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From Aging at Home Fairbanks

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NEWSLETTER

October 2017

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New Series - Open to All

Tying It All Together: putting our affairs in order

This four-part series is a follow-up to the AGING WELL workshop, *Get It All Together -- and Share It*, that was held on Tuesday, October 17. *Pam Wagaman* led a lively discussion of the key documents and tasks we need to consider as we get older, and the importance of having the information in one place for others in anticipation of the time when we can no longer handle our own affairs or communicate our wishes.



CALENDAR

(3:30 pm at the Senior Center unless otherwise indicated)

Thursday, October 26
Tying It All Together #1

Thursday, November 2
Tying It All Together #2

Tuesday, November 7
Tech Tuesday

The **new series** is scheduled for the following dates at the Senior Center, 1424 Moore St. These discussions are **open to the public**.

Thursday, Oct. 26, 3:30 pm
#1 What do we need to do for ourselves now? How we can take care of our own health and safety.

Thursday, Nov. 2, 3:30 pm
#2 Medical Issues Advance directives and making our wishes known.

Friday, November 10

4:00 pm

Members' Happy Hour

Thursday, November 16

Tying It All Together #3

Tuesday, November 21

Aging Well Book Discussion

Thursday, November 30

Tying It All Together #4

Wednesday, December 6

(More information to come)

Annual Meeting &
Celebration

CONTACT INFORMATION

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Thursday, Nov. 16, 3:30 pm

#3 Legal Issues Wills, trusts, probate, Medicaid.

Thursday, Nov. 30, 3:30 pm

#4 Financial Issues

More information: [Click Here](#)

Tech Tuesdays - For Members of AAH Fairbanks

First Tuesday of the month, 3:30 pm, at the Senior Center

Members of AAH Fairbanks have the opportunity to learn more about some of the technology that is now available.

On Oct. 3 members learned more about smart phones and some of the ways they can simplify our lives. Erica Watson from GCI talked about different kinds of smart phones and was able to answer many questions that attendees had about their own phones.

Tuesday, Nov. 7, 3:30 pm

The Google World. A "hands-on" session to learn more about Gmail, Google Search, Drive, Docs, Photos, Translate, and Talk. A limited number of laptops will be available for those who do not bring their own. Presented by *Professors Mel Denning and Joshua Peter*, UAF Community and Technical College.

Aging Well Discussions - Open to the Public

Third Tuesday of the month at the Senior Center

November 21, 3:30 pm. Book Discussion of *Aging with Grace*:

What the nun study teaches us about leading longer, healthier, and more meaningful lives, by David Snowdon. Join us for a book discussion on healthy aging, including the physical, psychological and spiritual aspects of aging well. This was a ground-breaking study that changed the way scientists view aging. Discussion leader will be *Jen Peterson*, of the UAF Psychology Dept.

Members & Volunteers: Save the Date!

Wednesday, December 6, 3:00 - 5:00 pm

Annual Meeting and Anniversary Celebration



Photo from Celebration last year, in December 2016.

Members Around Town

Interview of *Being Mortal* author via live simulcast from Boston on September 25. Members and friends enjoyed hearing from Atul Gawande, author of the seminal book *Being Mortal*.



October Happy Hour

This monthly event on the second Friday of the month is held at the homes of members of AAH Fairbanks. It provides a casual atmosphere for relaxing and getting to know other members.

Photos:

Mary Matthews and Terry Tomczak

Patty Kastelic, Margret Van Flein, and 'Nanne Myers



Position Open for AAH Program Director

Until the position is filled, AAH Fairbanks will accept applications for the half-time position of Program Director. For more information contact the Steering Committee Chairman at 799-4026 or aahfairbanks@gmail.com. [Download](#) Job Description.

Health and Aging

National Prescription Drug Take Back Day

October 28, 10:00 am to 2:00 pm

Locations: Alaska State Troopers, 1979 Peger Rd.
Fairbanks Police Department, 911 Cushman St.
North Pole Police Department, 125 Snowman Lane
Fred Meyer East, 930 Steese Highway

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Dance to Improve Brain Health and Balance!

(from Mather LifeWays Institute on Aging)

By Dugan O'Connor, Oct 3, 2017

For older adults looking for an activity to improve both their brain health and balance, dance classes may be worth a try. Findings from a recent study suggest that learning and practicing new choreographies in a weekly dance class has greater benefits than physical activity alone.

Healthy older adults over the age of 60 participated in an 18-month intervention in which they took part in either a weekly 90-minute dance class or a weekly 90-minute fitness class. Participants in the dance group constantly learned new choreographies and performed a variety of dance styles. Participants in the fitness group performed strength, endurance, and flexibility training, as well as a Nordic Walking program.

After the 18-month training programs, measurements of brain health and balance were compared with pre-intervention measurements for both groups. The researchers used hippocampus volume (the region of the brain associated with learning and memory) to measure brain health, and found that although both groups showed increased volume of the left hippocampus, only the dance group showed increased volume of the right hippocampus. For balance, the researchers found that while both groups showed improvement, the dance group showed greater improvements in balance than the fitness group.

Numerous studies have demonstrated the physical and cognitive benefits of exercise, and participants from both groups had not previously engaged in weekly intensive physical activity, so it is not surprising that both groups showed improvements. However, there seems to be a growing amount of evidence that dance as a form of physical exercise is [particularly beneficial](#). In this study, not only did dance participants show greater increases in brain health, but also showed greater improvements in balance. Qualities specific to dancing, such as coordination and memorizing routines, may be part of what makes dance more beneficial than physical activity alone.

Source: [Rehfeld K, Muller P, Aye N, et al. Dancing or fitness sport? The effects of two training programs on hippocampal plasticity and balance abilities in healthy seniors. *Frontiers in Human Neuroscience* \(2017\); 11\(305\): 1-9.](#)

[Done](#)