



NEWSLETTER

September 2017

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CALENDAR

Monday, Sept. 25

1:00 pm
at Noel Wien Library
*Community & Choice As
We Age,*
with Atul Gawande

Tuesday, October 3

3:30 pm
Tech Tuesday: Cell Phones

Special Event!

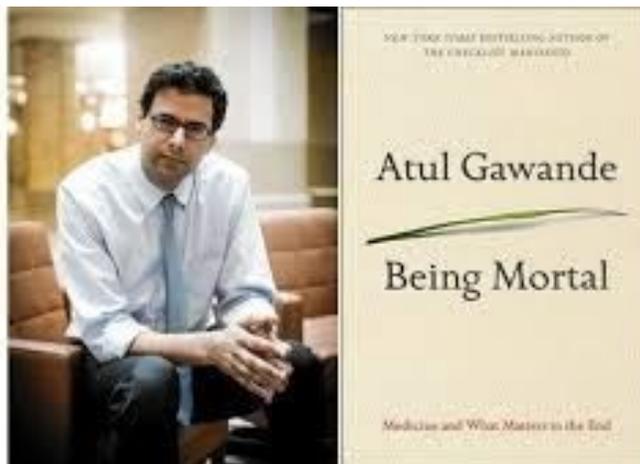
The Value of Community and Choice as We Grow Older

Simulcast Presentation by *Being Mortal* author Atul Gawande

Monday, September 25, 1:00 pm, at Noel Wien Library

All are welcome!

Aging at Home Fairbanks is proud to host a live video broadcast of a presentation by Dr. Atul Gawande, renowned surgeon and author of the book *Being Mortal*. All are welcome to join AAH Fairbanks at 12:30 pm for refreshments and information before the viewing party at 1:00 pm.



The presentation will feature a discussion on aging, living life with purpose, and how we can transform the possibilities for the later chapters of everyone's lives. Robin Young, moderator of the NPR radio program *Here and Now*, will be interviewing Dr. Gawande. It will be simulcast from Boston at a celebration of the 15th anniversary of the founding of Beacon Hill Village and the subsequent "Village Movement" that champions an alternate approach for adults as they

Friday, October 13

4:00 pm

Members' Happy Hour

Tuesday, October 17

3:30 pm

Aging Well Discussion:

Get It All Together

Saturday, October 28

10 am - 2 pm

Prescription Drug Take

Back Day

CONTACT INFORMATION

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grow older and is the model for Aging at Home Fairbanks.

"Aging Well" Series - Open to the Public

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

October 17: *Get It All Together - and Share It!*

A discussion of our handy summary of key documents and tasks you should think about as you get older.

Why do you need to think about these things? Two main reasons:

- 1) it helps you review your assets and wishes so you can assess your financial health and also plan for physical health problems, and
- 2) it puts in one place the information others will need when you can no longer handle your affairs.

November 21: Book Discussion of *Aging with Grace*:

What the nun study teaches us about leading longer, healthier, and more meaningful lives, by David Snowdon

December 19: *How's Your Balance?*

Tech Tuesdays for AAH Members

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.



The first meeting on Sept. 5 provided lots of information about e-materials available through the library. Free copy of the current *Time* magazine on your computer? Free movies? An audio book on your mobile device? Thanks to the presentation by Chris Osciak, members learned how easy it is to download ebooks, audiobooks, and popular magazines.

Next, on Oct. 3, we will be exploring cell phones, with a review of the technology and a look at some of the ways it can simplify your life.

Members Around Town



Walk and Lunch at Creamer's Field.

On August 22 members took the opportunity to walk around Creamer's Field with guide Christine Huff, learning the history of the site and watching hundreds of sandhill cranes arrive. Lunch at the nearby Golden Bear Restaurant followed.

Photo: Suzi Lozo, Rheba Dupras, Oliver and Andrea Backlund.

September Happy Hour

This monthly event for members occurs on the second Friday of the month. On September 8 Terry Tomczak arrived with a wrist cast just begging for decorations. Members took action!

Photo: Terry Tomczak and Pat Wilson.



Spotlight on Volunteer Sarah McGowan

She knows how important a little help can be.



I was born and raised in Minnesota, and came to Alaska on vacation after graduating college in 1985. By 1989 I had met my first husband and we had moved to Fairbanks, where I pursued a master's degree in anthropology at UAF. After that, I had a wonderfully patchy career including doing local historical research, working in archaeology, and editing and laying out books for a small academic press, among other things.

When Dave became ill with a degenerative brain disease, I shifted to a job as a technical writer, which provided a more stable income for us. Dave died in 2006. After catching my breath, I went back into archaeology. In 2009 I married my second husband, Dick. We had some serious fun together until he became ill with a thiamine deficiency that nearly killed him and has left him disabled. That was two years ago.

When Dick first collapsed, I took several months off to take care of him. When it was time to go back to work, it was clear that he wasn't yet well enough for me to be gone for weeks at a time each summer. So, a job in archaeology was not an option. As I searched to find an alternative, I read a job announcement for a financial advisor. The idea that I could help people live more financially secure lives compelled me. So, with nothing in my resume that said, "Pick me!" I answered the ad. Within 17 hours, the man who is now my boss called me. After many interviews, and months of study and licensing, I became a Thrivent Financial field representative. I opened the doors last October.

For similar reasons, I came to AAH. When Dick collapsed, we were surrounded by friends who helped in every conceivable way, from doing our laundry to building a wheelchair ramp. We are so very lucky to have these people in our lives! When I heard of AAH, I thought, "What if we didn't have these wonderful people around us? What would we do?" AAH provides a system of mutual support that is essential to our aging community. So, I volunteer for AAH!

Position Open for AAH Program Director

AAH Fairbanks is welcoming inquiries about the paid half-time position of Program Director. The job includes answering members' requests for assistance, recruiting volunteers, arranging socials and events, and working with the Steering Committee on the development of the organization. For more information contact the Steering Committee Chairman at 799-4026 or aahfairbanks@gmail.com. [Download](#) Job Description.

Health and Aging

Mark Your Calendar: *National Prescription Drug Take Back Day*

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

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. *Locations will be announced after October 1.* Check local news for more information.

Fall-Proofing Your Home



If you or a friend has fallen, you're not alone. As we age the risk of falling and breaking a bone increases. More than one in three people age 65 years or older fall each year, and the majority of falls happen at home. There are many simple changes you can make to your home that will help you avoid falls and ensure your safety. There is advice from the National Institute on Aging ([Read More](#)) and AAH Fairbanks offers its own [Home Safety Check List](#).

Feeling Older? Here's how to embrace it.

(From the New York Times)

Too often, experts say, myths about aging get in the way of older people staying connected or pursuing what is meaningful to them.

[Read More](#)

(or copy and paste into your browser: <https://nyti.ms/2xWXKiD>).



[Done](#)***A salad a day keeps strokes away?***

(From Harvard Health News)

New research suggests that eating plenty of nitrate-rich vegetables — such as lettuce, spinach, and beets — may lower your risk of dying of a stroke or heart attack. [Read More.](#)