



SENIOR *life* R



SEPTEMBER 2017

Activities Calendar

sept 27

Legal and Financial Planning for Alzheimer's Disease. 9:30 - 11 am at the Greeley Senior Center, presented by the Alzheimer's Association. Call to register 800-272-3900.

The Conversation Project. More than 9 of 10 people feel it is important to talk about end-of-life issues; but, less than 3 of 10 have done so. Journalist, Ellen Goodman, developed a program to get this important conversation started before a health crisis or emergency. 1:00-2:00 p.m. at the Greeley Medical Clinic lower level conference room. Call Aspen Club at 970-313-2796 to register.

sept 28

Pinterest Computer Class at the Greeley Senior Center at 10 am. Pinterest CEO Ben Silvermann summarized the company as a "catalog of ideas," rather than as a social network, that inspires users to "go out and do that thing." It is an all in one site for recipes, crafts, DIY, and much more. To sign up call 970-350-9440.

Golden Gallery 50+ Art Show Open Reception. This event is promoting the art of Weld County's 50+ Residents. Browse the beautiful pieces and vote on People's Choice during this free event at the Union Colony Civic Center, 701 10th Ave., Greeley from 4:00-6:00 pm.

sept 29

Porch Sale for RSVP at Roudebush Cottage, UNC Central Campus. (901 19th St). Shop for Jewelry, clothes, baked goods and homemade items from 9 am - 2 pm. Brats and Chips will be provided by Student Veteran Services. Free Parking is available.

October 6, 2017

Senior Law Day: a public service program for seniors, adult children, friends and caregivers of seniors on legal and related topics. 7:30-noon at the Double Tree Hotel, 919 7th St., Greeley. Topics include: Qualifying for Medicaid for Long-Term Care/Social Security Disability; Legal Aspects of Raising Grandchildren; Consumer Rights; Nutrition for Healthy Aging; Powers of Attorney and Living Wills; Reverse Mortgages; Wills and Trusts; Medical Advance Directives; Power Against Fraud. Register today at www.seniorlawday-weldcounty.com or (970) 346-6950; suggested \$5 donation.

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.



Coming Soon: National Good Neighbor Day

By Sandy Magnuson - with gratitude and love for her neighbors!

Individuals and groups have established special days to commemorate - - just about everything. National Good Neighbor Day is one of the few endorsed by a President and the US Senate.

Montana resident Becky Mattson introduced National Good Neighbor Day in the 1970s. The President supported the designation with a proclamation in 1978: "As our Nation struggles to build friendship among the peoples of this world, we are mindful that the noblest human con-

cern is concern for others. Understanding, love, and respect build cohesive families and communities. The same bonds cement our Nation and the nations of the world. For most of us, this sense of community is nurtured and expressed in our neighborhoods where we give each other an opportunity to share and feel part of a larger family. . . I call upon the people of the United States and interested groups and organizations to observe such day with appropriate ceremonies and activities." Who was that President?

Good neighbors watch out for each other, and lend helping hands as needed. They collect mail when we are on vacation, and care for our children. Your neighbors might include colleagues who work in adjacent offices, individuals and families who share walls in apartment complexes or duplexes, others who live next door or down the street, and friends who used to be in one of these categories.

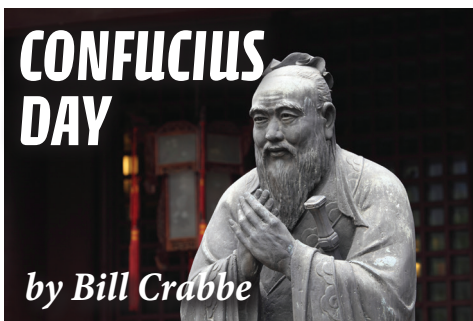
Opportunities and possibilities for cel-

ebrating National Good Neighbor Day abound. Perhaps our suggestions will spark ideas for you!

- Take advantage of the occasion to meet neighbors or start conversations.
- Deliver fresh baked goods for breakfast.
- Prepare fun gifts with complementary notes (e.g., carbonated beverages with "soda-lighted you live on our block.")
- Leave a note of appreciation with a plate of cookies.
- Host a neighborhood dessert party.
- Invite neighbors to your home for mid-morning coffee.
- Give books to neighborhood children.
- Think about starting your own traditions September 28th to celebrate your neighbors!

By the way, it was President Jimmy Carter who signed the proclamation. The Senate's endorsement did not happen until 2004.

Sources: nationaldaycalendar.com/national-good-neighbor-day-september-28 pickupdate.org/national-good-neighbor-day en.wikipedia.org/wiki/National_Good_Neighbor_Day



CONFUCIUS DAY

by Bill Crabbe

Most of us have some dim knowledge that a man named Confucius lived in China a long time ago and that he was considered by many to be the epitome of wisdom. Hence, there are many pithy statements that have been attributed to him, often intoned by culturally insensitive characters in old movies. As is often the case with historical figures, the real history is much more interesting.

There was a man at the root of this story, but his name wasn't really Confucius. The process of naming back in those days in China was a rather complex one, where an individual carried different personal and public names, sometimes

multiple ones. The best guess is that Confucius was actually a man named Kong Qiu who was born about 551 BC. Kong Qiu was a member of the Kong family, which has the longest known continuous family tree, now spanning some 83 generations. As he attained notoriety he became known as Grand Master Kong, which in Chinese came out as Kong Fuzi. When foreigners got involved this name was strained through the sieve of Latin and emerged as Confucius.

Confucius was born into poverty, although his family occupied a class somewhere between commoners and aristocracy. He became a public functionary, working on behalf of various political figures throughout his life. This involved him in a lot of complex political, and even military activity, which caused him to have to leave his native region and live a rather itinerant existence for many years. At age 68 it was once again safe for him return to his native state, where he remained until his death in 479 BC.

Over the course of his life he developed

a philosophy that emphasized the interplay of personal and governmental morality. While his teachings were secular in nature, through his disciples they eventually took on a religious tone, and included a version of the "Golden Rule." However, some call it the "Silver Rule" because he stated it backwards -- "What you do not wish for yourself, do not do to others."

Many have cast Confucius as a proponent of conservative philosophy, largely because he emphasized the need for a return to earlier times when personal morality was central to life and government. But at the same time, he taught that morality emanated from within rather than from externally imposed rules, which put him at odds with many conservative thinkers.

Confucius was very revered throughout Chinese history, with his teachings being mandatory reading and official imperial philosophy from 140 BC until the end of the 19th century, which is just about all of what we consider Western Civilization. Few historical figures have had comparable influence.

for persons who receive the Alzheimer's diagnosis, as well as to their caregivers and families.

The 2017 Greeley Walk to End Alzheimer's will be held at Bittersweet Park starting at 8 a.m.

Local sponsors are Grace Pointe, Good Samaritan Society of Greeley, Fairacres Manor, Orthopedic Spine Center of the Rockies, Pathways Hospice, Points West Community Bank, Padgett Business Services, Seven Lakes Memory Care, FirstLight Home Care, North Range Behavioral Health, The Bridge at Greeley, Life Care Center of Greeley, iHeart Media and The Human Bean.

Edward Jones is the national presenting sponsor for Alzheimer's Association Walks to End Alzheimer's.

Following are some key national Alzheimer's disease facts:

- Alzheimer's is the nation's sixth-leading cause of death.

- More than 5.5 million Americans are living with Alzheimer's, with more than 14 million expected to have the disease in 2050.
- Nearly \$1 of every \$5 in Medicare funds is spent on people with Alzheimer's and other dementias. By 2050 that is projected to be \$1 of every \$3.

Colorado Alzheimer's facts:

- 69,000 Coloradans are living with Alzheimer's today.
- Alzheimer's rates are projected to jump 33 percent to 92,000 by 2025.
- An estimated 244,000 volunteer Colorado caregivers provided 277 million hours of unpaid care in 2016.

For more information, call the 24/7 Alzheimer's Helpline at 800-272-3900. To register, volunteer or make a donation to the Greeley Walk to End Alzheimer's, Google "Greeley Walk to End Alzheimer's" or visit act.alz.org/site/TR/Walk2017/CO-Colorado?pg=entry&fr_id=10414.

SENIOR HEALTH & Fitness

Healthier Living

Workshop:

Learn tools to become a better self-manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Wednesdays 10/4/17 to 11/15/17 from 1:30 - 4:00 pm: North Colorado Medical Center, Greeley

SENIOR Life

Gripe or Gratitude

Church Etiquette

Sally complains about people who think they own the seat at the end of the pew and refuse to move when others want to sit in the same row.

It seems like a petty issue but when it happens in row after row, Sunday after Sunday, one feels like shouting, "Please move toward the center! You don't own that seat."

Do unto others . . .

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 10/2

Chicken Breast on a Wheat Bun with Lettuce, Tomato and Mayonnaise, Sugar Snap Peas with Red Peppers, Roasted Red Potatoes, Morning Glory Muffin, Milk 1%

tues 10/3

Beef Tips over Whole Wheat Pasta, Peas and Carrots, Spinach/Garbanzo Salad, Raspberry Vinaigrette, Buttered Apples, Milk 1%

wed 10/4

Krautburger, Parsley Buttered New Potatoes, Spicy Mustard, California Blend Vegetables, Orange Slices, Milk 1%

thurs 10/5

Tomato Bisque Soup, Whole Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce and Tomato, Confetti Bean Salad, Lemon Coconut Bar, Milk 1%

fri 10/6

Chicken Pot Pie with Wheat Biscuit, Spinach/Strawberry Poppy Seed Salad, Pineapple Tidbits and Blueberries, Fig Bar, Milk 1%

Did you know?

Figs made their first commercial product appearance with the 1892 introduction of Fig Newtons® cookies.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™

800+ EXPECTED FOR GREELEY WALK TO END ALZHEIMER'S

More than 800 people are expected to join the Greeley Walk to End Alzheimer's® on Saturday, Sept. 30th - one in a network of Alzheimer's Association of Colorado Walks across the state to raise funds for the association's programs to provide education, care and support for persons with Alzheimer's disease and their caregivers.

The Alzheimer's Association is also the largest non-governmental source of funds for research to address the deadliest disease without a prevention, treatment or cure.

The proceeds from the Walks enable the Alzheimer's Association of Colorado to continue to provide - at no cost - the essential programs and services