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Newsletter JUNE 2020

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NEWS

A message from the AAH Steering Committee Chairman Barbara Lando

Aging at Home Fairbanks is here for you! Please know that you are not alone. The covid-19 pandemic has changed our world and the way that we do things, and AAH has adjusted its programs and services accordingly.

AAH Director Joy Clein has been working remotely: she is staying in touch with our members, providing guidance and support, adapting our program events for online access, emailing information and links for other activities, and increasing our virtual offerings and social connections.

Our volunteers have continued to provide assistance with outdoor

services, as well as helping with deliveries of groceries and prescriptions. Meanwhile the Steering Committee is formulating plans and policies for a safe resumption of other services. Being aware of the vulnerability of older adults like us, we will be proceeding very cautiously.

Events and Socials for Members via Zoom

- **Tuesday, June 9, Technology Question and Answer Time**, with Arlene Slocum of Pay It Forward IT Consulting
- **Tuesday, June 16, Trans-Bikal to Mongolia in Pictures and Video**, with Marvin Falk
- **Friday, June 19, Happy Hour - Where Am I**
 - Bring a picture of yourself traveling and let us guess where you are. Then tell us a story about your trip.
- **Tuesday, June 23, TBA**
- **Tuesday, June 30, 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](#)

What Members Say About AAH - Helen Howard



The idea of membership in Aging at Home is brilliant for those of us in Fairbanks without family. This is a way we can volunteer to help our neighbors and a way we can ask for help when we need it. We couldn't carry a heavy chair upstairs, or climb a ladder to wash the windows, or figure out a way to use the electronic TV sound bar, so we asked for help. I helped with another volunteer when a member needed her heavy mattress turned.

AAH Event - Technology

Tuesday, June 9th, Technology Question and Answer Time with Arlene Slocum of Pay It Forward IT Consulting

Join Arlene for an open ended discussion on common technology questions. Phone, wifi, laptop, desktop, printing, Apple, PC questions welcome. Also we can discuss Zoom tips, getting used to social media, and other skills that will

help you communicate better from home. You can submit questions ahead of time or bring them to the discussion. Since we will be together on Zoom you might discover a friend in AAH who can help you too!

Arlene will explain things in plain English. If she cannot answer your question during the discussion she can get back to you at a later time with an answer or provide a resource contact who can help and get you an answer.

All AAH events being held via zoom until further notice.

Past Events

We haven't let covid-19 stop us from learning and meeting together via Zoom. Gatherings we have had over the past 2 months include:

Virtual Happy Hours

Virtual Coffee Hours

Travels in Spain with Joy Clein

Eagle Photography with Marvin Falk

Three Poems with Joe Dupras

TedTalks with Mary Ann Borchert

Skin Health with Dr. Meron Gaul (dermatologist)

Changes of the oral cavity as we age and treatment options for those conditions with Dr. Shawn Miller (orthodontist)

Importance of socially engaging while socially isolating with Dr Jen Peterson from UAF

Aging and Wellness

Running Essential Errands (from the CDC)

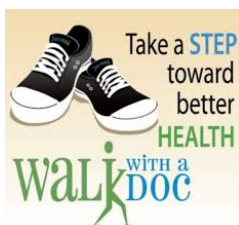
Grocery Shopping, Take-Out, Banking, Getting Gas, and Doctor Visits

What you need to know

- Stay home if sick.
- Use online services when available.
- Wear a cloth face covering when running errands.
- Use social distancing (stay at least 6 feet away from others).
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.

Read the rest of the article for more specific information., [click here](#).

Around Town in June



All summer, Thursdays 7pm

Walk with a doc

Big Dipper outdoor track

You will still need to social distance, but it is social distancing while joining in on some walking fun, and you will enjoy a great conversation with important medical staff from our community. You will be able to join a doctor you have worked with or form new relationships and find a future doctor for your health needs, and meet new friends. It is a win-win free event. Masks are required. Hand sanitizer will be onsite.

For more information: [click here](#)

or Email: walkwithafuturedoc@foundationhealth.org



FREE Events at UAF this summer

all events will be recorded and aired on KUAC or posted to the website

Tuesdays: Healthy Living Lecture series

June 9 - Taking Care of You! Self-care for the Caregiver - Kim Huffington, RN, CHPN, Fairbanks Memorial Hospital

June 16 - Penicillin Allergy: The Story of the House and Garage - Tim Foote, MD, Tanana Valley Clinic

June 23 - Health and Public Safety of Cannabis - Kelly Drew, PhD, University of Alaska Fairbanks

Wednesdays: Discover Alaska

June 10 - Where Have the Birds Gone? - Claire Stuyck, Research Associate, Alaska Songbird Institute

June 17 - Behind the Scenes of Wildland Fire Suppression in Alaska - Tim Mowry, Information Officer, Alaska Division of Forestry's Wildland Fire and Aviation Program

June 24 - Invasive Weeds in Interior Alaska - Aditi Shenoy, Invasive Weeds Specialist, Fairbanks Soil & Water Conservation District

Thursdays: Music in the Garden Concerts

June 4 - Dry Cabin String Band

June 11 - Headbolt Heaters

For more information: [click here](#)

Aging at Home Fairbanks

1424 Moore St.
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6/8/2020

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