



Fairbanks Senior Center News


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<http://fairbanksseniorcenter.org> • www.facebook.com/FairbanksSeniorCenter

NSCoA News

Center Hours: Monday-Friday 8:00 AM-4:30PM

June 2017

Hello Seniors,

There has been a lot of talk in the media lately about the Federal proposed budget cuts to senior programs. The budget presented, includes cuts and elimination of programs that many seniors rely on. Regardless of where you find yourself in the spectrum of politics these days, these cuts affect our community and we need to be informed of the pending cuts and program eliminations. According to the National Council on Aging here is some information on the proposed cuts:

- ◆ **Medicaid: Cut by \$627 billion**-This is on top of the \$839 billion proposed cut in the House of Representatives' American Health Care Act, which would repeal and replace parts of the Affordable Care Act. Taken together, this would mean almost \$1.3 trillion in Medicaid cuts over 10 years, an estimated 45% reduction by 2026. Nearly 7 million low-income seniors rely on Medicaid for their health and long-term care. Medicaid, after personal funds are exhausted, is the one and only program that pays for nursing home and assisted living care. Medicare does not pay for long-term care.
- ◆ **Low-Income Home Energy Assistance Program (LIHEAP)**-The budget also eliminates the Low-Income Home Energy Assistance Program (LIHEAP) that assists low-income individuals pay for their heating and cooling costs. About third of the 6.8 million households receiving LIHEAP benefits include an older adult aged 60+.
- ◆ **Block Grants (SSBG, CSBG, CDBG)**-The budget eliminates the Social Services Block Grant (SSBG), Community Services Block Grant (CSBG), and Community Development Block Grant (CDBG). These programs provide states and localities with funding to improve economic security and independence for low-income families and seniors through services like home care, congregate and home-delivered meals, and transportation. SSBG is the **only** source of federal funding for Adult Protective Services. An estimated 4.4 million older adults receive services under SSBG and CSBG.
- ◆ **Senior Corps & AmeriCorps**-The budget eliminates both of these national service programs that enlist older adults in volunteerism and serve seniors in communities nationwide. Last year, 245,000 Senior Corps volunteers provided 74.6 million hours of service.
- ◆ **Supplemental Nutrition Assistance Program (SNAP)**- Federal SNAP funding would be cut by \$194 billion over 10 years. The budget also shifts more funding responsibilities to the states and erodes policies that streamline access for seniors and people with disabilities. Almost 5 million seniors rely on SNAP benefits to afford food.
- ◆ **Older Americans Act (OAA) and Elder Justice Act (EJA)**- the budget reverses the modest FY17 increases for Supportive Services, Senior Nutrition, Caregiver Support, Native American programs, and the Elder Justice Act.

The budget making process is far from over. The Senate and House will have their own input on the budget. Congress has until September 30th to adopt a new budget. The mission at the Center is to strive to provide services which enhance and promote quality of life, self-determination, and independent living. We are grateful for our community's support of this mission. The **aging population** (60 and over) is currently at its **highest level** in human **history**. It is predicted the rate of **population aging** in the 21st century **will exceed** that of **previous centuries**. It is going to take a village to support our founding pioneers.

Darlene Supplee-Executive Director

*PLEASE CONSIDER A LEGACY GIFT TO THE MEALS ON WHEELS PROGRAM.
YOU WOULD BE GIVING A GIFT THAT WOULD LAST A LIFETIME.*

WHAT IS GOING ON AT THE CENTER

Zumba Gold Seated Classes

When: Tuesdays @ 9:30–10:30

Why: Muscle strength / Increases Balance / Enhances flexibility / Improves mental awareness / Mood
And so much more

Where: Fairbanks Senior Center

Call Adele at 388-1724 for more information

Cost \$5.00

Come see what all the fun is about!

Monday Art Classes

1:00 pm to 3:00 pm

All supplies provided

June 5th: "Bits & Pieces" Joy- 978-4413

June 12th: Painting with Peggy- **No Painting for the Summer - Peggy would like to thank those who participated in Painting and she will see you in the Fall!**

June 19th: Crochet & Knitting- Joy - 978-4413

June 26th: Zentangle Contact Peggy Birkenbuel 460-7071

GRIEF RECOVERY SUPPORT GROUP

Come join us for a safe place to share your grief with others who are grieving the death of a spouse.

6 Week Classes Wednesdays 1-3 pm
starting **June 21st**

SPACE IS LIMITED TO 4–10 PARTICIPANTS

Call 452-1735 to reserve a seat

YARD SALE DONATIONS!

It is that time again!

we are accepting donations for the summer yard sales!

We **ARE** accepting clothing until the end of summer!
All proceeds go to the Meals on Wheels program and help to make sure no senior goes hungry.

Drop off at the Center

Monday–Friday 9:00 am-4:00 pm



Congregate lunches are served at the Senior Center from 11:30am to 12:30pm Monday through Friday
Suggested Donation: \$5.00 seniors \$9.00 non-seniors

Better Breather's Club

Next Meeting:

June 20th @ 1:30pm

For more info contact

Alyssa-907-891-7452

Aging At Home Fairbanks

Boost Your Brain and Memory Workshop

Learn how to:

- ⇒ Live Healthier Be better Organized
- ⇒ Pay Closer Attention
- ⇒ Regulate your Emotions
- ⇒ Reduce the Risk of Alzheimers Disease

June 6th / June 13th / June 20th / June 27th

@ 3:30pm

For more info contact

907-799-4026 or email aah@gmail.com



MEMBERSHIP NOTICE

Make sure to check your label on your newsletter.

If you see three asterisks *** Please make sure to renew your membership **ASAP**

Please contact Laura at 452-2562 for more info

Qigong Classes

There will be **NO** classes for the Summer

EVENTS AROUND TOWN

2017 Midnight Sun Festival June 18
Downtown Fairbanks, AK 12p-12a

Contact Kara Nash @ 687-8444 or by email @
kara@eventsalaska.com

Midnight Sun Activities

- ◆ Riverboat Race—June 3rd—11:00 am Pike's Landing
- ◆ Fun Run—June 17—10:00 pm @ UAF Patty Center
- ◆ Baseball Game—June 21st 10:00pm @ Growden Memorial Park

ACCA's Annual
Family Field Day

Wednesday, June 7th
4pm - 7pm at Denali Elementary

FREE events for all ages & abilities!

- * Tug-Of-War
- * Obstacle Course
- * Water Balloon Toss
- * Sack & 3-Legged Races
- * Disability Awareness Activities
- * FREE Food and so much more...



For more information:
www.alaskacenter.org or 456-4003



North Star Volunteer Fire Department Open House

June 3 @ 11:00—3:00

Free Family Event

Food, Kids Activities, Fire Department Tours, Live Fire Demonstration @ 2358 Bradway Rd. North Pole

ResCare Activity Center's Grand Opening

June 9th In the Washington Plaza

Contact 891-7585 for more info



Goldstream Cinema

1855 Airport Road
June 11th & 14th @
2:00pm & 7:00 pm

FNSB Favorite Potluck Picnic

@ Pioneer Park Square Dance Pavilion
June 15th @ 12:00-1:30

Last name **A-L** bring side dishes or desserts
Last name **M-Z** bring side dish/veggies/chips
Hot dogs, hamburgers, buns,
and beverages provided

For more info: Contact Tiffany @ FNSB Parks &
Rec 459-1136

UAF presents: **Music in the Garden**

Every Thursday @ Georgeson Botanical Garden—7:00PM

CONCERTS ARE FREE (the Garden accepts donations)

June 1-Headbolt Heaters June 8-O Tallulah
June 15-Marc Brown and The Blues Crew June 22-Rock Bottom Stompers
June 29- Cold Steel Drums

Bring your blanket and picnic basket, but please leave pets @ home
Call 474-7021 for more info



OPEN HOUSE

Fundraiser

Come join us for live music, food, & laughter and see the new space!

More details to come...

GREAT FOOD


LIVE MUSIC

**July 22th
11:00am-3:00 pm**



Proceeds go to the Meals on Wheels program

June 2017 Senior Center Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CONGREGATE MEALS SERVED FROM 11:30 to 12:30 M-F				1 Chicken Parmesan	2 Tuna Casserole	3
4 **EACH MEAL SERVED WITH SOUP OR SALAD & BREAD	5 Chicken Pot Pie	6 Roasted Turkey	7 Pizza	8 Honey Crust- ed Chicken	9 Biscuits & Gravy	10
11	12 White Chicken Chili	13 Goulash	14 Shepherds Pie	15 Basil Cream Chicken	16 Breaded Fish	17
18 	19 Beef Stroganoff	20 BBQ Chicken	21 Pork with French Applesauce	22 Beef Stew	23 Macaroni & Cheese	24
25	26 Chicken Mushroom Fricassee	27 Breakfast Bake	28 Hamburgers	29 Lasagna	30 Fish	



Senior Center June 2017 Activities Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 Strong Women 9:00-10:00 am Bits & Pieces Card Making 1pm-3:30pm 55+ Senior Yoga 3:00-4:15pm	6 Zumba Chair 9:30-10:30 FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2-3 pm AAH Boost Your Brain 3:30-5:00pm Bridge Club 6:30 -10:30pm	7 Strong Seniors 9:30—10:30 am Bridge Club 1-4:30pm	8 Strong Women 9:00-10:00am FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2:00-3:00pm 5:30pm NSCoA Board Meeting	9 Strong Seniors 9:30-10:30am 55+ Senior Yoga 3:00-4:15pm Bridge Club 6:30-10:30pm	10
11	12 Strong Women 9:00-10:00 am 55+ Senior Yoga 3:00-4:15pm	13 Zumba Chair 9:30-10:30 FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2-3 pm AAH Boost Your Brain 3:30-5:00pm Bridge Club 6:30 -10:30pm	14 Strong Seniors 9:30—10:30 am Bridge Club 1-4:30pm	15 Strong Women 9:00-10:00am FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2:00-3:00pm	16 Strong Seniors 9:30-10:30am 55+ Senior Yoga 3:00-4:15pm Bridge Club 6:30-10:30pm	17
18	19 Strong Women 9:00-10:00 am Crochet & Knitting 1pm—3:30 55+ Senior Yoga 3:00-4:15pm	20 FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2-3 pm AAH Boost Your Brain 3:30-5:00pm Better Breathers 1:30pm Bridge Club 6:30 -10:30pm	21 Strong Seniors 9:30—10:30 am Bridge Club 1-4:30pm Grief Recovery Support Group 1:00-3:00pm	22 Strong Women 9:00-10:00am FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2:00-3:00pm	23 Strong Seniors 9:30-10:30am 55+ Senior Yoga 3:00-4:15pm Bridge Club 6:30-10:30pm NSCoA Birthday Party	24
25	26 Strong Women 9:00-10:00 am Zentangle w/ Birky 1-4 55+ Senior Yoga 3:00-4:15pm	27 FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2-3 pm AAH Boost Your Brain 3:30-5:00pm Bridge Club 6:30 -10:30pm	28 Strong Seniors 9:30—10:30 am Bridge Club 1-4:30pm Grief Recovery Support Group 1:00-3:00pm	29 Strong Women 9:00-10:00am FNSB Parks & Rec 11:00-11:30 am Strong Women T-Group 2:00-3:00pm	30	



June 2017 Sudoku Puzzle (#240)

May 2017 Sudoku Puzzle Answer (#239)

5							4	
7				4	5			
	3							5
				7	9			
8		3	1				6	
		5	6			2	1	4
3		9			2			
	6		8			1		2
		2						8

1	4	7	2	5	8	3	6	9
8	9	3	1	6	7	4	2	5
2	5	6	4	9	3	1	7	8
3	1	9	5	4	6	2	8	7
4	6	5	7	8	2	9	1	3
7	2	8	9	3	1	5	4	6
5	8	2	6	1	9	7	3	4
6	7	4	3	2	5	8	9	1
9	3	1	8	7	4	6	5	2



June Word Search



W	W	P	T	E	J	H	Z	W	I	N	B	Y	G	K
D	A	S	N	E	D	R	A	G	U	S	D	I	F	R
Z	U	E	L	C	Y	C	I	B	Z	K	F	L	N	Z
F	V	F	R	I	S	B	E	E	R	O	A	E	Y	S
R	M	A	N	G	P	G	R	A	Q	G	C	V	U	X
D	S	T	C	X	F	E	P	L	D	I	M	N	X	S
C	A	H	D	A	M	Q	L	A	T	Y	S	C	R	W
R	W	E	Z	M	T	A	Y	S	D	C	C	O	H	I
Q	H	R	U	Y	B	I	L	C	R	W	Z	P	Z	M
Z	K	S	W	E	D	O	O	E	Q	U	X	A	W	M
Y	J	D	S	D	S	V	E	N	J	T	K	V	M	I
M	V	A	G	G	T	N	S	Q	O	W	D	V	J	N
D	B	Y	U	I	M	R	F	J	B	B	U	G	S	G
G	I	G	R	A	D	U	A	T	I	O	N	N	B	M
H	I	K	I	N	G	P	D	P	Y	C	A	G	D	W

BASEBALL
 BICYCLE
 BUGS
 FATHERSDAY
 FLAGDAY

FRISBEE
 GARDEN
 GRADUATION
 HIKING
 PARK

SOLSTICE
 SUMMER
 SUNSCREEN
 SWIMMING
 VACATION

ANNOUNCEMENTS

WISH LIST

IT/Computer Dept. -

- Microsoft Office programs for the Holland America's donated computers

Meals on Wheels:

- Still in need of two awesome volunteer drivers willing to donate 1 1/2 hours - 2 hours of their time to do a route. Come make a senior smile. (Requires background check)

Building:

- Hot & Cold Water Cooler for multi-purpose space
- AED machine-taking donations towards cost of purchase

Interesting Facts:

- ♦ June 4—Battle of Midway began in WWII in 1942
- ♦ June 5—First public balloon ascent, France, 1783
- ♦ June 6—YMCA organized in London, 1844
- ♦ June 12- Anne Frank born in 1929
- ♦ June 13—Yukon Territory organized
- ♦ June 14—Continental Congress adopted the Flag of the United States, 1777

2017
HAPPY FATHER'S DAY



"Donor Appreciation"

- ◇ Santa's Seniors, 17 Mile Homemakers, Salcha's Seniors & Value Village partnered with NSCoA for a clothing drive to raise \$197
- ◇ Santa's Seniors donated a total of \$600 to the Meals on Wheels program.
- ◇ Randi & Joel Johnson with Thrivent Financial made a matching donation of \$200.
- ◇ Thrivent Financial donated \$455

June's Winner of 5 meal tickets is:

Shirley Kent

You can be a winner too! For a donation of \$20.00 you get four lunch tickets and one extra and your tickets are entered in the drawing!

SUGGESTIONS

Do you have something you would like to see in the newsletter?

We welcome your suggestions for articles, letters, news, cartoons, artwork, poetry and, especially, your photographs. The deadline for submissions is the 10th of the month prior to the publication month.

Thank You for going GREEN!

This is a cost savings of paper, printing, and mailing costs.

Join the movement of going green by emailing

nscoa.newsletter@alaska.net

Please put in the subject line:



June Gemstone:
Pearl

June Flower:
Rose



Fairbanks Senior Center	Membership List	
<u>Board of Directors</u>		
Pat Ivey Natalie Gaskins Ron Woolf Mary Abel Dick Farris Tonia Smith Dorothy Bradshaw Nelson Traverso Karen Wood Don Swarner	President Vice President Treasurer Secretary Member Member Member Member Member Member	Hope Helms Vida Helms David & Marilyn Henry Kay & Bowman Hinckley Susan Hobson Carl & Alice Hoffman Patricia Ivey Irene Jacobson Cindy Jeffries Fred & Bonnie Johnson Judy Johnson Lynn Johnson Margie Johnson Virginia Kawasaki Larry & Ruth Knapman Lois Kincaid Cheryl LaFollette Julie & Kelvin Lageson Barbara Lando Josie Leyva Ruth L'hommedieu Susan Lindholm Gerald & Geraldine Lizotte Gertrud Lopez Teri Lorkowski Craig & Kathi Loudon Suzi Lozo Mike & Ann McCann D.A. McGilvary Sarah McGowan & Dick Flaharty Rita McGrath Pat Mack Mary Mathews Linda Menke Diane Miller Winifred Moore David Muller Ed & Gretchen Murphy Patricia Myers Madeline C. Nance Mary Ann Nickles Marilyn Nigro Sharon Nowicki Shirley O'Connor Lucille & Cynthia Oligney Joyce Outten Linda Parker-Smith Elisabeth C. Paulson Merrie Penick Paul & Mary Beth Perreault Darlene Peterson Claudia Piatt Sara Ramos Gloria Rasley
<u>Administration</u>		Lucille Reese Frank & Ida Rhines Marilyn Richardson Pat Roberts Terry & Stuart Roberts Violet Robinson Michele & Mark Rosser Cheri & Michael Rotter Susan Royston Marilyn Russell William Sanderson & Chyra Sanderson Christine Schut Judy See Patricia Silverton Marie Simmons Linda Parker Smith Tonia Smith Jerry Stevens Judy Stoop Nancy Stover Jo & Don Swarner Joan Talvi Roy Tansy Mike & Patricia Thurman Nelson Traverso Bettie Upright Diega Vaughn Kathy Vaupel & Suzanne Summerville Pearl Watson Marilyn Wenzlick Ellen Whitcher Jan White Gerald & Janice Whitton Rosita Wilburn Edith Williams Robert & Robin Williams Robert & Robin Wilson Milt & Flora Wiltse Karen Wood
Darlene Supplee Laurie Robinson Bob Galloway Laura Saunders Rebecca Erickson Cheryl LaFollette	Executive Director Bookkeeper / HR MOW Manager/Medicaid Billing Social Coordinator Homemaker Project Coordinator	
<u>Nutrition/Transportation</u>		
Chris Mittelstadt Don Harvell Sylvia Thruston Iliamna O'Malley Alonzo Rivers Lita Cristallo Beth Gray Jeffrey Kelly	Kitchen Manager / Cook Cook Lead Kitchen Assistant Kitchen Assistant MOW/Passenger Driver MOW Driver- MOW Driver MOW / Passenger Driver	
<u>MASST</u>		
Catherine Brantley Deborah Sandifer-Buksoontorn Mike Kapec	AM Receptionist PM Receptionist Kitchen	
<u>Meals On Wheels Drivers</u>		
Tom Alton Glen & Mary Abel Virgil Severns Madeline Nance Charles & Donna Lincoln Walter Hoover Maya Bowers & Michael Jennifer Lynch Ed Murphy	Craig Persson Paul Austin Mike & Ann McCann Richard Hansen Uriah Nalikak Susan McMahan Lanny Wagner Jackie Lariscey Alyssa Dillard	
<u>Monthly Volunteers</u>		
Ken West, Kaethe Foertsch, Linda Denton, Strong Seniors, Strong Women, Dick Farris, Jerry and Geraldine Lizotte		
<u>Companions Inc. Volunteers</u>		
Gretchen Murphy & "Buddy" Jean McDermott & "Ole" Nathan Collin & "Yukon" & "Eric" Donna Wojciechowski & "Yogi" Jamie Marchner & "Dancer"		
	Fran Fuller Bob Galloway Natalie Gaskins Sandra Gill Jane Gorsuch Agnes Govednik Louise Grys Hollis & Darleen Hall Margaret Hall Jack Halsey Richard Hansen Linda Harding Merritt Helfferich & April Crosby	

**North Star Council on Aging
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Return service requested



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It takes a long time to become young.

Pablo Picasso



Thank you again Kinross!