



SENIOR *life* SENIOR



MAY 9 - MAY 16, 2017
Activities Calendar

SENIOR HEALTH & *Fitness*

may 9

Family Bike Night. A fun and casual 3-5 mile ride for the whole family. Staff will be on-hand to provide bicycle education and tips. Helmets strongly advised. Begins at 6:30 pm at Westmoor Park, 301 38th Ave., Greeley.

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 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.

may 12

CarFit Assessments. CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when driving. Sponsored by Aspen Club and held at the Rodarte Center, 920 A St. (north parking lot) from 10 - 1pm, free but must register by calling 970-313-2796.

may 16

Advance Directives. This class will explain living wills and medical health care directives and provide you with an opportunity to complete them. Staff from UHealth Aspen Club will be available to notarize documents. Greeley Senior Center, 1010 6th St. from 9-10:30 am, free, but must register at 970-313-2796.

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.

Fashionable or Appropriate Footwear?

By Meredith Skoglund

In our younger years, comfort and safety were an afterthought when purchasing shoes. When shopping, I always looked for shoes that matched a particular outfit or were fun and different. When buying athletic shoes, I wanted the ones that would make me run faster or jump higher.... or motivate me to exercise. Although, what was on my feet may have looked super cool, they were not the wisest or safest choice.

Footwear is important at any age. Over time, wearing improper shoes can cause chronic foot pain or further increase the risk of falling. Here are some tips for purchasing your next shoes to not only reduce

your chance of falling but also increase comfort.

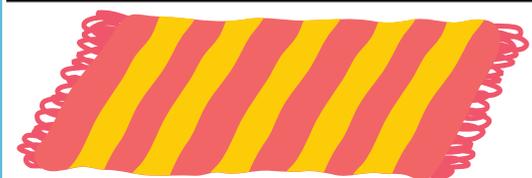
- **Sturdy Support** – When shoes are worn-out get rid of them. Look for sturdy midsoles and minimal flexibility to ensure better stability.
- **Proper Size** – When shoes are too big walking becomes difficult, and when shoes are too small it can cause calluses and corns.
- **Full Back**– Avoid open-backed shoes, they usually fit insecurely.
- **Stay Low** – Purchase shoes that have less than ½ inch padded insoles. Low profile shoes with wider designs and more contact to the ground are recommended.
- **Keep it Light** – Lightweight

footwear is the best; thick soled shoes provide stability but can impede mobility. Be careful that shoes are not flimsy.

- **Tread Design** – Find shoes with a balanced tread; soles that are too smooth can increase slips while excessive grip can cause you to trip.
- **Easy Closure** – Find shoes that fasten easy like hook and loop closures, or for those who prefer laces be sure they are tied securely.

Proper footwear can be fashionable, we just need to be a little more careful when making the purchase.

Source: stannah-stairlifts.com



The "Role" of a Rug

Written by: Kelly Leffler, Weld County Employee Wellness Coordinator

Have you ever thought about rugs and what they have to offer? Rugs are amazing things and have so many purposes; some even come with great stories! I personally love rugs! I have rugs in every room of my house because I have nothing but wood floors, so they are used to add color and warmth to the rooms and provide a soft spot to play with the kids and dogs or to just lay down and do some stretches. However, my absolute favorite rug in my house is my kitchen rug/mat that sits in front of my sink; knowing I get to stand on it when I

do my dishes makes me almost enjoy cleaning up after dinner, because it is so soft and squishy on my tired bare feet!

Rugs are great, and have so many positive things to offer. However, we also have to be careful with the rugs that are in our homes, making sure they are not actually creating a hazard for us instead of helping in some way. Throw rugs are actually one of the biggest culprits to falls amongst the aging populations, so taking a few minutes to go around your house and check your rugs might actually save you from an injury. A few questions to ask yourself about each rug in your house:

- Does this rug bunch up frequently and become "lumpy"?
- Does it slip and slide easily?
- Is it in a high traffic area where it

is more likely that someone could catch it awkwardly and fall?

- Is the slip resistant backing starting to wear down, indicating the rug needs to be replaced?
- Does this rug serve a purpose, or is it more of a hazard than help?
- I love this rug, but it is a hazard where it is located. Can I find a spot to put it that is not traveled frequently?

I challenge each of you to do a rug inventory in your home and check on every rug, making sure it is straightened out and not lumpy, while asking yourself the above questions to make sure you are eliminating as many hazards as possible. I would hate for the rug that you love so much to be the cause of a trip to the emergency rooms. So do yourself a favor and spend a little time with each rug making sure it truly has a purpose and does not have the potential to cause more harm than good!

What Diet?

By Haley Hughes, RD

No Diet Day is an annual celebration of body acceptance and body shape diversity. As a dietitian, I take it as a day to promote a healthy lifestyle with a focus on balanced food choices and to raise awareness of the potential dangers of fad diets and the unlikelihood of success. Americans spend more money on dieting, dieting products and weight loss surgery than any other people in the world, and 62% percent of adults are still overweight or obese. Something needs to change!

The lifestyle change I educate about is how to create overall balanced meals with appropriate serving sizes dependent on the person and his or her nutrition

needs. In the real world, balanced meals are not always an option and weight loss is not going to happen overnight. Working with an individual to customize a plan is vital to success. Meal planning, finding out motivation factors, listening to satiety cues and making small daily goals for healthier choices are strategies for change. There isn't a magic diet or food group for the perfect body type. Fad diets are more prevalent than ever and can have negative effects on not only physical health but also mental and emotional health. They can cause unrealistic expectations, self-isolation and depression.

My advice is to skip the red flag diets, including cutting out



entire food groups (No Carbs! Or eliminating excessive calories) or limiting yourself to only certain types of foods (Chicken and Vegetables every day or non-stop cabbage soup). Worry less about your appearance and focus on healthy food choices and becoming more active. If you're looking for sustained weight loss or improving your diet, developing a customized plan with your dietitian is probably your best bet. If the fad diet seems too good to be true it probably is.

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

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 5/15

Roast Turkey with Gravy, Apple Cranberry Dressing, Baked Sweet Potato, Peaches

tues 5/16

Pea Soup, Wheat Crackers, Chicken Salad Sandwich, Lettuce, Onion, Tomato, Oven Browned Potatoes, Melon Mix

wed 5/17

Chicken Pot Pie, Black Eyed Pea Salad, Grapes, Kiwi, Banana, Cherry Gelatin

thurs 5/18

Teriyaki Beef, Fried Rice, Snap Peas, Mandarin Oranges, Soy Sauce, Chocolate Muffin

fri 5/19

Roast Beef With Gravy, Wheat Roll, Butter, Green Beans with Red Peppers, Strawberries, Pinto Cake

Did you know?

Pinto beans are the most widely produced bean in the US and contains the most fiber of all beans. Although North Dakota produces the most dry beans in the US, Dove Creek, Colorado is the Pinto Bean Capital of the World...self-proclaimed, of course!