FAIRBANKS NATIVE ASSOCIATION
COMMUNITY SERVICES

Fairbanks Native Association
Community Services
Elder Program
315/317 Wendell Street
Fairbanks, Alaska 99701

(907) 451-7250

A Special "Thank You" to all the Volunteers that make a difference in our Elder Program!

Calling all Elders!

Please join us for our

November Birthday Celebration

11:30am-1:00pm

at the

Hannah Solomon Building

Wednesday, November 23rd

Fairbanks Native Association Elder program Community Services Elder Program Newsletter

November, 2016 Number 2

Hannah Solomon Building Hours of Operation

Open: Monday through Friday

9:00am to 1pm

WELCOME KATHY HALVERSON COMMUNITY SERVICES SOCIAL WORKER

What is a social worker? A social worker is someone who helps individuals, families, and groups of people to solve and cope with problems in their every-day life.

Kathy is available to assist all Community Service consumers, including our Elders. If you need assistance please feel free to call 452-5225 and schedule an appointment with her.

Kathy, also, facilitates the Grandparents Raising Grandchildren Support Group. Feel free to participate in the regularly scheduled meetings. Share your ideas, challenges, and participate in creative hands-on activities.

She is a compassionate, caring individual who always has the best interest of our consumers at heart. Please make her welcome.

IMPORTANT NOTICE

Medicare Part D (Drug Coverage) Open Enrollment

The annual sign-up window for Medicare Part D is open, running Oct. 15-Dec. 7. Plans change and people's needs change, so it's a good idea to review plan options each year.

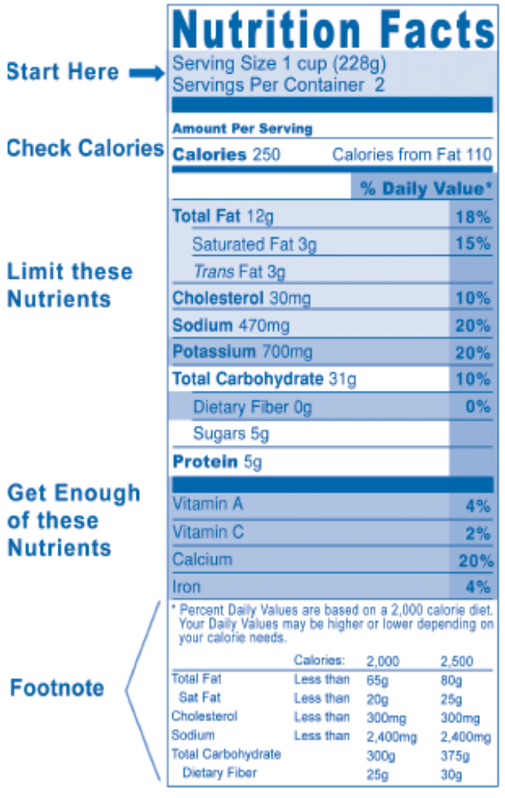
To get more information, visit **www.medicare.gov/part-d/**. For help, call the local Fairbanks Medicare Counselor, 479-7940

UPCOMING COMMUNITY EVENTS

November 9-12 Gwich'in Old Time Athabascan Fiddling @ the Morris Thompson Center

November 9-12 34th Annual Fiddle Fest @ the David Salmon Tribal Hall

November 11 Fairbanks Holiday Marketplace @ the Carlson Center



USE THE NUTRITION FACTS LABEL

You can help you and your family eat better and balance their energy by learning to choose lower calorie, lower fat alternatives to some of your favorite foods.

Use the Nutrition Facts label found on food packages to make smarter food choices.

When using the Nutrition Facts label as a guide, try these tips:

- Keep these low: saturated fats, trans fats, cholesterol, and sodium
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron
- Use the Percent Daily Value (% DV) column when possible; 5% DV or less is low, 20% DV or more is high

Source: nih.gov

How many words can you make by unscrambling the 18 letters in the phrase "Happy Thanksgiving". For example, napkin, navigating

List as many as you can here.

_____

_____

_____

_____

_____

PHONE NUMBERS

Access Alaska	479-7940
Adult Protective Services	374-3749
Alaska Housing	456-3738
Alaska Legal Services	452-5181
Alzheimer's Resources of Alaska	452-2277
Chief Andrew Isaac Health Center	451-6682
FRA Senior Service	451-0389
Fairbanks Social Security Office	1-800-772-1213
Fairbanks Native Association	452-1648
FNA Community Services	452-5225
FNA Elders Program	451-7250
FNSB Parks & Recreation Senior Program	459-1136
Older Person Public Assistance	451-2860
Senior Benefits	1-888-352-4150
Tanana Chiefs Conference	452-8251

November Word Search

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

WORD LIST:

BLESSING	CARVE	FAMILY	FOOD	FRIEND
SALAD	CORN	YAM	TRADITIONS	CIDER
CORNUCOPIA	CRANBERRY	PUMPKIN	SQUASH	POTATOES

ELDER FALL PREVENTION

Winter Safety Tips:

- Sprinkle dirt, wood chips, spread old towels or clothes, or chop an ice trail to keep from slipping on slick ice.
- Wear ice grippers on your winter boots.
- Have a mop handy at the doors to keep floors dry.
- Watch for ice and snow hanging over entries.

Source: ANTHC Injury Prevention

CHOLESTEROL

Cholesterol is a waxy, fat-like substance that travels through the blood on proteins called lipoproteins. It comes from two sources:

1. It's made by your body and used to do important things, like make hormones and digest fatty foods.
2. It's found in many foods, like egg yolks, fatty meats, and regular cheese.

When your body has too much cholesterol, it can build up on the walls of your blood vessels. These deposits are called plaque.

As your blood vessels build up plaque deposits over time, the inside of the vessels narrow and allows less blood to flow through to your heart and other organs.

When plaque buildup totally blocks a coronary artery carrying blood to the heart, it causes a heart attack. Another cause of heart attack is when a plaque deposit bursts and releases a clot in a coronary artery.

Angina is caused by plaque partially blocking a coronary artery, reducing blood flow to the heart and causing chest pain.

When you have too much cholesterol in your blood, it can build up on your artery walls and put you at risk for heart disease and stroke.

Source: cdc.gov

Family Caregiver News

ASSISTED LIVING FACILITIES

Tips for Choosing a Facility and Making the Transition

If you're having more and more difficulty with everyday activities such as showering, dressing, getting around the house, and running errands, an assisted living facility may be the answer. You can get the daily support you need, while remaining as independent as possible. Making the decision to leave your home can be difficult, but by taking time to find the right fit and being honest about your needs and concerns, you can you can make the choice that's right for you and ensure your senior years are happy and fulfilling.

What is assisted living?

Assisted living is a residential option for Elders who want or need help with some of the activities of daily living—things like cooking meals, getting to the bathroom in the middle of the night, keeping house, and traveling to appointments.

What's in a name?

Other common names for assisted living include:

- Residential care
- Board and care
- Congregate care
- Adult care home
- Adult group home
- Alternative care facility
- Sheltered housing

An assisted living facility may be a good choice if you need more personal care services than you can get at home or an independent living retirement community, but you don't need the round-the-clock medical care and supervision of a nursing home.

Assisted living facilities offer the safety and security of 24-hour support and access to care. Day or night, help is only a phone call away. However, privacy and independence are encouraged. A good facility will develop a personalized plan that meets your needs and accommodates your disabilities, while giving you the freedom to do what you can for yourself. In general, assisted living is in a residential type facility, ranging from converted homes or apartment complexes to renovated schools. Some provide apartment-style living with scaled down kitchens, while others provide rooms. In some, you may need to share a room unless you're willing to pay higher cost. Most facilities have a group dining area and common areas for social and recreational activities.

In the U.S., each state has its own specific licensing requirements for assisted living, so you'll want to check to see what services can be provided.

Services at a typical assisted living facility

- Three meals a day served in a common dining area
- Assistance with eating, bathing, dressing, going to the bathroom, and walking
- Housekeeping services
- Transportation
- Access to health and medical services
- Round-the-clock security
- Emergency call systems in each resident's living space
- Exercise and wellness programs
- Medication management
- Laundry services
- Social and recreational activities
- Staff available to help with scheduled needs, as well as unexpected issues

Source: HelpGuide.org