



## Newsletter      OCTOBER 2019

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### *NEWS*

#### ***SAVE THE DATE!!!***

**Annual Meeting and Celebration**, Dec 4th 2019  
Wednesday **3:00 - 5:00 pm** at Raven Landing  
**Members and volunteer are invited!**

#### **Win \$100!**

Bring in a new member, and have a chance to win \$100. For each new member who joins per your recommendation, your name will be entered in a drawing. The prize is \$100 credit on your next membership renewal. The winner will be announced at our annual meeting on December 4.

## Looking for Vendor Recommendations

Did you have work done on your house this summer? Do you have a new vendor that we can add to our service provider list? Do you have a housesitter that you use when you travel? Please email or call and let me know. We would like to add more vendors to our list. Thank you.

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### *Events and Socials for Members*

- **Tuesday, October 15**, Aging Well Discussion: *Insurance Considerations after Retirement*
- **Tuesday, October 22**, AAH! Lunch, Big Daddy's BBQ, recommended by several members
- **Wednesday, December 4**, Annual Meeting and Celebration

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](#)

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### *Spotlight on Member - Judie Triplehorn*

2019 is the 50th Anniversary for my husband and I moving to Fairbanks. Growing up in West Virginia, Alaska was a dream of snow, mountains, and auroras. Who knew that driving up the Alcan back then would fulfill a lifelong dream.

Trip, my husband, and I met on a college geology field trip in Ohio. He asked me if I wanted to look for rocks with him, and I have been looking for rocks with him ever since. Our path to Alaska began through Trip's Alaskan fieldwork when he worked for Sinclair Oil in Tulsa, Oklahoma. When the company closed Trip's research lab, he called around Alaska looking for work and fortuitously, there was an opening in UAF's Geology Department. Fortune found, we packed up three boys under 6 and two Springer Spaniel dogs in an International Travelall and headed north.

My passion in life is my work as a librarian and helping people find information. I have worked in a wide range of libraries from small bookmobiles to public, religious, medical and military libraries. I have been happiest working in scientific libraries such as the Geophysical Institute.

Currently, I volunteer as the Patent Librarian at the Alaska Patent and Trademark Resource Center at the Geophysical Institute.

I love living in Alaska and being a part of the outdoors. I enjoy birdwatching, walking my four English Springer Spaniel dogs, and curling up with a good book. Collecting Alaskan cookbooks is a current interest. My interest in Aging at Home is to connect people with resources and services available to seniors and caregivers in Alaska.



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### ***Aging Well Discussion for Tuesday, October 15, 3:30 pm: Insurance Considerations after Retirement***

We all have insurance policies, but do our needs for insurance change as we get older? Matthew Raymond, State Farm Agent, will present information on insurance planning during life after retirement. Topics will include understanding your coverage, common mistakes, discount programs, and safety.

Matthew has been a State Farm Agent for 6 years and prior to that was an Army Officer who completed 2 tours in Iraq. He has an MBA from UAF, and an undergraduate degree from Xavier University in Cincinnati, OH. He is married and has 3 wonderful kids ages 2, 7, and 13.

**Aging Well discussions are held at the Fairbanks Senior Center.**

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### ***Pictures from Past Events***

#### **Fall Potluck**



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#### **Aging Well Discussion**

Grab Bar ABC's  
with Karla Zervos



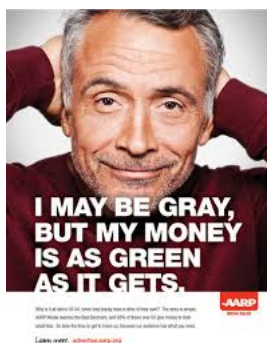
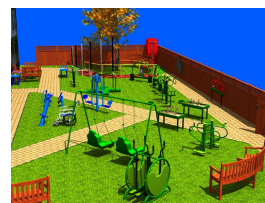
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## *Aging and Wellness*

### **A Playground for Seniors**

There are no swings or slides at this playground in North York. Instead the unique attractions at Godstone Park are part of a pilot project aimed at seniors.

More info: [Click here](#)



### **Older People Are Ignored and Distorted in Ageist Marketing, Report Finds**

Older consumers, who hold trillions of dollars in spending power and make up a growing portion of the global population, would seem to be a prime target for advertisers.

For more info: [Click here](#)

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## *Around Town in October*



**October 19, Saturday, 7:00 - 8:30pm**  
**Fairbanks Community Band Fall Concert**  
**Davis Concert Hall, UAF**  
**Free, donations welcome**  
For more information: [click here](#)

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## **Free Memory Screenings**

**October 29, call for an appointment**

Getting a memory screen done is important. The sooner a memory screening is done, the better one's chances are of having a possible problem diagnosed and possibly corrected.

Screenings are free, however, registration is required.

To register, contact Joan Adams at 907-452-2277



**November 1, 2, 3, 8, 9, 10 (times vary)**

Fairbanks Light Opera Theater presents Rodgers & Hammerstein's The Sound of Music! It's a heartwarming story based on the real life story of the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II. Maria, the tomboyish postulant at an Austrian abbey, becomes a governess in the home of a widowed naval captain with seven children, and brings a new love of life and music into the home..

For more information: [click here](#)

**Aging at Home Fairbanks**

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