



# Fairbanks Senior Center News

  
1424 Moore Street,  
Fairbanks, AK 99701  
907-452-1735  
Fax 907-451-9974

<http://fairbanksseniorcenter.org> • [www.facebook.com/FairbanksSeniorCenter](http://www.facebook.com/FairbanksSeniorCenter)

NSCoA News

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

October 2017

Hello Seniors,

October is here, the leaves are falling, the weather is changing, and the Center is full of activity. It seems like there is always something going on, and it warms my heart to see so many smiling faces who choose to come visit us and the building.

We have been working toward the continuous improvement of the Center. Thanks to our wonderful friends at the Rasmuson Foundation, we were able to purchase a new convection oven, a new compartment sink, two stainless steel work tables for the meal prep area, and a new dishwasher! We were also awarded the Bill Stroecker Foundation grant and are able to move forward on the remodel of the dish room. Little by little, we are making the building a better place to be, and I am so excited to see what the rest of the year has to bring.

Now, I know it's only October, but as the temperature drops, it is important for us to prepare for the possible risks that winter brings, including illness, and injury. Here are a few tips to stay safe and healthy this winter:

1. Dress warmly and keep dry. Wear layered, loose-fitting clothing, gloves and a hat.
2. Plan ahead. Before winter arrives, check all the windows and doors in your home for cracked or worn seals.
3. To avoid slips and falls, wear non-skid boots or shoes with plenty of traction.
4. And most importantly, eat a well balanced meal for good nutrition.

With the cold weather arriving, it also means the holidays aren't far behind. For those who do not like to venture out in the cold anymore than necessary, the Holiday Bazaar may be for you. See page 3 for more info.

Stay safe and warm,

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.***

NSCoA's Mission: The North Star Council on Aging (NSCoA) strives to meet the needs of older Alaskans by providing services which enhance and promote quality of life, self-determination, independent living and dignity.

# WHAT IS GOING ON AT THE CENTER

## Monday Art Classes

1:00 pm to 3:00 pm • All supplies provided

Painting with Peggy- [Oct 2nd](#)

Crochet & Knitting- [Oct 16th](#)

"Bits & Pieces"- [Oct 23rd](#): Card making with lessons on die cutting and embellishments—Karen Demeyer 987-0739

**Zentangle:** No Zentangle until further notice



## AGING @ HOME FAIRBANKS PRESENTS: TECH TUESDAYS

1st Tuesday of the Month – 3:30 pm

Discussion Topic: Cell Phones

Members will have an opportunity to broaden their knowledge of technology, including navigating the online world of digital resources, smart phones, social media, and ways to address your specific interests.



Open to AAH Members

For more info contact  
907-799-4026 or email

[aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

## 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!



Program based on the national Village to Village model

**Want to become a member?**

For membership or more info contact

907-799-4026

or email [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

Membership includes one-call-access to short-term volunteer services including rides to appointments, minor household tasks, help with yard or gardening tasks, and other similar types of assistance.

**Is your Membership about to expire?  
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**

## Better Breathers Club

Tuesday, October 17th- 1:30pm

For more info contact:  
Alyssa-907-891-7452



## AGING @ HOME FAIRBANKS PRESENTS:

"Aging Well"

3rd Tuesday of the Month– 3:30 pm

Discussion Topic: "Getting Your Stuff Together"

Open to the Public

For more info contact  
907-799-4026 or email

[aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

## NATURAL DISASTER AWARENESS FOR CAREGIVERS AWR-308

HOSTED BY: Fairbanks North Star Borough Emergency Management • Baird Stiefel

◆ [bstiefel@fnsb.us](mailto:bstiefel@fnsb.us) • 907.459.1219

For registration assistance contact: Amanda Bates • [batesa@hawaii.edu](mailto:batesa@hawaii.edu) • 808.725.5236

October 24, 2017 @ 11:00 am - 3:00pm:

Register at: <https://ndptc.hawaii.edu/training/delivery/2015/>

Registration code: 25694

October 24, 2017 @ 4:30 pm - 8:30 pm:

Register at: <https://ndptc.hawaii.edu/training/delivery/2016/>

Registration code: 38409



Join us for our Natural Disaster Awareness for Caregivers course and gain a greater understanding about natural hazards, risk, vulnerability, and disaster preparedness to build better resilience for at risk individuals receiving care functions for medical, functional, or access needs. Learn how to prepare for the impacts of local natural hazards, identify methods for assisting care receivers to prepare for natural disasters and identify appropriate preparedness actions to take during a disaster.

# OTHER EVENTS

## Holiday Bazaar



@ The Fairbanks Senior Center  
**Your one stop shop for your Holiday gifts**

Vendors Needed \$10 Table Registration Fee  
 Please register by October 15th

**Saturday November 4th**  
 9am–4pm

For more info & for vendor application call Karen  
**907-987-0739**



### Fairbanks Symphony Orchestra Upcoming Concerts:

FSO Concert- David Kim  
 Brahms: Violin Concerto in D Major  
 Brahms: Symphony No. 4 in E Minor  
**Sunday, October 1st**  
 @UAF Davis Concert Hall  
**Fairbanks Concert Association**



### Upcoming Concerts:

**Cantus**  
**Saturday, October 8th– 4:00pm**  
 @ UAF Davis Concert Hall  
**Scott Bradlee's Postmodern Jukebox**  
**Saturday, October 21st -7:30 pm**  
 @ Hering Auditorium  
 Call Laura 452-1735 for more info  
 Tickets are limited

### Fairbanks North Star Borough Seniors Is it getting more difficult to keep up with your daily activities?

Do you have difficulty going up and down stairs, preparing meals, household chores, or with personal care needs? Would you just like some company throughout the day?

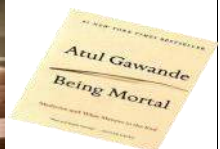
The Senior Companion Program offers free services to help meet these needs.

Contact Cheryl LaFollette  
 (907) 452-2551



### Value of Community and Choice as We Grow Older

Simulcast Presentation  
 Atul Gawande, author of *Being Mortal*



Monday, September 25, 2017  
 1:00 pm

Noel Wien Library Auditorium

Hosted by  
 Aging at Home Fairbanks  
 Join us at 12:30 for refreshments and information

*All Welcome!*



"Help us, Jeffy. We need to move the leaves so the snow has room to fall."

### YARN NEEDED

Please bring your yarn donations to the Center for our volunteer **Vivian Carson** to create gifts for the community.





**FAIRBANKS  
SENIOR CENTER  
NO SENIOR  
GOES  
WITHOUT**

*Do you have 15 hours or more during the week that you don't know what to do with? Would you enjoy sharing some of that time to help a few of your neighbors overcome some of their challenges?*

*Well have we got a place for you!*

Make up to minimum of \$2,756.00 a year for 20 hours of volunteering per wk.

Per diem for meals

Mileage reimbursement

Vacation, sick, holidays, bereavement paid time - all non reportable income

Contact: Cheryl LaFollette, Program Coordinator (907) 452-1735

**Volunteer Services offered through the Senior Companion Grant**

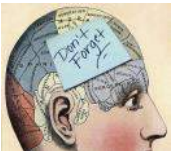
Meal preparation  
Transportation

Companionship  
Light Housekeeping

Personal Care  
Respite

*How to qualify*

1. 55 years or older
2. Income of \$30,120 per year or less
3. A physical completed in area of chosen service —(no cost to volunteer)
4. Pass a background check (paid by program)
5. Willing to make a difference in a fellow senior's life



**Alzheimer's Resource of Alaska  
Memory Screening**

**Wednesday November 8th**

10:00 am to 4:00pm @ the Fairbanks Senior Center

Screening can check memory and other thinking skills which may indicate a need for a more complete medical exam.

**Contact: Joan Adams @ 452-2277**

set up a 30 minute session



**Support the Fairbanks Senior Center When You Shop**



When you shop at <http://smile.amazon.com>, Amazon donates .5% of the purchase price to your favorite charitable organization.

If you shop Amazon, please consider selecting the North Star Council on Aging as your preferred charity and help support our programs.



Link your Fred Meyer Rewards Card to North Star Council on Aging (NSCoA) and help us earn donations from Fred Meyer. You will still earn the same rewards, rebates, and fuel points. Log on to [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards) to set up NSCoA as your preferred organization. Fred Meyer requires customers to re-link their cards every July.



## Senior Center October 2017 Activities Calendar



| Sun | Mon  | Tue   | Wed   | Thu  | Fri  | Sat |
|-----|--|---|---|--|--|-----|
| 1   | 2<br>Strong Women 9-10am<br>Painting with Peggy 1:00<br>55+ Senior Yoga 3-4:15 | 3 Zumba Gold 9:30-10:30<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p<br>AAH Tech Tuesdays 3:30<br>Bridge Club 6:30-10:30   | 4 Strong Seniors 9:30-10:30<br>Bridge Club 1-4:30p  | 12 Strong Women 9-10<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p                           | 6 Strong Seniors 9:30-10:30<br>55+ Senior Yoga 3:00-4:15<br>Bridge Club 6:30-10:30                         | 7   |
| 8   | 9<br><b>CLOSED</b><br>Columbus Day   | 10 Zumba Gold 9:30-10:30<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p<br>AAH Tech Tuesdays 3:30<br>Bridge Club 6:30-10:30  | 11 Strong Seniors 9:30-10:30<br>Bridge Club 1-4:30p | 12 Strong Women 9-10<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p                           | 13 Strong Seniors 9:30-10:30<br>55+ Senior Yoga 3:00-4:15<br>Bridge Club 6:30-10:30                        | 14  |
| 15  | 16 Strong Women 9-10am<br>Crocheting & Knitting 1:00<br>55+ Senior Yoga 3-4:15 | 17 Zumba Gold 9:30-10:30<br>FNSB Parks & Rec 11-11:30<br>Better Breathers 1:30p,<br>Strong Women T-Group 2-3p<br>Bridge Club 6:30-10:30 | 18 Strong Seniors 9:30-10:30<br>Bridge Club 1-4:30p | 19 Strong Women 9-10<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p<br>NSCoA BOD Meeting 5:30 | 20 Strong Seniors 9:30-10:30<br>55+ Senior Yoga 3:00-4:15<br>Bridge Club 6:30-10:30                        | 21  |
| 22  | 23 Strong Women 9-10am<br>Bits & Pieces 1:00<br>55+ Senior Yoga 3-4:15         | 24 Zumba Gold 9:30-10:30<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p<br>AAH Aging Well 3:30<br>Bridge Club 6:30-10:30     | 25 Strong Seniors 9:30-10:30<br>Bridge Club 1-4:30p | 26 Strong Women 9-10<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p<br>AARP Potluck 6p        | 27 Strong Seniors 9:30-10:30<br>55+ Senior Yoga 3:00-4:15<br>Bridge Club 6:30-10:30                        | 28  |
| 29  | 30 Strong Women 9-10am<br>Crocheting & Knitting 1:00<br>55+ Senior Yoga 3-4:15 | 31 Zumba Gold 9:30-10:30<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p<br>Bridge Club 6:30-10:30                            | 1 Strong Seniors 9:30-10:30<br>Bridge Club 1-4:30p  | 2 Strong Women 9-10<br>FNSB Parks & Rec 11-11:30<br>Strong Women T-Group 2-3p                            | 3 Strong Seniors 9:30-10:30<br>55+ Senior Yoga 3:00-4:15<br>NSCoA Birthday Party<br>Bridge Club 6:30-10:30 | 4   |

# October 2017 Senior Center Menu

| Sun   | Mon                                | Tue                         | Wed                             | Thu                         | Fri                    | Sat   |
|---|------------------------------------|-----------------------------|---------------------------------|-----------------------------|------------------------|---|
| 1<br><b>CONGREGATE MEALS SERVED FROM 11:30 to 12:30 M-F</b>   | 2<br>Chicken Pot Pie               | 3<br>Broccoli & Cheese Bake | 4<br>Meatloaf                   | 5<br>Enchiladas             | 6<br>Tuna Casserole    | 7<br><b>Seniors (60 &amp; over) \$5.00 Suggested Donation</b> |
| 8<br><b>**EACH MEAL SERVED WITH SOUP OR SALAD &amp; BREAD</b> | 9<br><b>CLOSED</b><br>Columbus Day | 10<br>BBQ Chicken           | 11<br>Pizza                     | 12<br>Honey Crusted Chicken | 13<br>Biscuits & Gravy | 14<br><b>Non-Seniors (Under 60) \$9.00</b>                    |
| 15  | 16<br>White Chicken Chili          | 17<br>Goulash               | 18<br>Shepherds Pie             | 19<br>Basil Cream Chicken   | 20<br>Fish             | 21  |
| 22  | 23<br>Beef Stroganoff              | 24<br>Baked Chicken         | 25<br>Pork w/ French Applesauce | 26<br>Beef Stew             | 27<br>Mac N Cheese     | 28  |
| 29  | 30<br>Chicken Mushroom Fricassee   | 31<br>Breakfast Bake        | 1<br>Hamburgers                 | 2<br>Lasagna                | 3<br>Breaded Fish      | 4   |

October 2017 Sudoku Puzzle (#244)

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

September 2017 Sudoku Puzzle Answer (#243)

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

### October Word Search

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

HALLOWEEN  
 PUMPKIN  
 CANDY  
 BROOM  
 WITCH

SPOOKY  
 GHOULS  
 GHOSTS  
 COSTUME  
 HAUNTED

SKELETONS  
 TRICK OR TREAT  
 BLACK CAT  
 SPIDERWEB  
 BATS

# ANNOUNCEMENTS

## WISH LIST

### We need your help!

#### IT/Computer Dept. -

- Microsoft Office program for the library computers that were donated by Holland America

#### Meals on Wheels:

- Always in need of awesome volunteer drivers willing to donate 1 1/2 hours - 2 hours of their time to do a route.
- Volunteers to help with cutting, chopping, & prep of food

#### Building:

- Hot & Cold Water Cooler for multi-purpose space



## SENIOR ACCESS PROGRAM

CURRENTLY SERVING FAIRBANKS NORTH STAR BOROUGH

The Senior Access Program is funded through a grant from AHFC and is designed to provide access modifications to homes of elders (55 years and older). Limit of \$15,000 per household of grant work done to their house.

#### Eligible applicants must meet the following:

- Age: 55 years or older
- At or below 100% of the area median income
- Must not owe child support money
- Home must be principal residence of the eligible
- Property: No Outstanding Notice of Default or Notice of Sale filed
- Provide all information required in application
- Completely fill out and sign application

Please contact the Interior Regional Housing Authority for more info: (907) 452-8315

#### This Month in History:

- \* **October 1, 1909**– The Model T Ford is introduced, costing \$850
- \* **October 10, 1959**– Pan American Airways announces the first global airline service.
- \* **October 17, 1931**–Chicago gangster Al Capone is convicted of tax evasion and sentenced to 11 years in prison.
- \* **October 29, 1929** - The New York Stock Market crashes with a record of more than 16 million shares traded on “Black Tuesday”
- \* **October 31, 1952**–the US detonates the first experimental Hydrogen bomb on the Pacific atoll of Eniwetok.

#### Winner of 5 meal tickets is:

**MARIA BILLINGS**



You can be a winner too!  
Buy 4 lunch tickets for \$20 and get one extra.  
Put your tickets in the jar at lunch and be entered in the drawing!

#### Job Announcement:

**Aging At Home** is seeking an individual with knowledge and skills in writing, computer literacy, financial competency, office organization and excellent interpersonal skills for a Program Director position.

20 hours per week with flexible schedule  
Please submit letter of interest and resume to  
Barbara Lando, Steering Committee Chair @

[Barbara.lando@gmail.com](mailto:Barbara.lando@gmail.com)

See website @ [www.aahfairbanks.org](http://www.aahfairbanks.org) for more information about the organization.

#### 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](mailto:nscoa.newsletter@alaska.net)

Please put in the subject line:  
“Subscription”



October Gemstone:  
*Opal*

October Flower:  
*Marigold*





**Fairbanks Senior Center****Membership List****Board of Directors**

|                  |                |
|------------------|----------------|
| Pat Ivey         | President      |
| Natalie Gaskins  | Vice President |
| Ron Woof         | Treasurer      |
| Mary Abel        | Secretary      |
| Dick Farris      | Member         |
| Dorothy Bradshaw | Member         |
| Nelson Traverso  | Member         |
| Karen Wood       | Member         |
| Don Swarner      | Member         |

**Administration**

|                   |                              |
|-------------------|------------------------------|
| Darlene Supplee   | Executive Director           |
| Laurie Robinson   | Bookkeeper / HR              |
| Bob Galloway      | MOW Manager/Medicaid Billing |
| Laura Saunders    | Social Coordinator           |
| Jolene Bante      | Office Assistant             |
| Rebecca Erickson  | Homemaker                    |
| Cheryl LaFollette | Project Coordinator          |

**Nutrition/Transportation**

|                   |                        |
|-------------------|------------------------|
| Chris Mittelstadt | Kitchen Manager / Cook |
| Don Harvell       | Cook                   |
| Sylvia Thruston   | Lead Kitchen Assistant |
| Katrina Snow      | Kitchen Assistant      |
| Alonzo Rivers     | MOW/Passenger Driver   |
| Lita Cristallo    | MOW Driver             |
| Jeffrey Kelly     | MOW / Passenger Driver |

**MASST**

|                            |              |
|----------------------------|--------------|
| Debra Sandifer-Buksoontorn | Receptionist |
| Mike Kapec                 | Kitchen      |

**Meals On Wheels Drivers**

|                        |                 |
|------------------------|-----------------|
| Tom Alton              | Susan McMahon   |
| Glen Abel              | Ed Murphy       |
| Meta Bravos            | Spencer Nace    |
| Leonard Chase          | Uriah Nalikak   |
| Bonnie Gray            | Madeline Nance  |
| Richard Hansen         | Patty Olson     |
| Walter Hoover          | Jack Schnurr    |
| Jackie Lariscey        | Virgil Severns  |
| Charles & Dawn Lincoln | Jackie Stack    |
| Craig Loudon           | Lanny Wagner    |
| Jennifer Lynch         | Margaret Willet |
| Mike McCann            |                 |

**Monthly Volunteers**

Ken West, Kaethe Foertsch, Linda Denton, Lois Kincaid, Strong Seniors, Strong Women, Dick Farris, Jerry and Geraldine Lizotte

**Companions Inc. Volunteers**

Gretchen Murphy & "Buddy"  
Jean McDermott & "Ole"  
Nathan Collin & "Yukon" & "Eric"  
Donna Wojciechowski & "Yogi"  
Jamie Marchner & "Dancer"  
Joyce Erickson & "Athena"

|                         |                            |                         |
|-------------------------|----------------------------|-------------------------|
| Glen & Mary Abel        | Richard Hansen             | Frank & Ida Rhines      |
| Mary Ann B. Adams       | Linda Harding              | Jacqueline Richardson   |
| Kristina Ahlnas         | Hope Helms                 | Marilyn Richardson      |
| Don & Pat Atchison      | Vida Helms                 | Pat Roberts             |
| Marty Ault              | David & Marilyn Henry      | Terry & Stuart Roberts  |
| Nancy Bachner           | Marcella Hill              | Violet Robinson         |
| Karen Baker             | Kay Hinckley               | Michele Rosser          |
| Mary Ellen Baker        | Susan Hobson               | Cheris & Michael Rotter |
| Pansy Baker             | Carl & Alice Hoffman       | Susan Royston           |
| Cheryl Barrett          | Patricia Ivey              | Marilyn Russell         |
| Lona Baurick            | Irene Jacobson             | William Sanderson &     |
| Faye Becker             | Cindy Jeffries             | Chyra Sanderson         |
| Don & Maria Billings    | Fred & Bonnie Johnson      | Gary Sawdy D.D.S. &     |
| Peggy Birkenbuel        | Judy Johnson               | Margery Wagner          |
| Edward Bobo             | Lynn Johnson               | Philip & Helen Schulz   |
| Hollis Bottles          | Margie Johnson             | Christine Schut         |
| Cory Borgeson           | Virginia Kawasaki          | Judy See                |
| Bernice Boykin          | Lois Kincaid               | Teresa Brand Sharp      |
| Pam Brandt              | Cheryl LaFollette          | Patricia Silverton      |
| Ellen Brown             | Julie & Kelvin Lageson     | Marie Simmons           |
| Constance Burnette &    | Barbara Lando              | Linda Parker Smith      |
| Ed Towler               | Josie Leyva                | Tonia Smith             |
| Staci & Lawrence Butler | Ruth L'hommedieu           | Becky Snyder            |
| Sharon Camarata         | Susan Lindholm             | Jerry Stevens           |
| Carol Canter Moore      | Gerald & Geraldine Lizotte | Carole Stevenson        |
| Floss Caskey            | Gertrud Lopez              | Judy Stoop              |
| Gwen Colbert            | Teri Lorkowski             | Nancy Stover            |
| Rose Cope               | Craig & Kathi Loudon       | Jo & Don Swarner        |
| Tiffany Corrigan        | Suzi Lozo                  | Joan Talvi              |
| Jeannie Creamer-Dalton  | Mike & Ann McCann          | Roy Tansy               |
| Shirley Daniel          | D.A. McGilvary             | Mike & Patricia Thurman |
| Karen DeMeyer           | Sarah McGowan &            | Nelson Traverso         |
| Linda Denton            | Dick Flaharty              | Bettie Upright          |
| Brenda Dow              | Rita McGrath               | Diega Vaughn            |
| Howard Dresser          | Mary Matthews              | Kathy Vaupel &          |
| Virgie Dunlap-King      | Neal Matson                | Suzanne Summerville     |
| Gisela M Dykema         | Linda Menke                | Pearl Watson            |
| Karen Eddy              | Diane Miller               | Marilyn Wenzlick        |
| Lamie Ellsworth         | Van Mitchell               | Ellen Whitcher          |
| Karen Emerson           | David Muller               | Jan White               |
| Joyce Erickson          | Ed & Gretchen Murphy       | Gerald & Janice Whitton |
| Birgitta Evans          | Patricia Myers             | Edith Williams          |
| Joan Fairchild          | Madeline C. Nance          | Robert & Robin Wilson   |
| Dick Farris             | Mary Ann Nickles           | Milt & Flora Wiltse     |
| Pat and Sig Fink        | Marilyn Nigro              | Karen Wood              |
| Diane C. Fleeks         | Debora Norcross            |                         |
| Marilyn Fleming         | Sharon Nowicki             |                         |
| Sandra Fleming          | Shirley O'Connor           |                         |
| Kaethe Foertsch         | Lucille & Cynthia Oligney  |                         |
| Fran Fuller             | Joyce Outten               |                         |
| Bob Galloway            | Linda Parker-Smith         |                         |
| Natalie Gaskins         | Elisabeth C. Paulson       |                         |
| Sandra Gill             | Merrie Penick              |                         |
| Jane Gorsuch            | Paul & Mary Beth Perreault |                         |
| Jerry Gottbe            | Darlene Peterson           |                         |
| Agnes Govednik          | Claudia Piatt              |                         |
| Louise Gry              | Wynola Possenti            |                         |
| Hollis & Darleen Hall   | Sara Ramos                 |                         |
| Margaret Hall           | Gloria Rasley              |                         |
| Jack Halsey             | Lucille Reese              |                         |

**North Star Council on Aging  
Fairbanks Senior Center  
1424 Moore St.  
Fairbanks, AK 99701**

**Return service requested**



Email: [nscoa.newsletter@alaska.net](mailto:nscoa.newsletter@alaska.net)  
Hours: Mon—Fri./8am—4:30 pm  
Phone: 452-1735 fax: 451-9974  
Web: [fairbanksseniorcenter.org](http://fairbanksseniorcenter.org)  
Facebook: [www.facebook.com/FairbanksSeniorCenter](http://www.facebook.com/FairbanksSeniorCenter)

*You are never too old to set another goal or to  
dream a new dream.*

*C.S. Lewis*

At times, Hope can lighten the load... other times it strengthens the  
Bridges.

~Gerald N. Lund~



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