, it fits together like a piece in a jigsaw puzzle. Older people who mentor and support young people are three times as likely to be happy as those who fail to do so.

More info: [Click here](#)



Health Watch: Balance Screenings Helping to Prevent Falls

The Balance Screening is offered to ambulatory residents 55 years old and older. Doctor's note is not required. For more information or to register contact Foundation Health Partners at 907-458-5670.

To read article: [Click here](#)

Around Town This Summer

May 30, June 6, 13, 20, 27

Music in the Garden, 7pm, Thursdays

Georgeson Botanical Garden

Each Thursday until August 8, a different group will provide musical entertainment in the garden. Don't forget to bring a chair.

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



June 6, June 29, July 12

Kinross Gold will be offering **Fort Knox mine tours** this year. A \$10.00 donation to the Fairbanks Community Food Bank is required for each seat reservation. For more information and to

book your seat, please call the Food Bank at 907-457-4273!
Seats are filling fast!

June 7

Riverboat Discovery Senior Day

Arrive @ 9:30, for a 10am sailing, \$5.00 per person. Pay at the Senior Center, or call 479-6673 to RSVP.



August 9 - 18

Alaska International Senior Games. Registration is OPEN!

For more information: [click here](#)

Donations for Garage Sale

Meals on Wheels Garage Sale Fundraiser

Accepting donations at the Senior Center between 8:30 and 4pm until August 1st. Gently used items, NO clothes.

For more information: **call 452-1735**



**Meals On Wheels
accepting donated items for the
Annual Yard Sale!**

[YOUR DONATED ITEMS WILL HELP RAISE FUNDS
FOR THE MEALS ON WHEELS PROGRAM
SO NO SENIOR GOES HUNGRY!](#)

NEW OR GENTLY USED ITEMS
PLEASE NO CLOTHING

ALL DONATIONS WILL BE ACCEPTED UNTIL AUGUST 1ST!

Drop off between 8:30 am to 4:00 pm
1424 Moore Street, Fairbanks, AK 99701
907-452-1735

Aging at Home Fairbanks

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