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NEWS

Fall is Here

Equinox has passed, and the days are getting shorter. Most of us are still self-isolating, but hopefully spending some time outside each day to get some fresh air and some exercise. I have been walking everyday for several months now. And I would like to encourage all of you to get walking too. Remember, even if you can't go outside, for whatever reason, you can still set a timer for 5 or 10 minutes and get up and walk around your house. Try to do this several times a day if you can. Good luck.

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

Events and Socials for Members via Zoom

- **Friday, October 9**, Happy Hour
- **Tuesday, October 27**, AAH Event, TBA

If you have an idea for an event, please call or email me with your idea. Thanks, Joy

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](#)

Member Spotlight - Linda Distad



An 89-year old woman driving a tractor? That's Linda Distad! When summer comes she looks forward to climbing on the tractor and mowing her 5-acre field. It's a job she really enjoys and plans to continue doing. She has lived in her home for 58 years, on land that was once part of the Yankovich homestead. The field that she maintains was a potato field back then.

Linda was born and raised in the New York City area, and in summers visited her grandparents' ranch in Montana. That influenced her decision to go to college at Montana State University in Bozeman. It was there that she met her future husband Jack Distad (now deceased). When Jack took a job at the University of Alaska in 1955, he and Linda drove to Alaska on a very rough Alaska Highway. They spent their first night in Fairbanks in the old Nordale Hotel, greeted there by Eva McGown. The next day they traveled a gravel road (College Rd.) out to the university.

Although her college major was art, Linda became more involved in music when she began working in the UAF Music Department. She remained there for 30 years, becoming known as their knowledgeable and helpful administrative assistant. She retired in 1996.

One of Linda's passions, both before and after retiring, was world travel. She boasts of having visited 65 (maybe more) countries. These include places now less traveled, like Pakistan, Lebanon, and Iraq. Linda was in Iraq just 6 months before our war there and got to see many of the antiquities in Baghdad and elsewhere that were later destroyed. Her favorite trips were to Egypt, Turkey, and the Silk Road.

Linda and her son Fred have been enthusiastic members of AAH since its beginning. They are looking forward (as we all are!) to the resumption of our in-person socials and events.

Vendors - Paid Service Providers

Over the past couple months, we have contacted all the recommended paid service providers in our database. There are several that have decided to retire. We are sending out a request to those of you that have had work done this summer (or in the past) looking for recommendations for new paid service providers that we can contact and add to our

database. If you have someone in mind, either email or call me.
Thanks, Joy.

Past Events

We haven't let covid-19 stop us from learning and meeting together via Zoom.

In August, Stacy Fisk from Frosty Feet Running Company spoke with us about choosing shoes for aging feet. In October, she will be getting Icebug studded boots, that are great for walking on ice.

Aging and Wellness

Coping with COVID-19 Stress: Differences in How Older, Younger Adults Handle Pandemics Stressors

Studies show that older age is associated with higher levels of emotional wellness and less reactivity to stressors. Researchers recently conducted a study to determine if this held true during the COVID-19 pandemic.

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



CarFit, Helping Mature Drivers Find Their Safest Fit!

Are you comfortable when you drive? Do you ever wonder if you are sitting in the best position for maximum visibility? Have you ever thought about the kinds of adjustments you can make to ensure your safety as well as others? **CarFit** might be a program that could help you answer these questions and more!

For the website and more information: [click here](#)

Around Town this Fall

The Alaska Center for Climate Assessment and Policy (accap.uaf.edu) which is part of the International Arctic Research Center at UAF hosts three different webinar series which cover topics relevant to climate change in Alaska.

Tuesdays at 10am, The Alaska Climate webinar series covers a broad range of topics such as changes in berry harvest and beaver expansion in the Arctic
Wednesdays at 11am, the Virtual Alaska Weather Symposium webinar series is a collaboration between several agencies bringing cutting edge satellite based presentations to a statewide audience.

Fridays at 12pm, the National Weather Service Alaska Climate Outlook Briefing webinar series features a monthly review of recent climate conditions around Alaska, a highlighted climate topic or anomaly, and the NOAA Climate Prediction Center's forecast for the next month and season

[Click here](#) for a list of upcoming webinars and to register.

[Click here](#) for access to past webinars.

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