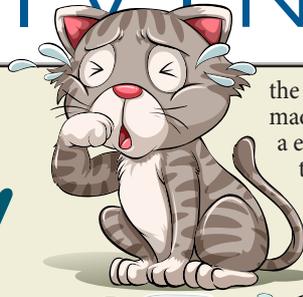


BEYOND 60

ACTIVE LIVING



the great Roman historian Tacitus made an anecdotal reference to an event that occurred during the feast day of Saturnalia in 87 AD. It seems Tacitus and his buddies were actively involved in trying to drink each other under the table, and were well on their way to doing so. But one of them, remembered only as Septimus Twelvesteppus, was giving his liver a break by trying to stick to drinking milk. A servant inadvertently knocked over his milk glass, to which Septimus responded with a great showing of anger and sorrow. Tacitus jumped in saying "Tu need not rail over milk, for it could have been wine." At this point the astute TV trivia buffs among you will remember that James Garner's Maverick later stole Tacitus' line, substituting whiskey for wine.

And so it goes. When doing this kind of research, I've always found one thing. The stuff we are taught is kind of mercilessly dry. The real story is always so much more interesting.

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.

A different perspective....

Pastor David writes: Retirement? Billy Graham said "retirement" is not in the Bible! At 70, as a Pastor, I speak three times a week, take my grandkids to school, work on cars, serve as chaplain for Lion's Club, write a monthly letter to the editor, and portray my famous relative, legendary mountain man Joe Meek at schools, retirement homes and special events! All I do is work - and I love it!

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 2/5
Fish Sandwich on Wheat Bun with Tomato and Lettuce Leaf, Mayonnaise, Asian Coleslaw, Peaches, Pears and Cherries, Nut Cup, Milk 1%

tues 2/13
Herb Baked Chicken Breast with Gravy, Red Mashed Potatoes with Tarragon, Mixed Vegetables, Strawberries with Bananas, Milk 1%

wed 2/14
Salisbury Steak, Green Beans with Red Peppers, Sliced Pears with Raspberries, Baked Potato, Sour Cream, Butter, Wheat Roll, Butter, Brownie, Milk 1%

thurs 2/15
Hash Brown Casserole with Ham, Asparagus, Chocolate Zucchini Muffin, Melon Mix and Yogurt, Milk 1%

fri 2/16
White Chicken Chili, Marinated Vegetables, Cinnamon Roll, Peaches with Raspberry, Milk 1%

Did you know?
A real cinnamon bun (a Scandi one) does not have icing on the top. In Norway, a sprinkle of normal granulated sugar - in Sweden those lovely big-ish sugar crystals called Pearl Sugar.

FEBRUARY 2018 Activities Calendar

feb 8
AARP Safe Driving Class from 2 - 4:30 at the Greeley Senior Center. Receive a possible discount on your automobile insurance as well as some updating your skills. \$15 for AARP members, \$20 for non-members. Call the Senior Center to sign up 970-350-9440.

feb 9
Common Growths That Occur With Age at the Greeley Senior Center at 10 am. Dr. Hoover from Front Range Dermatology Associates will present information about the changes that occur in your skin with age and answer questions on wrinkles, bruising, age spots and when to worry. Several tips will be given on protection as well. Call the Aspen Club at 970-313-2796 for a reservation.

feb 10
George Gray (ELVIS) Fundraising Concert for the Greeley/Weld Senior Foundation from 2 - 4pm at the Greeley Place (1051 6th St). Come support this wonderful organization that recognizes outstanding Weld County volunteers as well as offers grants and professional development opportunities to Weld County Senior Centers. To purchase tickets contact Suzanne Reed at the Greeley Place 970-323-3144. Tickets are \$10 ahead of time or \$15 at the door (cash or check only). Seating is limited.

feb 13
WCSPERAA Luncheon. Open to retired school personnel and anyone receiving PERA. Entertainment by the Chapelow Choir, cost is \$15.00 for smoked beef brisket with all the trimmings. 11:45 am at Trinity Episcopal Church, 3800 20th Street. For reservations, contact Eve Timm at 506-9838.

feb 14
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, Evictions, and Civil Law Suits to name a few.) Each one-on-one session is 15 minutes. 3:00 - 4:30 pm at 915 10th St. Please call to confirm or for more information 970-475-2410.

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 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.

Signs of Hearing Loss: Dr. Jacki Reider, Hearing Rehab Center, talks about hearing loss, next steps, and devices at 10:00 at the Greeley Senior Center, 1010 6th St., call the Aspen Club for a reservation at 970-313-2796.

Don't Cry Over Spilt Milk!

by Bill Crabbe

When proverbs start getting their own national days, there are people with way too much time on their hands. But this one has, which raises the inevitable question -- where did it come from? The quest began. The first clue is the use of the word "spilt," which although technically correct has an archaic feel to it. So I was betting it was pretty old. And the internet being the wonderful thing that it is, it didn't take long for me to unearth the earliest known reference. It was in a 1959 work by a guy named James Howell in his book *Paramoigraphy*, a fancy word for proverbs. There, he counseled that there should be "no weeping for shed milk."

But I found that both too easy and fundamentally unsatisfying. So I dug deeper. Lo and behold, there was more.

There was an obscurely referenced

incident that occurred during the Great Dutch Dairy Rebellion in 1535. Fourteen milking maids tired of their working conditions just happened to accidentally kick their full milk buckets over at precisely the same time. The resulting brief torrent of milk was quite upsetting to their supervisor, who immediately burst into tears at the sight. The company owner, who just happened to be walking by the barn, heard the hullabaloo, took in the situation at a glance, and reportedly thundered to one and all "There will be no weeping for shed milk in this house!" He then set them all to the mopping up.

But an even earlier incident may have been the real genesis of the phrase. In his seminal work *Annals*,

Debunking Negative Stereotypes, Myths and Biases About Old People

by Dr. Ken Humphrey



OK, I admit it; I'm now classified in the "old" category of life. I'm 77 and I'm in the "autumn of my years" as good ole Frank Sinatra sang while I was in college. But I'm also here to tell you emphatically: **Most of the time I don't feel "old" at all! In fact, what I believed I would feel like at this age (when I was in my 20s) is nowhere near what it has turned out to be.**

So, I'm joining the rest of my very talented colleagues who also write for the AAA's Senior Page in the Tribune to become a **Debunker!** To "debunk" (a

verb) is "to expose exaggerated or false claims, ideas or myths." Our committee is embarking on a new tack in future issues of this page by writing about, and debunking, some of the many negative stereotypes, myths and biases about old people. Not every week's articles will, of course, address the stigmas of ageism (discrimination against older people). But we will do our best to write something on an ongoing basis that will serve to educate and inform our readers about the topic.

In my personal case I intend to write at least one article every month or two to debunk, in greater detail, the following aging stereotypes: 1) Growing old is inevitable results in deterioration and decline; 2) Older adults are helpless and do little more than just sit around, watch television, and sleep; 3) People

over 65 have diseases and disorders that limit their freedom to do what they want; 4) Older adults who continue to work are inefficient and miss many work days due to illness; 5) Most of the elderly end up living in nursing homes and cannot get around by themselves; 6) Most older people eventually become senile, lonely and depressed; 7) Older persons aren't really interested in others of the opposite sex---their sexual desire is gone; 8) Elders who defy negative stereotypes are bizarre or comical.

What can be done about negative stereotypes that portray older adults as out of touch, helpless, useless, feeble, incompetent, pitiful and irrelevant? A lot---stay tuned for articles intended to educate and inform our readers about the topic.

Resources:
<https://theseniorplanet.org>
www.thewashingtonpost.com
www.usnews&worldreport.com
www.nytimes.com
www.agingwatch.com

This is a day to be kind to yourself

Calling all family caregivers for a celebration to relax, refresh and enjoy. Join other caregivers at our Annual Caregiver Appreciation Day on February 16, 2018 from 9:00 am to 1:30 pm. At the Greeley Senior Activity Center on 1010 6th Street, Greeley, Colorado. This FREE event will start with a continental breakfast and a Caregiver Panel. Guest speaker Krista Covell will share her knowledge about caregiving in a funny lighthearted talk. Following a catered lunch, participants will have time to enjoy themselves with massages, Reiki, pet therapy, essential oils and yoga. Area caregiving resources will also be available. There is no fee for this event but registration is required by February 9th to (970) 350-9440. No onsite respite

will be provided but please call (970) 400-6130 for more information regarding respite services.

The National Family Caregiver Alliance estimates that about 34.2 million caregivers have provided unpaid informal care to adults age 50 years or older in the last 12 months. About half of these caregivers are caring for someone who has Alzheimer's Disease or other dementia. AARP reported that in 2013, unpaid caregiving totaled \$470 billion which exceeded the value of paid home care and total Medicaid spending in the same year, and nearly matched the value of the sales of the world's largest company, Wal-Mart (\$477 billion). Caregivers spend on average, 24.4



hours per week providing care, but as many as 1 in 4 caregivers spend 40+ hours each week caring for a loved one. Often, caregiving is an unnoticed role. This is day for you to be celebrated! Don't let yourself go unnoticed.

Sources:
National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.

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.