



SENIOR *life* R



FEBRUARY 2018

Activities Calendar

Free Tax Help by AARP

Appointments REQUIRED by calling (970) 584-0144. Located at High Plains Library District, 2650 W 29th Ave., in Greeley.

feb 1

Advance Care Planning Workshop. During this workshop, we will help you think about, document, and learn to discuss your healthcare wishes with families and healthcare providers. Presenters are bilingual (Spanish). Registration Required call (888) 861-7323. Riverside Library and Cultural Center. 3700 Golden St, Evans.

feb 3

Winter Farmers' Market. This season features hardy root crops, winter squash, greenhouse-grown produce, locally raised meat, fresh bread, coffee, honey, savory spices, and more. The winter market is held indoors at Zoe's Café, 715 10th St., Greeley from 9:00-12:00 pm.

feb 6

Understanding Grief. Emotions after a death can be overwhelming, confusing, and sometime frightening. You may wonder what is normal grief and this 5-part series can help you understand. Hosted by the Community Grief Center from 6:30-8:00 pm at 4650 W 20th St., Ste. B, Greeley. Free, but please call 970-506-4114.

feb 10

George Gray Fundraising Concert for the Greeley/Weld Senior Foundation at the Greeley Place (1051 6th St). Refreshments will be served. Call Suzanne Reed at the Greeley Place for tickets, \$10 before concert and \$15 at door. 970-323-3144.

SENIOR HEALTH & Fitness

Tai Chi: Moving for Better Balance

Improve you balance, increase strength, mobility, and flexibility while reducing your fear of falling. Learn 8 of the 24 Yang-style Tai Chi forms. Learn to practice while standing or sitting. FREE for people 60 and older, but registration is required by calling 970-400-6117.

Wednesdays & Fridays 2/7/18 to 4/27/18 from 12:30-1:15 pm: Bonell Good Samaritan Wellness Center Gym

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.

GOT THE WINTERTIME BLUES? ARE YOU SAD?

by Dick Williamson

Cold and dark, January and February – the months we call dead of winter – often leave us with the blues, feeling down, even sad. Actually, “sad” is the right word: it stands for Seasonal Affective Disorder, a condition which is still a mystery to scientists who study it. But researchers agree that people who suffer from SAD are particularly sensitive to light, or the lack of it.

Autumn brings morning frosts and we regret watching the sun set earlier each day. For a lot of folks fall melancholy deepens to winter depression, or SAD. Alfred Lewy, MD, a SAD researcher at the Oregon Health & Science University, says it's not only a matter of getting light, but also getting it at the right time. “The most important time to get light is in the morning,” he says. This is one instance where going off Daylight Saving Time is actually helpful as SAD victims get their much-needed

sunlight an hour earlier. Getting out of bed while it is still dark can be a real downer.

For the rest of us, we will do well to heed the wisdom of some pundits who share their thoughts about these dark days we call the “dead of winter.”

Anne Bradstreet said, “If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”

Edith Sitwell commented, “Winter is the time for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.”

Author John Steinbeck pondered, “What good is the warmth of summer, without the cold of winter to give it sweetness.”

Edmund Hillary

said, “Despite all I have seen and experienced, I still get the same simple thrill out of glimpsing a tiny patch of snow in a high mountain gully and feel the same urge to climb toward it.”

Yes, winter is here; it is one of God's gifts to us. You can choose to hate it - or to love and embrace it.



SENIOR *Life*

AGE OUT LOUD

Researchers tell us that “happiness” means different things as we age. In youth we explored new challenges to set a course for life. As seniors we cherish those activities that make us “comfortable,” or at ease with life. People find that sense in different ways and we'd like to hear your story. Some folks, like retired attorney Ron Medley, Grandma Moses, or Robin right here in Greeley, find joy in painting. Let's hear your story.

Send your story to Age Out Loud editor, Dick Williamson at radiomemry@gmail.com. Contributions should be 75 words or less and are subject to edit.

John offers barbering.

John of Windsor writes, “Retirement is not for me. Call it reinventing my life, or bouncing back after a long career working in hospitals. I have found a great second career in barbering. I'm cutting men's and boy's hair at a shop on Main Street in Windsor. I've found customers who appreciate the same personal service I've always enjoyed while getting a hair trim.”

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 2/5

Chicken Parmesan, Penne Pasta with Marinara, California Blend Vegetables, Watermelon, Milk 1%

tues 2/6

Shepard's Pie, Tossed Salad with Garbanzo Beans and Ranch Dressing, Wheat Roll, Butter, Orange Wedges, Cranberry Gelatin Salad, Milk 1%

wed 2/7

Apple Glazed Pork, Whipped Sweet Potatoes, Brussel Sprouts with Vinegar, Buttered Apples, Wheat Bread, Butter, Milk 1%

thurs 2/8

Taco Casserole, Pico De Gallo, Aztec Black Bean Salad, Sour Cream, Tropical Fruit Salad, Blueberry Crisp, Milk 1%

fri 2/9

Hot Turkey Sandwich and Gravy, Mashed Potatoes and Gravy, Peas, Tomato-Cucumber-Mint Salad, White Chocolate Chip Cookie, Milk 1%

Did you know?

The garbanzo bean is an excellent digestive tract supporter by having 12.5 grams of fiber per cup.

AARP Foundation ElderWatch

In Partnership with the Colorado Attorney General

Data Breaches & ID Theft

In recent years, we have dealt with major data breaches at hospitals, retail stores and government offices. In September, we learned Equifax's data was breached, potentially affecting millions of people. While these breaches are alarming, **it doesn't necessarily mean that you are a victim of identity theft.** It does mean that you should take precautionary measures to protect your identity. The following are some steps to consider taking:

- **Review your annual credit report.** Call 877-322-8228 or visit www.annualcreditreport.com.
- Place a **fraud alert** on your credit report. A fraud alert is free and lasts for 90 days. Contact one bureau only. www.Equifax.com (800-525-6285) www.Experian.com (888-397-3742) www.TransUnion.com (800-680-7289)
- Visit www.equifaxsecurity2017.com or call (866-447-7559) to **learn more about the breach** and if your information was affected.

- Consider placing a **credit freeze** on your file. You will have to request to remove the freeze if you apply for credit. You must contact all three bureaus. Fee to freeze and lift applies. www.Equifax.com (800-349-9960) www.Experian.com (888-397-3742) www.TransUnion.com (888-909-8872)

- **Monitor** your credit card and bank statements.
- Be wary of unsolicited **phone calls or emails** appearing to come from Equifax, the other credit bureaus or financial institutions.

If you have questions about any of these precautionary measures, don't hesitate to contact an AARP Foundation ElderWatch volunteer at 800-222-4444 option 2.

800-222-4444 Option 2

Monday – Friday | 9 a.m. – 4 p.m.

www.aarpelderwatch.org



Colorado Attorney General Cynthia Coffman

Backward Day

(or can you say “Palindromes”)?

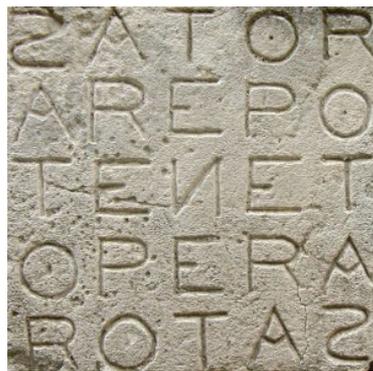
by Dr. Ken Humphrey

January 31st is Backward Day. Do you remember back in elementary school when, in some fun-loving teacher's classroom, you got to wear your shirt backward, your socks backward or on top of your pants, your jeans backward, and even your backpack backward? And you spent the day doing things backward!

Those were the days, but as adults we don't usually let ourselves get silly and celebrate days like this anymore. But one special activity I remember quite vividly was when we were all introduced to Palindromes! A palindrome is a word, phrase, or even a number that can be read and spelled the same way in either direction. Although technically palindromes amount to nothing more than literary trivia, sometimes they sure can tickle one's funny bone! Some common word palindromes include civic, radar, level, rotor, and racecar.

Here are some common definitions and I challenge you to come up with the palindrome. Good luck and have fun!

- | | |
|---|-------------------------------|
| 1. pertaining to cities _____ | 13. a dastardly _____ |
| 2. a light canoe _____ | 14. more red _____ |
| 3. baby's napkin _____ | 15. Egyptian King _____ |
| 4. to choke _____ | 16. feces _____ |
| 5. a slight sound _____ | 17. 12 o'clock pm _____ |
| 6. a musical performance _____ | 18. a 70s musical group _____ |
| 7. a small dog _____ | 19. female sheep _____ |
| 8. Adam and _____ | 20. flat _____ |
| 9. a term of address for a woman _____ | |
| 10. to revere as a god _____ | |
| 11. your mother _____ and your father _____ | |
| 12. slang for dummy _____ | |



<http://mysteriouswritings.com/the-sator-square/>

Resources:

<http://wonderopolis.org>, www.holidayinsights.com, <https://hellgiggles.com>, www.word-buff.com

- Answers:
- | | | | | | | | | | | | | | | | | | | | |
|----------|----------|--------|--------|---------|--------|--------|--------|----------|------------|--------------|----------|----------|------------|---------|----------|----------|----------|---------|-----------|
| 1. civic | 2. kayak | 3. bib | 4. gag | 5. peek | 6. gig | 7. pnp | 8. Eve | 9. madam | 10. defied | 11. mom, dad | 12. boob | 13. deed | 14. redder | 15. Tut | 16. poop | 17. noon | 18. ABBA | 19. ewe | 20. level |
|----------|----------|--------|--------|---------|--------|--------|--------|----------|------------|--------------|----------|----------|------------|---------|----------|----------|----------|---------|-----------|