



Fairbanks Senior Center News


1424 Moore Street,
Fairbanks, AK 99701
907-452-1735
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<http://fairbanksseniorcenter.org> • www.facebook.com/FairbanksSeniorCenter

NSCoA News

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

November 2017

Hello Seniors,

Did you know that Alaska has the fastest aging population, 60 and over, more than any other state, at 61% and the Interior senior population is growing at 41.4 percent per the Alaska Commission on Aging (ACoA) 2015/2016 Snap Shot. These numbers are both inspiring and concerning. Did you also know that retired seniors cumulative economic impact is \$3 billion annually to Alaska's economy as compared to fishing (2.2 billion) and construction (2.1 billion)? There is power in such numbers, power to be active, contribute to community through volunteering and the power in raising flags to draw social and political attention to the unique needs of an accelerated aging population that built Fairbanks. It takes a community and it will take the community to lead the Interior in aging care so those we love can remain here in the place we call home. We have to ask ourselves, is the Interior ready for the amazing challenges ahead?

Next, November is Alzheimer's awareness month and according to Alzheimer's Research & Prevention Foundation (ARPF) there are 4 pillars to prevention: 1) Diet and Supplements - Just like the rest of your body, your brain needs proper nutrition, blood flow, energy, and care; 2) Stress Management - The effects of the daily grind on your body are well-known, but did you know your brain also suffers when you're stressed out?; 3) Exercise - It's simple: if you want to maintain a healthy body and mind, you must Exercise; and 4) Spiritual Fitness - Increased consciousness and cognition is the final frontier of Alzheimer's prevention. Developing your Spiritual Fitness, or psycho-spiritual well-being, may very well help reduce your risk of Mild Cognitive Impairment (MCI) and even Alzheimer's. <http://alzheimersprevention.org/4-pillars-of-prevention/>

Here are some helpful hints with the ideal prevention diet breaks down:

20% "good" fats. Items in this group include extra virgin olive oil, avocado, and flax seed oil

40% lean proteins. Look to include fish, chicken, turkey, and soy on a daily basis.

40% complex carbohydrates. Discover the rewards of a rainbow of fresh vegetables, whole grains, legumes, and fresh fruits.

Superfoods for the brain – so eat as much as you want! These superfoods, including blueberries, spinach, and seaweed, have fabulous antioxidant properties preventing causes of Alzheimer's.

For the prevention of Alzheimer's and improving memory loss, ARPF recommends taking a high potency multiple vitamin and mineral capsule. Be sure the vitamin formula you choose contains folic acid and vitamin C. Folic acid reduces homocysteine levels—high homocysteine levels put you at risk for both heart disease and memory loss. Vitamin C has been shown to reduce your risk of Alzheimer's disease by 20% when taken with vitamin E. To take advantage of its fullest benefits, ARPF recommends to take a dose of 2,000 mg of vitamin C per day. ARPF also suggests including the following memory-specific nutrients in your daily vitamin plan:

coenzyme Q10

phosphatidylserine

alpha lipoic acid

Omega-3's

ginkgo biloba

acetyl-L-carnitine

One last note of prevention from ARPF, doing 20 minutes, three times a week of mental exercises. Doing mental exercises can reduce your chance of developing Alzheimer's disease by up to 70%! With numbers like that, it's amazing that everyone isn't exercising their brains more often! Examples of brain building exercises: reading, board games, crossword puzzles, word search games, and writing to name a few.

Keep being social active, exercise, eat good foods and kind to one another. There is an announcement of our December Christmas party on page 4. Hope to see you all there!

Darlene Supplee - Executive Director

WHAT IS GOING ON AT THE CENTER

Monday Art Classes

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

Painting with Peggy– [November 6th](#)

Crochet & Knitting– [November 13th](#)

"Bits & Pieces"– [November 20th](#): Card making with lessons on die cutting and embellishments—Karen DeMeyer 987-0739

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!

AGING @ HOME FAIRBANKS PRESENTS:

"Aging Well"

3rd Tuesday of the Month– 3:30 pm

Topic: Book Discussion

Open to the Public

For more info contact
907-799-4026 or email
aahfairbanks@gmail.com

Better Breathers Club

Tuesday, November 21st- 1:30pm

Guest Speaker: Kitty Berner from the Borough Library
Topic: Home delivery library service

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



Medicare Open Enrollment Prescription Drug Plan Assistance

Help with Part D plans and Medicare Counseling
OCTOBER 15TH-DECEMBER 7TH

There are Certified Medicare Counselors in Fairbanks to help pick the right plan for you

For more information or to schedule an appointment please call

ACCESS ALASKA @ 479-7940

Living Healthy with Diabetes

Learn how to feel better...healthier...happier!

The Diabetes
Self-Management Program

will help you take control of your diabetes rather than letting it control you!

This six-week, doctor-recommended workshop will help you and family members:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue and pain
- Eat healthier and read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND...get more out of life

*Take charge and feel better with the
Diabetes Self-Management Program*

Location: Fairbanks Senior Center

Date: Mondays, November 6 - December 11

Time: 6:00 p.m. - 8:30 p.m.

Cost: FREE

Registration: Required

RSVP: Call Vivian Stiver at (907) 347-2102



TRAVEL AGENCY



"I'd like to spend November and December in a foreign country."

AGING @ HOME FAIRBANKS New Series:

Tying It All Together– putting our affairs in order
This four part series is a follow-up to the Aging Well Workshop

Thursdays – @ 3:30 pm

November 2- Medical Issues

November 16-Legal Issues

November 30th– Financial Issues

Open to the Public

For more info contact
907-799-4026 or email

aahfairbanks@gmail.com

OTHER EVENTS

We Want to give a huge Senior Center hug to the following people who have supported our mission:



The Bill Stroecker Foundation
 Rasmuson Foundation
 Mt. McKinley
 Igloo Foundation NO. 4
 BP Exploration
 Thrivent Financial
 Randi & Joel Johnson
 17 Mile Homemakers
 Alaska Airlines
 Kiwanis Club of Chena

BP Exploration
 GVEA Goodcents Foundation
 Patrick Mechanical
 Fairbanks Emblem Club
 Northrim Bank
 Sarah McGowen
 Santa's Seniors
 Usibelli Foundation
 Don & Maria Billings
 Karen Baker

& So many others

The next exciting thing is a dish room remodel,
 generously sponsored by:

THE BILL STROECKER FOUNDATION.

Alzheimer's Resource of Alaska

MEMORY SCREENING

November 8th @ 10:00am – 4:00pm (in 1/2 hour sessions)

FREE, Private & Confidential

We'll provide valuable tools to help you decide if further testing is needed with your health care professional. These are designed for anyone who is concerned with memory loss or changes that come with aging.



www.alzaska.org

To sign up contact Joan Adams, 452-2277
 For further information contact Joan Adams
 452-2277 or jadams@alzaska.org.

SENIOR WISH TREE IS BACK!

The Senior Wish Tree is designed to fill the wish list of older residents who reside in local low-income housing or long-term, private-assisted living care homes.

Applications are available at the Fairbanks Senior Center

**Gift Donations may be dropped off at the Center
 between the hours of 9:00 am and 4:00 pm.**

For More information, please call
 Soroptimist International of Fairbanks
 at 456-3878
 To volunteer to deliver senior gifts
 call 590-0236



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



**November Gemstone:
 CITRINE**



**November Flower:
 CHRYSANTHEMUM**



Join us for the
**Fairbanks Senior Center
 Annual Holiday Party**



**Saturday, December 16th
 11:00 to 2:00pm**

Santa will be here @ 11:30 with presents for the kids.

Food will be served from 12:00 to 2:00pm

Please RSVP by calling the Center @ 452-14735

to get your name on the sign up sheet.

If you will be bringing children— please be sure to
 let us know **how many** and **ages** of children you will be bringing to visit Santa!

MAX OF 50 CHILDREN TOTAL— So reserve their spots early!

Rides will be provided but space is limited.

Call 452-1735 to reserve a ride

**HAPPY
 HOLIDAYS**

**Holiday
 Bazaar**



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

Vendors Needed \$10 Table Registration Fee
 TABLES STILL AVAILABLE—Register by October 30th

**Saturday November 4th
 9am—4pm**

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



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:
 "Subscription"

Winner of 5 meal tickets is:

Pete Speed





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!



Senior Center November 2017 Activities Calen-



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Strong Women 9-10am Crocheting & Knitting 1:00 55+ Senior Yoga 3-4:15	31 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30pm	1 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	2 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p	3 Strong Seniors 9:30-10:30 AAH Healthy Aging 10am-12pm 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	4 Holiday Bazaar 9am—4pm
5	6 Strong Women 9-10am Painting with Peggy 1:00 55+ Senior Yoga 3-4:15 Diabetes Self-Mgmt. 6-8pm	7 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p AAH Tech Tuesdays 3:30 Bridge Club 6:30pm	8 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	9 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p NSCoA BOD Meeting 5:30	10 Strong Seniors 9:30-10:30 AAH Healthy Aging 10am-12pm 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	11
12	13 Strong Women 9-10am Crocheting & Knitting 1:00 55+ Senior Yoga 3-4:15 Diabetes Self-Mgmt. 6-8pm	14 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Better Breathers 1:30p. Strong Women T-Group 2-3p Bridge Club 6:30pm	15 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	16 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p 6:00 AARRP Pot Luck	17 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm NSCoA Birthday Party	18
19	20 Strong Women 9-10am Bits & Pieces 1:00 55+ Senior Yoga 3-4:15 Diabetes Self-Mgmt. 6-8pm	21 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Better Breathers 1:30pm Strong Women T-Group 2-3p AAH Aging Well 3:30 Bridge Club 6:30pm	22 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	23 CLOSED 	24 CLOSED 	25
26	27 Strong Women 9-10am 55+ Senior Yoga 3-4:15 Diabetes Self-Mgmt. 6-8pm	28 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Bridge Club 6:30pm	29 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	30 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p	1 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	2

November 2017 Senior Center Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CONGREGATE MEALS SERVED FROM 11:30 to 12:30 M-F			1 Hamburgers	2 Lasagna	3 Breaded Fish	4 Seniors (60 & over) \$5.00 Suggested Donation
5 **EACH MEAL SERVED WITH SOUP OR SALAD & BREAD	6 Chicken & Cheese Bake	7 Roasted Turkey	8 Rosemary Pork	9 Chicken Parmesan	10 Lemon Pepper Fish	11 Non-Seniors (Under 60) \$9.00
12	13 Chicken Marsala	14 Spaghetti & Meatballs	15 Meatloaf	16 Chicken Stir Fry	17 Scrambled Egg <i>NSCoA Birthday Party</i>	18
19	20 Pizza	21 Egg Salad Sandwiches	22 Salisbury Steak	23 CLOSED 	24 CLOSED 	25
26	27 Chicken	28 Quiche	29 Ham	30 Broccoli Cheddar Bake	1 Sandwiches	2

November 2017 Sudoku Puzzle (#245)

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

October 2017 Sudoku Puzzle Answer (#244)

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



November Word Search



THANKSGIVING
 PUMPKIN
 TURKEY
 PILGRIM
 PUMPKINPIE

FAMILY
 HOLIDAY
 GOBBLE
 YAMS
 FEAST

SQUASH
 MEMORIES
 STUFFING
 BLESSING
 THANKFUL

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

ANNOUNCEMENTS

Medicare Open Enrollment Prescription Drug Plan Assistance

Help with Part D plans and Medicare
Counseling

OCTOBER 15TH-DECEMBER 7TH

There are Certified Medicare Counselors in
Fairbanks to help pick the right plan for you

For more information or to schedule an
appointment please call

ACCESS ALAKSA @ 479-7940



SENIOR ACCESS PROGRAM CURRENTLY SERVING FAIRBANKS NORTH STAR BOROUGH

HOME ACCESS MODIFI- CATIONS

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

Healthy Aging: What Does it Mean to You?

Please join us for a group discussion about
healthy aging in interior Alaska.

This discussion group is part of a research project by
Dr. Jen Peterson, Department of Psychology,
University of Alaska, Fairbanks (907-474-5214 or
jen.peterson@alaska.edu).

Participants should be aged 60 or older and willing to
have their voices anonymously recorded.

The discussion begins at 10 am on Friday November
3rd at Fairbanks Senior Center 1424 Moore St,
Fairbanks

If you have questions or concerns about your rights as
a research participant, you can contact the UAF
Office of Research Integrity at 474-7800 (Fairbanks
area) or 1-866-876-7800 (toll-free outside the
Fairbanks area) or uaf-irb@alaska.edu.

Fairbanks Symphony Orchestra Upcoming Concerts:

FSO Concert— YOUNGHO KIM & THE FSO
Sunday, November 5th—4:00 pm
@UAF Davis Concert Hall

Fairbanks Concert Association
Upcoming Concerts:
La Santa Cecilia

Saturday, November 21st -7:30 pm
@ Hering Auditorium

Call Laura 452-1735 for more info
Tickets are limited

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

See website @ www.aahfairbanks.org for more
information about the organization.

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

Pat Ivey	President
Natalie Gaskins	Vice President
Ron Woolf	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/Passenger Driver
Jeffrey Kelly	MOW Driver
Michael Carter	MOW 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 Larissey	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	Margaret Hall	Frank & Ida Rhines
Mary Ann B. Adams	Richard Hansen	Jacqueline Richardson
Kristina Ahlnas	Linda Harding	Marilyn Richardson
Don & Pat Atchison	Hope Helms	Pat Roberts
Nancy Bachner	Vida Helms	Terry & Stuart Roberts
Karen Baker	David & Marilyn Henry	Violet Robinson
Mary Ellen Baker	Marcella Hill	Michele Rosser
Pansy Baker	Kay Hinckley	Cheris & Michael Rotter
Cheryle Barrett	Susan Hobson	Susan Royston
Lona Baurick	Carl & Alice Hoffman	Marilyn Russell
Don & Maria Billings	Patricia Ivey	William Sanderson &
Peggy Birkenbuel	Irene Jacobson	Chyra Sanderson
Edward Bobo	Cindy Jeffries	Santa's Senior Center
Hollis Bottles	Fred & Bonnie Johnson	Gary Sawdy D.D.S. &
Cory Borgeson	Judy Johnson	Margery Wagner
Bernice Boykin	Lynn Johnson	Philip & Helen Schulz
Pam Brandt	Margie Johnson	Christine Schut
Ellen Brown	Virginia Kawasaki	Judy See
Constance Burnette &	Lois Kincaid	Teresa Brand Sharp
Ed Towler	Cheryl LaFollette	Patricia Silverton
Gail Burno	Julie & Kelvin Lageson	Marie Simmons
Holland Butler	Barbara Lando	Linda Parker Smith
Staci & Lawrence Butler	Josie Leyva	Tonia Smith
Sharon Camarata	Ruth L'hommedieu	Becky Snyder
Carol Canter Moore	Susan Lindholm	Jerry Stevens
Floss Caskey	Gerald & Geraldine Lizotte	Carole Stevenson
Gwen Colbert	Gertrud Lopez	Judy Stoop
Angela Cook	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	Diega Vaughn
Brenda Dow	Rita McGrath	Kathy Vaupel &
Howard Dresser	Mary Matthews	Suzanne Summerville
Virgie Dunlap-King	Neal Matson	Marilyn Wenzlick
Gisela M Dykema	Linda Menke	Ellen Whitcher
Karen Eddy	Diane Miller	Jan White
Lamie Ellsworth	Van Mitchell	Gerald & Janice Whitton
Karen Emerson	David Muller	Edith Williams
Joyce Erickson	Ed & Gretchen Murphy	Robert & Robin Wilson
Birgitta Evans	Patricia Myers	Milt & Flora Wiltse
Joan Fairchild	Mary Ann Nickles	Karen Wood
Dick Farris	Marilyn Nigro	
Pat and Sig Fink	Debora Norcross	
Diane C. Fleeks	Sharon Nowicki	
Marilyn Fleming	Shirley O'Connor	
Sandra Fleming	Lucille & Cynthia Oligney	
Kaethe Foertsch	Joyce Outten	
Fran Fuller	Linda Parker-Smith	
Bob Galloway	Elisabeth C. Paulson	
Natalie Gaskins	Merrie Penick	
Sandra Gill	Paul & Mary Beth Perreault	
John & Michelle Gillette	Darlene Peterson	
Jane Gorsuch	Claudia Piatt	
Jerry Gottbe	Wynola Possenti	
Agnes Govednik	Sara Ramos	
Louise Grys	Gloria Rasley	
Hollis & Darleen Hall	Lucille Reese	

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

Return service requested



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

*F.E.A.R. has two meanings-
Forget Everything And Run Or Face Everything And Rise
The choice is yours.*

~Zig Zlgar~

Being happy doesn't mean everything is perfect. It means you've decided to look beyond the imperfections.

