



2024 CALL FOR PROPOSALS FOR EXHIBITORS AND ACTIVITIES

Coming Together to Celebrate Aging in Interior Alaska

The Fairbanks at 50+ summit will open with the **Fairbanks North Star Borough Senior Recognition Day Luncheon on Thursday, May 9th and continue through Friday, May 10th** with a wide variety of exhibitors and activities. We are seeking proposals for events, activities, and exhibitors – Please use the attached form. The FNSB and Fairbanks at 50+ team will be reviewing all proposals and will reach out to applicants by February 29th.

The Big Idea

This Summit was imagined as a way of building our community health by simply enjoying and supporting one another as we age. Our priorities include home and community-based health, caregiver support, development and support for facility-based resources such as assisted living, and shared information about all aspects of aging. This event promises to be inspiring for all audiences and is intended for the public as well as professionals.

A Few Goals: Seen, Heard, Valued

- ❖ Welcome all who are curious about living well in Fairbanks at 50+
- ❖ Recognize and celebrate those who are trailblazers
- ❖ Build skills and knowledge for aging in Interior Alaska
- ❖ Share knowledge of resources for independent, community-based, and facility-based services
- ❖ Encourage collaboration among professionals, volunteers, and family/friend caregivers

Host an Event, Activity and/or Exhibit

We are seeking a wide variety of exhibitors for the resource fair and proposals for interactive activities. The focus should inspire, inform, or otherwise assist people age 50 and older in our community. We have attached a menu of **suggested topics** to help get ideas brewing; **but please do not let the list limit your imagination!**

For **EVENTS & INTERACTIVE ACTIVITIES** – please send the proposal by **February 2nd**

For **EXHIBITORS** (tabletop/booth type) – please send the proposal by **February 16th**

Do you have ideas, questions, or have a suggestion? Please reach out if you do!

Please note, if in the past you arranged directly with the FNSB to participate in the Sr Recognition Day resource fair, we have combined that process, and this form is the newer way to propose participation.

If you are ready to submit a proposal or have questions – please COMPLETE THE BRIEF PROPOSAL FORM

- **email:** Carol.Anthony@foundationhealth.org
- **OR enter on-line form at** <https://forms.office.com/r/mvq3iE50m1>
- **OR bring to** Parks & Recreation Administration Office, **2nd Floor Big Dipper Ice Arena**, 1920 Lathrop St

MENU OF SUGGESTED TOPICS FAIRBANKS AT 50+

Art and science of caregiving:

Skills for supporting safe care, communication skills, networking, support, career paths in caregiving

Create, recreate, growth, wellness:

Arts, education, fitness, activities, fulfillment-purpose, travel

Connections, relationships, social-emotional ties:

Multi-generational life, raising grandchildren, connections with family and friends, volunteerism

Health:

Physical and Mental Health topics such as nutrition, strength, sleep, brain-health, balance, conditions and diseases, medications, prevention, recovery, rehabilitation, support, and caring for family-friends

Home matters:

Home modification, safety at home and on the road, snow-bird life, accessory dwelling units (ADU), universal design, transportation, home-based assistance, transition to senior housing, assisted living

Legal and other planning:

Wills, family trusts, retirement investment, fixed-income planning, suddenly solo, downsizing belongings, organizing essential documents, where to find in-home help, seeking new home options

Medical decisions and understanding the rules:

Living wills, advanced directives, healthcare proxies, guardianships, Medicaid waiver, Miller Trust, Medicare, care coordination

Safety and tools

Emergency readiness, security devices for home and travel, fraud prevention, on-line safety

Policies, leadership, advocacy:

Politics of aging, government policies and programs, changing Fairbanks demographic, what we need

FORMAT CATEGORIES AND EXAMPLES:

- **Exhibit Resource Table:** Tabletop display-handouts – at exhibit hall resource sharing times (staffed table)
- **Exhibit: Promotional** – sales proposals considered (not during luncheon event hours on Thursday)
- **Event: Participatory** – dance party, karaoke, senior talent show, bunko tournament, trivia contest...got ideas?
- **Event: Show** – performance, music, sport, fitness, art, games, movie
- **Event: Health Screening:** AK Health Fair
- **Activity: Interactive Demonstration** – skills demonstration, skills-fair, hands-on practice for caregivers (lifts, transfers, walkers), smart phone tips, security and safety devices, home modification, yoga, Thai chi, try the bus, sign up for VanTran assistance

SPACE:

The Carlson Center lends to activities of all kinds, get creative! We have ample exhibit hall space to work with including exhibit space, a classroom, concession area, and stage in the arena area. Please indicate how much space your proposed participation would need for each type of exhibit, event, or activity.

SCHEDULE:

Thursday, May 9th **10am-5pm:** Luncheon and awards begin at 11am. Exhibit – Resource Tables 10am-5pm.

Friday, May 10th **8am-5pm:** Exhibits – resource & promotional tables, Events, Activities.

Evenings undetermined: *The committee welcomes proposals for evening events for Thursday or Friday evenings.*

Fairbanks at 50+ is a project of the Foundation Health Partners Community Health Improvement Plan (CHIP) for Senior Care



BRIEF PROPOSAL FORM – 2024 FAIRBANKS AT 50+

Please use as many forms as needed if you are interested in multiple topics or events

CONTACT INFORMATION:

First and Last Name(s):

Organization:

Email:

Phone:

Please briefly describe your background in the subject you would like to address:

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For Proposing an **ACTIVITY OR EVENT**: Please send by **February 2**

Describe topic	
Describe format <i>See format definition of activity or events</i>	
Approximate size of space needed	
Describe your available dates Check all that apply: <input type="checkbox"/> Thursday evening 5pm – 7 pm (pending) <input type="checkbox"/> Friday morning early: 8 am <input type="checkbox"/> Friday morning start later: 10 am <input type="checkbox"/> Friday afternoon 1pm-5pm <input type="checkbox"/> Friday evening 5pm – 7pm (pending)	Describe:
Describe any needs you have for your activity including plug-in for electricity	
What audience do you aim for	
Other comments:	

For Proposing an **EXHIBIT – RESOURCE TABLE**: please send by **February 16**

Describe topic(s)	
Describe format: <i>Resource Exhibit, Sales, Promotional, Fundraising, etc</i>	checklist
Approximate size of space needed	
Describe your available dates: Check all that apply: <input type="checkbox"/> Thursday during luncheon hours 10am – 1pm <input type="checkbox"/> Thursday evening 5pm – 7 pm (pending) <input type="checkbox"/> Friday morning start early: 8 am <input type="checkbox"/> Friday morning start later: 10 am <input type="checkbox"/> Friday afternoon 1pm – 5pm <input type="checkbox"/> Friday evening 5pm – 7pm (pending)	Describe:
Describe any needs you might have for your exhibit (audio-visual, plug in for electric)	
What audience do you aim for	
Other comments:	

THREE CONVENIENT WAYS TO TURN IN A FORM:

1. Email forms to: Carol.Anthony@foundationhealth.org
2. Print and bring it to FNSB Parks & Recreation Administrative Offices
2nd Floor Big Dipper Ice Arena, 1920 Lathrop Street, Fairbanks
3. Enter the form on-line at <https://forms.office.com/r/mvq3iE50m1>
Or scan with phone or tablet camera:

