

Friday, May 10

## Presentations

### 8:15-9:15am

*Living with Spine & Joint Arthritis – Current Treatments to Remain Active*  
Stewart Kerr, MD – Buswell Room

*Financial Literacy and Protecting Your Finances*  
Makayla Howlett & Delores Siah MD – Northern Lights Room

### 9:30-10:30am

*Philanthropy & Estate Planning*  
C.B. Bettisworth – Northern Lights Room

### 9:30-11:00am

*GEMS Positive Approach to Care Training*  
Janice Downing – Buswell Room

### 11:15am-12:30pm

*Rehabilitation and Aging in Place Support – Adaptive Equipment and Tips for Self and Caregivers Safety*  
Claire Ferree, OT & Heidi Ritchie, ATC, PTA – Buswell Room

### 12:00-12:30pm

*Alaska International Senior Games*  
Diann Darnall – Northern Lights Room

### 12:45-1:15pm

*Aging At Home Fairbanks Services*  
Claire Matthews – Northern Lights Room

### 1:00-3:00pm

*BEFAST Stroke Awareness and Interactive Activity*  
Dawn Breczynski, RN & Nellie Toy, RN & Victoria Kechum, AT, PTA & Mary Knight, RN – Buswell Room

### 1:15-2:15pm

*Using Technology, Friends, and Found Objects to Help with Low Vision*  
Mary Ann Borchert – Northern Lights Room

### 2:30-3:30pm

*Stop the Scammers Empowerment Tools*  
Mamie Brown – Northern Lights Room



## Demonstrations

### 9:30-11:30am

*Home Gardening Demonstration*  
Cyndie Warbelow – Arena

### 11:30am-12:30pm

*Yoga – Myofascial Health, Breathing, Hydration & Foot Pain Relief – Join In*  
Karuna Linkhart – Arena

### 1:00-3:00pm

*Jo's Table Alaska – Cooking Demonstration*  
Jo Heckman – Arena

### 3:15-4:15pm

*Strong People Exercise – Join In*  
Leslie Shallcross – Arena

# Healthy Living Summit 2024

## List of Exhibitors

17 Mile Homemakers  
AARP AK  
Access Alaska – Durable Medical Equipment  
Aging and Disabilities Resource Center – North & Veteran-Directed Care Program  
Aging at Home Fairbanks  
Alaska Center for the Blind and Low Vision  
Alaska Commission on Aging  
Alaska International Senior Games  
Alaska Legal Services  
Alaska Public Health Nursing – Northern Region  
Alzheimer’s Resource Alaska – Fairbanks  
American Red Cross  
Arbonne  
Assistive Technology of Alaska  
Aurum Insurance  
Breast Cancer Detection Clinic Alaska  
Companions Inc. (walking about)  
Fairbanks Arts Association  
Fairbanks Native Association  
Fairbanks North Star Borough Air Quality  
Fairbanks North Star Borough Library with Bookmobile  
Fairbanks North Star Borough Senior Citizens Advisory Commission  
Fairbanks Pioneer Home  
Fairbanks Resource Agency  
Fairbanks Retired Teachers Association  
Fairbanks Senior Center  
Fairbanks Wellness Coalition (Photobooth sponsor)  
Foundation Health Partners Cardiology & Vascular  
Foundation Health Partners FMH Stroke Committee

Foundation Health Partners Home Services  
Foundation Health Partners Lifeline & Auxiliary Services  
Foundation Health Partners Medication Therapy Clinic  
Foundation Health Partners Outpatient Rehabilitation  
Health Yourself LLC  
Holistic Health – Ann Marie Sweeney  
Ideal Option  
Interior Alaska Cancer Association  
Mature Alaskans Seeking Skills Training (MASST)  
Moore Street Seniors Inc & Holiday Heights  
NAMI Fairbanks  
North Pole Senior Center  
Office of Children’s Services – Community Care Licensing  
Osher Lifelong Learning - Olli  
Parkinson’s Support Group  
Raven Landing  
Riverview Senior Living  
RurAL CAP  
State of Alaska Department of Health Dementia Education  
State of Alaska Office of Long-Term Care Ombudsman  
Sweet Tooth Mobile Dental Hygiene Services  
Tanana Valley State Fair  
Timber Creek Senior Living  
TOPS AK 0224 North Pole  
United Way Anchorage  
Healthcare Navigator  
United Way of the Tanana Valley

