

BEYOND 60

ACTIVE LIVING



FEBRUARY 2018

Activities Calendar

feb 15

Enjoy a meal Café Mexicali and proceeds go to the Greeley Weld Senior Foundation Wall at the Greeley Rec Center. Pick up your flyer at the Greeley Senior Center and show it at checkout at Café Mexicali.

feb 17

Walk with a Doc. A walking program for everyone interested in taking steps for a healthier lifestyle. While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians. Free. 8:00 am at the Greeley Mall.

feb 20

The Basics: Memory Loss, Dementia and Alzheimer's. Hosted by the Alzheimer's Association and held at the Eaton Recreation Center, 1675 3rd St, Eaton from 11:00-12:30 pm. To register, call 800-272-3900.

feb 21

Effective Communication Strategies. Hosted by the Alzheimer's Association and held at the Greeley Senior Activity Center, 1010 6th St., Greeley from 10:00-11:30 am. To register, call 800-272-3900.

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.

Gloria states that "Aging Out Loud" means taking ACTION: getting out into my community to interact, advocate, and educate myself and others about how to create the best possible world for our elders.

Retirement Party!

After 48 years, the beloved Mary Margaret Cox is retiring from Meals on Wheels. All are cordially invited to attend on Saturday, March 3 from 2:00-4:00 pm at Trinity Episcopal Church, 3800 20th St., Greeley.

Abraham Lincoln

Twelve Little Known Facts About His Life

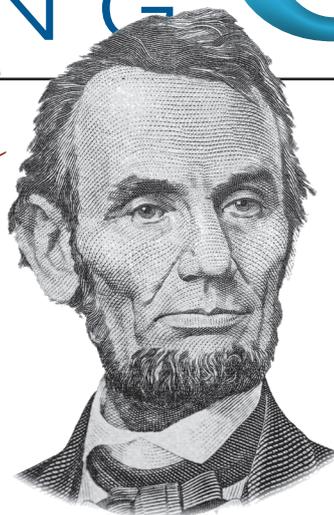
by Dr. Ken Humphrey

There's little doubt that Abraham Lincoln is one of the most beloved, well-known American presidents. His birthday is on February 12 and, along with George Washington's birthday on February 22, is celebrated on a special national holiday, Presidents' Day, which is this year on February 19. What follows are some little-known, somewhat mind-blowing facts about his life:

1. His stove pipe hat served more than just being fashionable; he used it to store and carry notes, money, letters and even bills he owed.
2. He ran for the U.S. Senate twice--and lost both times; however, he served one term in the U.S. House of Representatives.
3. He was 6 feet 4 inches tall, the tallest of any of our presidents and quite a bit taller than most men of his time.
4. He really disliked the name "Abe"--he had no middle name and preferred being called by his last

name; some sources have suggested that even his wife called him Mr. Lincoln.

5. He practiced law without a degree; in fact, Lincoln had only about a total of 18 months of formal schooling.
6. Although most famous for being a President, he held other jobs beforehand: woodcutter, shopkeeper, general store owner, soldier, lawyer, postmaster, and a judge on the circuit court in Illinois.
7. When Lincoln was elected President in 1860, he only received 40% of the popular vote, but won because he received 180 of the 303 Electoral votes.
8. He had no living heirs; although he had four sons, three of them died before their 20th birthdays; his son Robert's last descendant died in the 1980s.
9. Lincoln was the only president to have a patent: he invented a device to free steamboats that ran aground.
10. Lincoln established Thanksgiving as a national holiday.
11. He most likely suffered from clinical depression; some scholars surmised that many times he exhibited its major signs.
12. Lincoln was the first president to be assassinated, on Good Friday, April 14, 1865, and died the day after, five days after the Confederate Armies surrendered the Civil War.



Sources:
www.yahoo.com/news
www.fun-facts.org.uk/americanpresidents
www.cnn.com/politics
www.toptenz.net
www.coolkidfacts.com/abraham-lincoln



Dying Careers

by Bill Crabbe

I've been asked to write something about dying careers, but I confess that I was not sure how to go about it. After mulling on it a bit, I decided to take the direct approach and just ask one. But where to find one? Well, I decided to check with a guy in a local assembly line whose job title was "Specific Widget Twister." Here's how it went.

Me: "Hi, I hear that you are a Specific Widget Twister. Can you tell me what it is that you do?"

Joe H.: "Well, I twist widgets."

Me: "Just for my readers, what exactly is a widget?"

Joe H.: "It is the thing just before the thingamajig that goes into the whatsits. I have to twist it or the thingamajig locks up."

Me: "Sounds pretty technical. How long did it take you to learn to twist the widget just right?"

Joe H.: "Well, funny you should ask. My first 10,000 or so were kind of close, but no cigar. It was kind of screwing up the thingamajigs. Then the previous Widget Twister showed me that you have to do it left-handed. Ever since then, it's been a piece of cake."

Me: "So how many widgets do you twist in a day, or do you count them by shifts?"

Joe H.: "Now I'm a really fast Widget Twister, or Widgetter as we call it in the biz. Maybe 15,000."

Me, after pausing to absorb that: "How do you stay sane?"

Joe H.: "After the first month or so I started solving quadratic equations in my head. That helps. I'm pretty good at that, too."

Me: "So, Joe, what do you think the future of Widget Twisting looks like?"

Joe H.: "Oh, it's toast, for sure. That thing there," (he indicated a robotic arm that was hanging, somewhat menacingly over his shoulder), "it can do 25,000 a day without batting an eye." (After a pause), "And I hear it's pretty good at quadratic equations, too."

Me: "That must be kind of a bummer, knowing that you are being phased out like that."

Joe H.: "Oh, I don't know," (and then he smiled softly), "I'm union, and they still need someone to turn it on."

Fruit Pizza

Fruit pizza is a pretty dessert that is easy to make. Traditional recipes use a sugar cookie crust, usually made with prepared cookie dough from the store. It is usually frosted with a high-calorie, low-nutrition cream cheese frosting. Often the only nutritious part of fruit pizzas is the fruit on top! Here is a healthier twist on this tasty treat.

Oat & Yogurt Fruit Pizza (12 servings)

Yogurt Peanut Butter Frosting

- 2 c. (16 oz.) 2% Greek Yogurt
- 2/3 c. peanut butter
- 1 tsp. vanilla
- 3 tbsp. honey

Oatmeal Cookie Crust

- 1/3 c. vegetable oil
- 1/2 c. unsweetened applesauce

Directions:

1. Make the frosting in a medium bowl; add frosting ingredients and stir until well combined. Cover and chill at least 1 hour.
2. Make the cookie crust in a large bowl. Whisk together oil, applesauce, brown sugar, egg, and vanilla until combined. Add flour, oats, baking powder, cinnamon and flaxseed; stir until well combined. Stir in chopped walnuts. Transfer dough to center of parchment-covered pizza pan and spread with back of large spoon evenly to edges of pan. Bake 15 minutes until starting to slightly brown around edges and is firm in center. Cool 15 minutes in pan on cooling rack. Invert onto serving plate.
3. Frost crust with chilled yogurt frosting, spreading evenly. Arrange fresh fruit on top in circles, beginning on the outside edge and filling toward the center.

Gluten Free Option: Use gluten free oats and substitute gluten free oat flour for the wheat flour.

Nutrients for one serving: 336 calories, 34.6 grams carbohydrate, 18.2 grams fat, 11.3 grams protein, 3.1 gram fiber.

Reference: The Yummy Life Recipes



- 1 tbsp. flaxseed meal (optional)
- 1/2 c. chopped walnuts (optional)

Fresh Fruit

Varied colors make a great presentation. Choose from sliced strawberries, bananas, halved grapes, blueberries, raspberries, blackberries or peaches

SENIOR HEALTH & Fitness

A Matter of Balance Workshop:

Learn ways to reduce the fear of falling and break the fear of falling cycle. A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Wednesdays 3/7/18 to 4/25/18 from 1:30-3:30 pm: Eaton Area Community Center, Eaton

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 970-400-6130.

Tuesdays 3/13/18 to 4/17/18: Johnstown Senior Center, Johnstown: 1:00 - 3:30 pm

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 2/19
Presidents Day - No Meal

tues 2/20
Beef Goulash, Rotini Pasta, Spinach Salad with Raspberry Dressing, Mandarin Oranges, Pineapple-Nut Cup, Milk 1%

wed 2/21
Cajun Catfish with Tartar Sauce, Lemon Wedge, Broccoli, Beans and Rice, Fresh Pear, Corn Muffin, Honey, Butter, Milk 1%

thurs 2/22
Turkey Bacon Wrap, Broccoli and Cauliflower, Melon and Strawberry Salad, Fruity Nut Granola Bar, Milk 1%

fri 2/23
Beef Enchilada Casserole, Yellow Squash and Red Pepper, Tropical Fruit Salad, Banana Muffin, Butter, Milk 1%

Did you know?

Camp Bacon is held annually in Ann Arbor, Michigan. It's like summer camp, but features speakers, cooking classes and other bacon-related activities.

Beyond 60, Active Living 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.