



What is AAH Fairbanks?



a

Aging at Home Fairbanks is a member organization offering support for older adults to live independently and to remain engaged in their community.

Members are just a phone call away from a host of volunteer services, like rides to appointments, minor home repairs, light housekeeping, computer assistance, and help with outdoor chores. They also have access to list of screened paid service providers. Socials and other activities bring opportunities for new friendships!

Stay independent and active as you age

How Does It Work?

It takes just one call or email to our office for members to get help with things they can't (or don't want to, or shouldn't) do for themselves. Our staff responds by contacting volunteers to find one who is available to help.

If a service is beyond our volunteer capabilities, we refer the member to our list of recommended and screened paid providers.



Benefits of Membership

Security of being able to find the needed help to stay in your home

Access to a list of recommended local paid service providers

Events including lectures, workshops, and field trips

Socials such as lunches at local restaurants, gatherings in members' homes, and an annual meeting.

You Want to Stay in Your Home, but Sometimes You May Need a Little Help to ...

- * Climb ladders to change light bulbs or smoke detectors
- * Organize records
- * Unclog the sink
- * Shovel sidewalks
- * Trim shrubs
- * Get rides to appointments
- * Pick up a prescription
- * Get the TV remote to work
- * Haul heavy items
- * Find a good electrician



Interested in Volunteering?

Email aahfairbanks@gmail.com or call 799-4026.

You do not have to be a member to volunteer. (and you do not have to be a volunteer to be a member!)

AAH is a non-profit organization affiliated with the *North Star Council on Aging Senior Center*, and is a member of the national *Village to Village Network*.



AAH Fairbanks 1424 Moore St. Fairbanks, AK 99701
(907) 799-4026 aahfairbanks@gmail.com www.aahfairbanks.org

It's Easy to Join!!



By Phone, Mail, or Online at
aahfairbanks.org

Full Membership

Includes volunteer services, paid provider list, events, socials

Individual: \$400/yr.

Household: \$600/yr.

Associate Membership

Includes provider list, events, socials

Individual: \$200/yr.

Household: \$300/yr.

***Aging is a Team Sport.
Let's enjoy it together!***



Why Join If You Are Still Active and Healthy?

Being a member of AAH is an opportunity to enjoy new friendships and to "pay it forward" by volunteering your services while you are able.

It is a form of insurance: life happens, and we don't know when we may need a little help.