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## Newsletter AUGUST 2020

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

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

### *NEWS*

#### **AAH Fairbanks is still here for you.**

We have had at least one weekly event (via Zoom) since April, and we have plans to continue. Our volunteers are still answering service call requests (including picking up groceries or prescriptions, or services that are outside the home). Remember, to call 799-4026, if there is anything we can do for you.

Remember to stay safe and wear your mask.

Joy Clein, Program Director

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### *Events and Social for Members via Zoom*

- **Tuesday, August 11, *Three More Poems***, with Joe Dupras
- **Tuesday, August 18, *Herbs that Grow in Fairbanks and How to Use Them***, with Marsha Munsell
- **TBA, 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.
- **TBA, *Comfortable Shoes for Aging Feet***, with Stacy Fisk from Frosty Feet Running Company

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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### *What Members Say About AAH - Donna Dinsmore*



When my husband died I realized I did not have the knowledge or skills to maintain an aging house. I also did not have the money or desire to move. Along came AAH. I have been a member since the beginning. I have used the vendor list and volunteers to help me age at home. I love the socials, the classes, but most of all the security of knowing help is available when needed. Thank you AAH!

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### *AAH Event - Herbs*

#### **Tuesday, August 18th, *Herbs that Grow and Fairbanks* with Marsha Munsell**

Join Marsha as she talks about herbs that grow in Fairbanks at both the Botanical Gardens and at her home. She will also talk about ways to use them. She has been growing and using herbs for over 20 years.

**All AAH events being held via zoom until further notice.**

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### *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 Running Reindeer Farm visit

Finding the Value in Books with Greg Hill

Meditation Basics with Patricia Mata-Celis

Three More Poems with Joe Dupras

Ranked Choice Voting with Pat Lambert

Basics of COVID-19 with Pam Wagaman

Red Cross Rec Workers aka Donut Dollies with Nancy Smoyer

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## *Aging and Wellness*

### **How to Find Long-Term Care Ombudsman in Every State**

Ombudsman offices advocate for residents of long-term care facilities, and they investigate and work to resolve complaints. They address problems related to residents' health, safety, welfare and rights. The offices were established by the federal Older Americans Act in all 50 states and the District of Columbia, Puerto Rico and Guam.

Read the rest of the article: [click here](#)

For Alaska Long-Term Care Ombudsman Website: [click here](#).

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## *Around Town in August*



at  
University of Alaska Fairbanks

### **Osher Lifelong Learning Institute August 19, starts Fall Registration**

With coronavirus infection rates increasing in Alaska and community spread occurring, the OLLI Advisory Board and Program Director agree it is too risky to hold in-person OLLI classes yet. Fall Classes via zoom.

For more info and to browse courses: [click here](#)

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### **Virtual Tanana Valley Sandhill Crane Festival August 21 - 23**

Celebrate the return of the cranes to Creamer's Field!

Activities will be posted on our social media and



website!

For more information: [click here](#)

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**Aging at Home Fairbanks**

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

aahfairbanks@gmail.com      www.aahfairbanks.org

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