



# 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

December 2017

Hello Seniors,

The dish room remodel is well underway and if anyone has ever done construction projects, you will have had first-hand experience with the surprises that can arise. The plumbing components required for our new dish machine have been slightly complicated, but a game plan has been established and we are on a roll again towards completion. The new dish machine will help cut down the work load of having to wash all our pots and pans by hand. We are super excited about that!

You have heard me say over and over how it takes a village, and the community we live in is so generous with supporting Meals on Wheels. The Plumbers & Steamfitters Union Local 375 generously donated \$2,000 toward the refitting that needs to happen with the dish room. We are also lucky to have Patrick Mechanical's abilities to accomplish the retrofit and look forward to finishing the dish machine installation in March through a maintenance grant which we will apply for to finance the work. Patrick Mechanical also donated some materials and a stainless steel sink to bring ease to the project. How amazing is that?

I need to give one more huge thank you to Johnson River for helping us problem-solve through our unforeseen challenges. Micah and his crew are wonderful in keeping us on track toward making the improvements successful and turn the impossible into possible!

I am asking all who read this to consider donating to the Meals on Wheels program this holiday. The Meals on Wheels program is still in need of financial support to provide the 52,000 meals we deliver each year to homebound seniors and are asking you to think of us during the Christmas season in sponsoring meals for a senior. Every dollar donated helps us to assure a senior does not have to face hunger and gets the balanced nutrition they need. It takes \$150.00 per month to provide 30 home-delivered meals while receiving a wellness check from the driver.

Last month, I shared with you 74% of the seniors we send meals to are at or below an income level of \$15,000. Can you imagine? The elders in our community built Fairbanks to the amazing city it is today. Help us to keep those we serve living safely in the community they love and to assure no one endures silent hunger. Thank you!

Hugs of thanks to an amazing community!  
Darlene Supplee - Executive Director

PS. The Christmas Party is Saturday, December 16 at 11:30. Santa will be here with presents for the kids. Don't forget to call the front desk at 452-1725 to let us know you are coming. We don't want to run out of food or presents for the kids.

# WHAT IS GOING ON AT THE CENTER

## Monday Art Classes

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

**Painting with Peggy**– [December 4th](#)

**Crochet & Knitting**– [December 11th](#)

**“Bits & Pieces”**– [December 18th](#): 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” - Why Balance?**

**3rd Tuesday of the Month– 3:30 pm  
Open to the Public**

For more info contact  
907-799-4026 or email  
[aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

## Better Breathers Club

Tuesday, December 19th @1:30pm

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



## 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



## 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



## *Tai Chi for Seniors* **NEW EXERCISE CLASS!** **Tuesdays @ 3:00 pm**

Instructor: Rosemary Pooler  
[poolerrose@gmail.com](mailto:poolerrose@gmail.com)—(207) 974-9894



**You too, can help us now!**

The 2017 **Subaru Share the Love** Event is going on now!!! From November 16, 2017 to January 2, 2018. Subaru will donate \$250 to our Meals on Wheels program for every new Subaru vehicle sold or leased.

**Go see your local Subaru dealer today!!**



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 @ 452-1735**

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**

**Not every Fairbanks or North Pole senior  
 will have enough to eat today.**

Your contribution to the Meals-On-Wheels  
 program could be the meal that saves a life.

**Have you seen the face of an elder and can you tell if they are hungry?  
 We can't, either.**

At the Fairbanks Senior Center's Meals-On-Wheels Program, we are trying hard to keep up with the ever-growing senior population to have at least one meal a day. They need your help!

**Join Us! You can make a difference!**



**Let's make sure that those at risk for hunger  
 in our community are not forgotten.**

Please call the Fairbanks Senior Center to Donate 452-1735





**Heart to Heart**  
*Valentine's Dinner Fundraiser*  
**for Meals on Wheels**  
 Saturday, February 10, 2018

*Location: Raven Landing 1222 Cowles St.*

**Time:**

6:00 pm Cocktails

7:00 pm Dinner

**Ticket Price:** \$100/person

**Tickets Sold at:**

Gulliver's Books

Grassroot Guitars

Fairbanks Senior Center

1424 Moore Street

907-452-1735

**Come enjoy:**

Live Entertainment

Silent Auction

Formal Dinner

Photo Booth

Dancing

& DJ

**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"

**MEMBERSHIP NOTICE**

If you see three asterisks \*\*\* on your mailing label, it means your membership is now expired and this will be your **LAST** newsletter. Please make sure to renew your membership **ASAP**

Please contact **Laura** at 452--1735 for more info



# Senior Center December 2017 Activities Calen-



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

# December 2017 Senior Center Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CONGREGATE MEALS SERVED FROM 11:30 to 12:30 M-F</b>					1	2 <b>Seniors (60 &amp; over) \$5.00 Suggested</b>
3 <b>**EACH MEAL SERVED WITH SOUP OR SALAD &amp; BREAD</b>	4 Chili	5 Hamburgers	6 Roasted Turkey	7 Chicken & Broccoli Alfredo	8 Tuna Casserole	9 <b>Non-Seniors (Under 60) \$9.00</b>
10 Chicken Pot Pie	11 Chicken Pot Pie	12 Veggie Bake	13 BBQ Chicken	14 Beef Stew	15 Fish	16
17 White Chicken Chili	18 White Chicken Chili	19 Goulash	20 Shepherd's Pie	21 Honey Crusted Chicken	22 Biccuits & Gravy	23
24	25 <b>CLOSED</b> 	26 Baked Chicken	27 Pork w/ Applesauce	28 Beef Stroganoff	29 Mac & Cheese	30
31	1 <b>CLOSED</b> 	2 Turkey Casserole	3 Sandwiches	4 Enchiladas	5 Baked Fish	6

December 2017 Sudoku Puzzle (#246)

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

November 2017 Sudoku Puzzle Answer (#245)

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



## December Word Search



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

CHRISTMAS

REINDEER

POINSETTIAS

TREE

ORNAMENTS

WREATH

STOCKINGS

PRESENTS

JOLLY

CAROLS

COOKIES

MISTLETOE

CANDYCANE

CHIMNEY

GINGERBREAD

# 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**

***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

**Fairbanks Concert Association  
Upcoming Concerts:**

**Sweet Honey in the Rock**

**Saturday, December 9th -7:30 pm**

**@ Hering Auditorium**

**Call Laura 452-1735 for more info**

Tickets are limited

**December Flower:  
Poinsettia**



**December Gemstone:  
Blue Topaz**



**SENIOR ACCESS PROGRAM**

CURRENTLY SERVING FAIRBANKS NORTH STAR BOROUGH

**HOME ACCESS  
MODIFICATIONS**

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



**Winner of 5 meal tickets is:**



**RITA HOLLEY**

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!



**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
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 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, Holland Butler, 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"  
Maria Debaun & "Timmy"

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

**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)  
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Web: [fairbanksseniorcenter.org](http://fairbanksseniorcenter.org)  
Facebook: [www.facebook.com/FairbanksSeniorCenter](http://www.facebook.com/FairbanksSeniorCenter)

*May the Golden Moments of today become the treasured  
memories of tomorrow.*

*~Mary Kay~*

Keep your face always toward the sunshine—and shadows will fall  
behind you.

*~Walt Whitman~*

