

[View this email in your browser](#)

## Newsletter FEBRUARY - MARCH 2020

---

### *IN THIS ISSUE*

What's New in AAH  
Events and Socials  
What Members Say About AAH  
Aging Well Discussion  
Pictures  
Aging and Wellness  
Around Town

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

1424 Moore St., Fairbanks, AK 99701  
(907) 799-4026 [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

### *NEWS*

#### **Fairbanks Senior Center Position on Covid-19 Preparedness**

The North Star Council on Aging Fairbanks Senior Center Board of Directors has unanimously agreed to limit access to the Senior Center (SC) building beginning Monday, March 16 to better prepare the center to meet the challenges related to the developing COVID-19 situation. The Board is using Center for Disease Control and the State of Alaska emergency preparedness guidelines for guidance and will re-evaluate the plan for the SC at each Board meeting and as needed. The duration of these procedural changes will be determined by how long the COVID-19 outbreak remains a concern.

The board also enacted an emergency plan; the details of which include:

- All classes, meetings, and groups currently using the SC will be cancelled or relocated.

- Sit down lunches at the SC will be replaced with box lunches served on a drive-up basis.

## Help Shape our Future!

Aging at Home Fairbanks depends on its Steering Committee and other committees to set goals, initiate new activities, publicize the organization, and generally assist the Program Director.

We are looking for new members for the Steering Committee and for Social/Events, Publicity, and Fund Raising Committees. The time commitment is small, and the fun of working with others on our common goals is big!

**Come join us!** For more information, see our brief [committee descriptions](#).

If you are interested, send a note to Barbara Lando at:

[steering@aahtfairbanks.org](mailto:steering@aahtfairbanks.org).

## A note from one of our volunteers

Just a reminder. If anyone is thinking of having significant work done on their home this summer, now is the time to get on a contractors calendar. (as his calendar is already full out until July).

---

### *Events and Socials for Members*

- **Tuesday, March 17**, Aging Well Discussion: *Wellness Workshop*, with Jen Peterson (UAF) and student
- **Friday, March 20**, AAH Lunch: Borealis Bistro
- **Friday, April 17**, Happy Hour: Black Spruce Brewery Tour
- **Tuesday, April 21**, Aging Well Discussion: *Dental Care in Older Adults*, with Dr. Shawn Miller, DDS
- **Tuesday, April 28**, AAH Fieldtrip: **Running Reindeer Ranch**

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](#)

---

### *What Members Say About AAH - Mary Ann Borchert*

I decided years ago that if I needed help with anything, I wouldn't be ashamed or embarrassed to ask for it. And I'm at that point in my life now where I do need help with things around the house and with driving. It's great to be part of an organization that has volunteers willing to help me. An extra hand is always a good thing.

Being a member of AAH Fairbanks since it was launched four years ago has been a very good experience. I didn't know what to expect, but I've appreciated the help I've received off and on, and I've enjoyed the social events (monthly



happy hour and lunch, and special events), and the informative classes and workshops. I've made new friends and learned a lot. AAH has definitely been worth the membership fee for me, even though I don't go to all events and I may only ask for volunteer help a few times a year.

---

### ***Aging Well Discussion for Tuesday, March 17, 3:30 pm: Wellness Workshop***

Wellness Workshop - Join us for a discussion about healthy aging and the role of socializing, stress management, the environment, and technology play in our wellness. Presented by Jen Peterson, Assistant Professor of Psychology, UAF and several of her student researchers.

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

---

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

#### **Aging Well Discussion: Sleep Issues with Dr. Clay Triplehorn**



---

**Awesome lunch at  
Mayan Palace. Not  
everyone made it into  
the photo.**



---

### *Aging and Wellness*

#### Medicare now covers coronavirus testing

You may be hearing about the coronavirus (officially called 2019-novel coronavirus or COVID-19) in the news. While there isn't a vaccine yet, Medicare is still here to help. Medicare Part B (Medical Insurance) covers a [test to see if you have coronavirus](#). This test is covered when your doctor or other health care provider orders it, if you got the test on or after February 4, 2020. Note: Your provider will need to wait until after April 1, 2020 to be able to submit a claim to Medicare for this test.

To prevent the spread of this illness or other illnesses including the flu, here are some tips to follow:

- Wash your hands often with soap and water
- Cover your mouth and nose when you cough or sneeze
- Stay home when you're sick
- See your doctor if you think you're ill

For more information on the coronavirus, please visit the [Centers for Disease Control website](#).

---

### *Around Town in March*

**March 19 - 21, Thurs - Sat. 5:30-10pm**

**47th Annual Festival of Native Arts and Powwow**

Charles Davis Concert Hall

**Admission is free.** Performances will take place at the Charles Davis Concert Hall and the vendors will be in



the Great Hall at the University of Alaska Fairbanks campus. Daytime workshops will be held on campus on Thursday and Friday.  
For more information: [click here](#)

## March 20 - 22, Fri - Sun, starts at 1pm 75th Open North American Championship Sled Dog Race

Musher's Hall and various locations around town. Dozens of teams and thousands of fans from around the world will convene in Fairbanks for the three-day race. It is the longest continuously-run sled dog race in the world, and has built its reputation as a grueling test of both speed and distance for participating teams. For more information: [click here](#)



### Aging at Home Fairbanks

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

[aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)    [www.aahfairbanks.org](http://www.aahfairbanks.org)

Want to change how you receive these emails?  
You can [unsubscribe from this list](#)

This email was sent to [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)  
[why did I get this?](#)   [unsubscribe from this list](#)   [update subscription preferences](#)  
Aging at Home Fairbanks · 1424 Moore St. · Fairbanks, Ak 99701 · USA

