



Newsletter NOVEMBER - DECEMBER 2019

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NEWS

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.

ADRC North - Aging and Disability Resource Center

The Senior Center has partnered with ADRC and their staff is available to answer questions and connect seniors, people with disabilities and caregivers with long-term care services and support in their communities. So, if you have questions, you can contact them at the Senior Center.

Events and Socials for Members

- **Friday, January 10**, Happy Hour, Home of Donna Dinsmore
- **Tuesday, January 21**, Aging Well Discussion: *TBA*
- **AAH Lunches will resume Tuesday, Jan. 28 2020**, *TBA*

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](#)

Spotlight on Member - Joe Dupras

In the 1970s when I was earning a Ph.D. at S.U.N.Y. Binghamton, I didn't imagine that I would teach English at UAF for 31 years (1979-2010). I spent my first academic year in Fairbanks without Rheba; we had married in 1978, but she stayed in Carlisle, PA, as a librarian at Dickinson College while I tested the conditions for professional survival in The Great Land. Our cross-country drive in a little red Dodge Colt packed with lots of precious items--including Malkin, our first cat--took us to UC-Berkeley for an NEH Summer Seminar. Arriving in Fairbanks, Rheba soon got a tenure-track position in Rasmuson Library, and we retired together as professors emeriti. I'm an enthusiastic golfer, reader of "classics," OLLI teacher and student. My UAF students nicknamed me "Dr. Doom" ("Know Joe, know fear!"). I myself know fear when I face house repairs. Thus AAH-Fairbanks keeps me from dooming myself and our sometimes cantankerous home. Life is an odyssey; the joy in it is getting where you're meant to be.



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

if you have any ideas for upcoming Aging Well Discussions, let me know..

Aging Well discussions are held at the Fairbanks Senior Center.

Pictures from Past Events

Annual Meeting and Celebration



We had great door prizes at the meeting.



Aging Well Discussion

Posture and Balance
with Cean Whitmarsh



Aging and Wellness

Start-up uses virtual reality to help seniors re-engage with the world.

Seniors with dementia are 'coming alive' again with the 'magic' of virtual reality.

More info: [Click here](#)



Wearing socks in bed can help you get a better nights sleep

Aiding the body's thermoregulation systems throughout the night is key to ensure a smooth night of rest—wearing socks in bed does just that.

For more info: [Click here](#)

Around Town in December



December 15, Sunday 4pm

Fairbanks Community Band - Holiday Concert
Davis Concert Hall

Concert is free, but donations are accepted.

For more information: [click here](#)

December 6 - 22, various days and times
The Best Christmas Pageant Ever -

Fairbanks Drama Association

In this hilarious Christmas tale, a couple struggling to put on a church Christmas pageant is faced with casting the Herdman kids — probably the most inventively awful kids in history. You won't believe the mayhem — and the fun — when the Herdmans collide with the Christmas story head on! This is one of the best Christmas stories ever — and certainly one of the funniest!

For more information: [click here](#)



Aging at Home Fairbanks

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