



# SENIOR

life



## MAY 16 - MAY 24, 2017 Activities Calendar

### may 16

Advanced Directives at the Greeley Senior Center. It's important at any age to get advance directives done, but especially as we get older. This class will explain living wills and medical health care directives and give you a change to complete them. End of life issues will also be discussed, and the importance of letting your loved ones know your plans. 9 - 11 am, free, but call to reserve your seat 940.950.9440.

### may 17

Medicare 101- New to Medicare? Aspen Club Medicare SHIP Counselor will discuss Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans and how Medicare works with employer health insurance. Greeley Medical Clinic, lower-level classroom, 1900 16th St. from 4:30-6 pm. No charge but register by calling 970-313-2796.

### may 19

Greeley Senior Activity Center Huddle from 9 - 9:30 am. Come listen to a 30 minute update on the Recreation Center and Senior Center remodel project. Join us for coffee and lots of conversation. Speaker is Andy McRoberts, Director of Culture, Parks, and Recreation.

### may 19

Centenarian Day. The Colorado Commission on Aging is honoring Coloradoans 100 years or older in 2017 (and their guest) with a celebration of life at the Greeley Senior Activity Center, 1010 6th St., Greeley from 11:00-1:00 pm. The complimentary event includes lunch and music. Please RSVP to Tara at 303-866-5288.

### may 23

F.A.S.T.-Stroke 101. UHealth Aspen Club presents Dr. Brian Kaiser, who will explain what a stroke is, risk factors, prevention and how to recognize symptoms. Learn when to act F.A.S.T. and the importance of getting to the hospital immediately. Greeley Senior Center, 1010 6th St. from 9:30-10:30 am, no charge, call 970-313-2796 for reservations.

### may 24

The Basics: Memory Loss, Dementia and Alzheimer's at the Greeley Senior Center. Get answers to questions about when to be concerned. Memory loss is not a typical party of aging. Sometimes the cause of memory loss is treatable. This course answers your questions and helps unravel the mystery of dementia as a disease. 9 am, call to reserve your seat 970.350.9440

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. All content is subject to editing and/or approval by Weld County.

## Book Review:

### *Disrupt Aging: A Bold New Path to Living your Best Life at Every Age* by Jo Ann Jenkins

"No one's going to deprive me of my age. I've earned every day of it!"

74-year-old woman quoted in *Disrupt Aging*

The notion of "disrupting aging" may seem counter intuitive. Yet Jo Ann Jenkins articulately defends the idea in her 2016 book, contending that aging is about growth and opportunities as opposed to decline. Jenkins challenges stereotypes, myths, and assumptions. Additionally, she calls attention to the subtle ways language supports ageism, leads to negative attitudes about aging, and ultimately limits our choices.

Jo Ann Jenkins is the chief executive officer of AARP. Thus, she is committed to enhancing the quality of life for adults through advocacy, information, and service. The AARP vision

statement is, "A society in which all people live with dignity and purpose, and fulfill their goals and dreams." In *Disrupt Aging*, Jenkins challenges individuals to exercise personal responsibility for achieving their goals and dreams.

In a particularly compelling chapter, "Design Your Life," Jenkins deconstructs "the pursuit of happiness" as an unalienable right guaranteed in the Declaration of Independence. She suggests that Jefferson was not referring to simple pleasure or entertainment. Rather, his conceptual understanding was about "developing our individual talents and skills to our fullest potential to do good work. Happiness, to Jefferson, was achieved by contributing to the greater social good as a productive member of a community" (p. 59).

sharing experiences and personal stories, services provided by a companion may include medication reminders; assistance with daily routines, light housekeeping, preparing meals, transportation, entertaining with hobbies, games, etc.; and encouragement in planning and participating in social activities or exercise.

The situations of blending companion care with a roommate are endless. Perhaps you are providing discounted room and board for a college student in return for them to do yard care or housekeeping. You may even want to look at finding a roommate closer to your own age and interests so you both are sharing equal amounts of rent. Maybe one of you is the better cook and the other still drives!

If this option is something you would like to explore more, talk to your family to find which situation will best fit your need. There are

In this regard "the best life includes contributing to the well-being of others, and we achieve happiness by fulfilling our purpose in life to the best of our abilities." Happiness, within this construct, is connected to finding purpose and meaning in life.

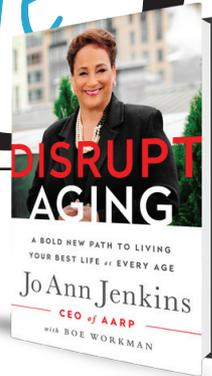
Subsequent chapters include practical strategies and resources for maintaining optimal health, actively choosing where to live, and financial planning. The final section includes guides for self-assessment and action planning to accompany each chapter of the book.

*Disrupt Aging* is an easily read book that is thought provoking, positive, challenging, and practical. Check it out at High Plains Library District.

endless articles and resources via the World Wide Web, aka the internet. Talk with friends and gather feedback to create a list of pros and cons. Most importantly, do your research!! Consider having a background check completed on your potential new roommate. Would using a certified home care agency give you and your family more peace of mind?

This is not a decision that should be made overnight. Take time to investigate all the pros and cons (don't forget to calculate the costs) then score them from 1-5 of importance. After you tally your score, you will have a very methodical answer. But there is still one more step, the gut test. Ask yourself if this is the direction for you - ALWAYS follow your gut instinct!

Sources [www.seniorliving.org](http://www.seniorliving.org); [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)



## Companion Living

By Holly Darby

Companion living is a combination of companion care and a roommate. Remember the days at summer camp or perhaps in college when you had a roommate and you shared responsibility and helped each other out? Well, companion living brings that idea back to life for older adults.

Generally speaking companion care, also known as homemaker services, provides support and companionship for seniors who are generally healthy and who want to remain independent at home. Above

## Chocolate Chip Day

May 15th is National Chocolate Chip Day. There is no better way to celebrate than by eating the delicious little morsels. You can enjoy them in cookies, on ice cream, crepes, practically any dessert, or simply by themselves.

Did you know that chocolate chips weren't tiny morsels until 1941? In 1939 Nestle initially included small chopping blocks with their chocolate bars. Originally the chips were only semi-sweet, but as time went on so did the many flavors. Today you can find them in semi-sweet, mint, white, dark, milk, and white and dark swirled.

The best way to celebrate this day is not only to enjoy Chocolate Chips, but also to share them with someone. Bake a second batch and deliver a treat to a nice neighbor or a special friend. Try this recipe: It is like a candy bar, but so much healthier!

## The Best No-Bake Bars You'll Ever Eat

Ingredients:

- 1 c. peanut butter
- ½ c. honey
- ½ c. unrefined coconut oil
- 2 c. dry oats (not instant)
- 1 c. shredded coconut
- ½ c. chopped walnuts (optional)
- 1 ¼ c. dark chocolate chips
- 1 teaspoon vanilla

Directions:

1. Melt peanut butter, honey and coconut oil over medium-low heat.
2. Remove from heat and add oats, shredded coconut, chocolate chips, and vanilla.
3. Stir until chocolate is entirely melted.



4. Pour into 9X13 pan and cool in fridge.
5. Cut into bars and enjoy.
6. Store in the fridge....if they last that long.

Source: [mooreorlesscooking.com](http://mooreorlesscooking.com); [nationaldaycalendar.com](http://nationaldaycalendar.com)

## 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 - 6/28/17 from 1:30 - 4:00 pm: NCMC

**Powerful Tools for Caregivers Workshop:** If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-346-6950 x 6130.

Tuesdays 5/23/17 to 6/27/17: Centennial Area Health Education Center, Greeley: 1:00 - 3:30 pm

## NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

**mon 5/22**  
French Dip, Au Jus Sauce, California Blend, Peaches, Pears and Cherries, Lemon Pudding

**tues 5/23**  
Turkey Bacon Wrap, Broccoli and Cauliflower, Mixed Fruit with Grapes, Morning Glory Muffin, Butter

**wed 5/24**  
Tomato Bisque, Wheat Crackers, Egg Salad Sandwich on Wheat Bread, Lettuce, Onion, Tomato, Broccoli Salad, Banana Muffin

**thurs 5/25**  
Chicken Sandwich, Tomato, Onion, Lettuce, Apricots, Baked Beans, Coleslaw, Ketchup and Mustard

**fri 5/26**  
Tilapia, Lemon, Tartar Sauce, Lima Bean Salad, Citrus Cup, Fruit and Nut Bar

**Did you know?**  
The juice from peaches makes a wonderful moisturizer, and it can be found in many brands of cosmetics.