



# SENIOR *life* R



MAY 7 - MAY 10, 2017

## Activities Calendar

### May 7

Senior Hall of Fame at the Greeley Recreation Center (651 10th Ave). Join us in honoring the Class of 2017 and Weld County Senior Center Grants, Professional Development and several other awards. Reception starts at 1, free to attend, please call Alex Cox to RSVP at 303-833-3660 ext 117.

### May 9

WCSPERA Luncheon (Weld County School and Public Employee Retirement Association). Open to any retiree who receives PERA benefits, including all school personnel, State Patrol, and State Highway Dept. Trinity Episcopal Church, 3800 W. 20th Street, in Greeley from 11:45-1:30. Cost is \$15.00 and call Eve at 506-9838 for reservations.

### May 10

Landscape Lecture Series: Healthy Tree Selection, Planting, and Care. Greeley's Forestry Manager, Shiloh Hatcher will cover how to choose a tree, plant it, and take care of it. Greeley Rec Center, 651 10th Ave. begins at 6:00 pm. Call 970-336-4134 or email [conserve@greeleygov.com](mailto:conserve@greeleygov.com) to RSVP.

Ask An Attorney Clinic hosted by the Weld County Combined Court Information Center. Speak with a local attorney for free. (Family, Divorce, Custody, Child Support, Criminal, Traffic, Evictions, and Civil Law Suits.) Each one on one session is 15 minutes. 3:30 - 5 pm at 915 10th St. For more information call 970.475.2410.

Senior Life is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or [hdarby@weldgov.com](mailto:hdarby@weldgov.com). All content is subject to editing and/or approval by Weld County.

## 8th Annual Film Festival Painting a Landscape of Aging through Film

The Weld County Area Agency on Aging will host its 8th annual film festival in recognition of Older American's Month for May. This year's short films that were chosen to honor the joys, challenges and opportunities facing late life will be shown on Tuesday, May 23 and Wednesday, May 24, 2017 at the Kress Theatre, 817 8th Avenue, Greeley.

The morning session runs from 10:30 am through 12:30 pm and the afternoon session will run from 2:00 pm to 4:00 pm; a short discussion will follow each session. The morning and afternoon viewing sessions will show different films; however,

each day will be identical. Guests are welcome to attend one or both sessions based on your availability. Doors open at 10:00 am and light refreshments will be provided in the lounge.

Short film is widely known as the poetry of filmmaking. The best shorts tell more in as little as four minutes, or up to around 60 minutes, than many feature films. Film is one of the most efficient, entertaining and engaging ways to highlight and explore cultural issues, including aging. The viewing selection panel responsible for creating the lineup for the festival takes considerable time in selecting films that reflect meaningful, life-enriching stories of

seniors, so don't miss the chance to see these films; they are sure to keep you talking!

This day-long film celebration is a free event and is always well attended; however, since seating is limited, people who wish to attend are asked to make **reservations** by calling (970) 346-6950 for complimentary tickets. There is parking without time constraints available on this day in **designated** areas across from the theatre and the train depot allows all day parking.

Hope to see you at the movies in May!



AGE OUT LOUD: MAY 2017

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto

the South Pole. Former President George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence and passion

while serving as an inspiration to people of all ages.

Take time to think how you can redefine aging through work or family interests, by taking charge of your health and staying independent for as long as possible, and through community and advocacy efforts.

Some fun events this month designed to highlight Older Americans Month include the Greeley Weld Senior Foundation Hall of Fame on May 7th, a Centenarian Celebration on May 19th, and the 8th Annual Film Festival on May 24th & 25th. We encourage you to get involved and join us as we speak up and #AgeOutLoud this May!

Contact your Area Agency on Aging by calling (970) 346-6950 for more information.

## Get to Know Commissioner Moreno

By the Senior Life Editors

As you may know by now, occasionally we interview one of the County Commissioners. This time we interviewed Commissioner Steve Moreno. Through mostly laughter, we learned quite a bit about our long-time public official.

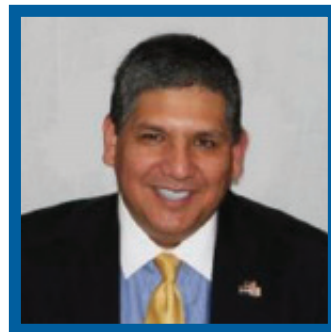
What's not surprising, like most of us, the first thing Commissioner Moreno does when he gets home from a long day is put his "comfies" on, though from day to day that may vary between a pair of running shorts or his jammies. On the days he chooses his jammies, he embarrassingly admits that he watches too much TV, specifically Fox News (now, that IS embarrassing!).

Since we are in Bronco country, he should be embarrassed to say he is a Cowboys fan. Whether it's in person or on TV, NFL football is his favorite thing to watch. Growing up in southeastern Colorado he was a typical sports guy playing football, baseball and wrestling. And just like any other typical kid, he wanted to

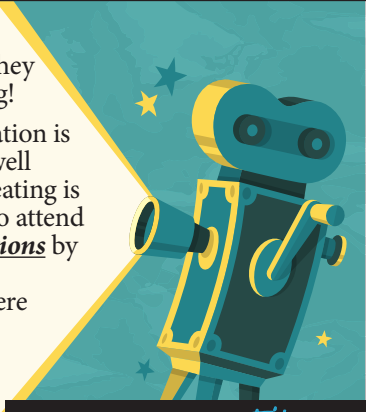
be like Batman when he grew up. Now that he's all grown up, he enjoys listening to Blues music and Elvis radio. But there remains a hidden rebellious kid in our Commissioner, and he still enjoys listening to the Boss aka Bruce Springsteen.

Next we got on to the tougher questions. When asked what was the weirdest thing he ever did, Commissioner Moreno didn't hesitate to say, "Run for elected office, both of them!" Not surprising, that was also the hardest thing he ever had to do. Especially since he started as a front line motor vehicle clerk; that's quite the history!

If you ever find yourself in a dark alley with the Commissioner, make sure he is on your side. His hidden talents include training in martial arts! Or maybe hope that he isn't the one driving if you are in a car with him, the number of speeding tickets he got as a teenager was too many to count.



To round out the interview, Commissioner Moreno shared that his most embarrassing story was the day of his wedding. As he and his bride to be were kneeling at the altar, they could feel the giggles and laughter from the audience. It is at that time that he realized "Help Me" was on the soles of his shoes for everyone to read. He later found out that his mother-in-law to be and his two younger sisters were the culprits. His mother-in-law is still just as ornery. That probably explains why the guy has a shoe polisher in his office that he got off the clearance rack when Dillards closed! So if you ever run into Commissioner Moreno on the street, make sure his shoes are shined.



## SENIOR HEALTH & Fitness

**Be Well with Diabetes Workshop:** Become a better self-manager of your diabetes! Learn to APPLY the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, problem-solving, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-346-6950 x 6117.

Wednesdays 5/24/17 to 6/28/17 from 1:30 - 4:00 pm: NCMC

## NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

**mon 5/8**  
Beef and Bean Burrito with Toppings, Corn Mix, Orange, Apple, Banana, Morning Glory Muffin, Butter

**tues 5/9**  
Beef Enchilada Casserole, Lettuce, Tomato, Spanish Rice, Black Bean Salad, Tropical Fruit

**wed 5/10**  
Country Fried Steak with Gravy and Mashed Potatoes, Strawberry Spinach Salad with Balsamic Vinaigrette, Mandarin Oranges, Pears, Blueberries

**thurs 5/11**  
Cornflake Chicken with Gravy, Mac and Cheese, California Blend Vegetables, Strawberries

**fri 5/12**  
Cabbage Roll, Corn, Fruit Salad, Sunny Lemon Raspberry Muffin, Margarine

**Did you know?**  
Macaroni and cheese has remained on the list America's top ten comfort foods for decades.