

# B E Y O N D 6 0

## A C T I V E L I V I N G

OCTOBER 2018

### Activities Calendar

oct 3

Medicare Information Talk at the Bridge at Greeley at 1:30 pm. Steve Mallett from UnitedHealthcare will answer all of your Medicare questions before open enrollment. Please RSVP to 970-339-0022.

oct 4

Greeley-Weld County Local Ballot Issues. Hear pro and con presenters from the City of Greeley and the County of Weld to discuss State Initiative #112 (oil and gas setbacks). Farr Library, 1939 61st Ave., Greeley from 6:30-8:00 pm.

oct 5

Senior Law Day-Weld County. This conference brings Northern Colorado's accomplished and respected attorneys and professionals to present informative seminars regarding senior issues (fraud, wills & trusts, Medicaid, dementia, VA benefits, taxes, and long-term care insurance). 7:30-noon at Island Grove Conference Rooms at the Event Center. 425 N 15th Ave., Greeley. Walk-ins welcome.

oct 9

QPR Training. Question-Persuade-Refer training is a straightforward and accessible program designed to teach anyone how to recognize that a person may be contemplating suicide and how to ask about it. Greeley Medical Clinic, 1900 16th St., Greeley from 10-11:30 am. Call UHealth Aspen Club at 970-313-2796 for a reservation; no charge.

oct 10

Weld County Council Candidates. Hear positions by all seven County Council candidates. Johnstown Senior Center, 101 Charlotte St., Johnstown, from 6:30-8:30 pm.

oct 11

State Ballot Issues. Review the state ballot issues with the LWV Colorado Ballot Issue Pamphlet and hear about the League's support of the issues. Free. Farr Library, 1939 61st Ave., Greeley from 6:30-8:30 pm.

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.



## GRR

By: Bill Crabbe

the traffic that might be barreling up their tailpipes. In fact, just stopping at any time or in any place seems to be kind of a Panama driving thing. Not sure why. It could be to visit someone they just saw on the side of the road. Or it could be they are waiting for a particular bird to fly over as a cosmic sign before proceeding.

Generally speaking, I find Panamanian drivers to be a weird mixture of aggressiveness and over-the-top politeness. Many is the time I have waited to turn off a highway, only to have an oncoming driver completely stop, then blink his lights, which is the universal signal that I am to go ahead and do my turn. Blinked lights are telling you the driver is stopping no matter what and you are to cross the road on foot or by car, or do whatever else you want to do. It does help explain some of the stops, but when it

happens on a small highway it takes some getting used to. I keep thinking of the soon-to-be panicked drivers that are running up on that stopped car.

At times I'm cheered by this kind of politeness, but I am also finding that I am in the minority in that interpretation. And I have to admit my trips to the store are feeling increasingly like they should generate hazardous duty pay. Hence the insidious development of GRR.

I'll say one thing about driving down here. Whatever the disagreements, no one appears to be shooting each other over it. And no one to my knowledge has been run off the road, possibly because, with the depth of the ditches on either side designed for water management, that would qualify as attempted murder.

For now, I'll just try to keep GRR from overtaking my psyche, and work on mastering that rapid light blink without losing control of my car.

### SENIOR HEALTH & Fitness

#### Be Well with Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Wednesdays 10/31/18 to 12/5/18 from 1:30 - 4:00 pm: North Colorado Medical Center

#### Aging OUT LOUD

Samuel called to tell us he enjoys a morning walk with his wife. It has renewed their relationship, and oh yeah, it's good for his heart too!

#### NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

##### mon 10/8

Meatloaf, Mashed Potatoes, Gravy, Peas, Wheat Roll, Butter, Melon Mix, Milk 1%

##### tues 10/9

Turkey and Dumplings, Garlic Mashed Potatoes, Mandarin Oranges and Bananas, Fruity Nut Granola Bar, Milk 1%

##### wed 10/10

Baked Chicken & Noodles, Spinach and Garbanzo Bean Salad, Raspberry Vinaigrette, Apple-Orange-Grapes, Dill Roll, Butter, Crispy Rice Treat with Peanuts-Cranberries, Milk 1%

##### thurs 10/11

Barbecued Pork on a Wheat Bun, Oven Browned Potatoes, Asparagus, Corn & Roasted Red Pepper Blend, Pears, Milk 1%

##### fri 10/12

Roast Beef & Gravy, Baked Potato, Sour Cream, Butter, Orange-Almond-Spinach Salad, Wheat Roll, Butter, Apple Wedges, Milk 1%

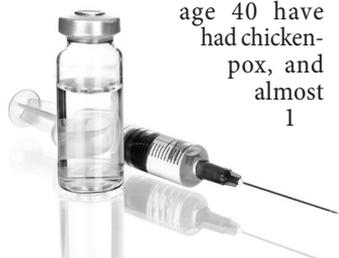
#### Did you know...

Almonds are tied with cashews and pistachios in the lowest-calorie nut category. They do have the most calcium than any other nut.

## Who Should Get Shingles Vaccine?

Shingles is a virus with symptoms including painful rash, fever, headache and chills, and can result in long-lasting pain called postherpetic neuralgia (PHN). Anyone who has had chickenpox can get shingles, and the risk increases with age. Studies have shown that more than 99% of

Americans over age 40 have had chickenpox, and almost 1



out of 3 people in the US will develop shingles.

The Centers for Disease Control and Prevention (CDC) has recommended the Zostavax vaccine for many years. However, there is a new vaccine, Shingrix, that was licensed by the Food and Drug Administration (FDA) in 2017. This new vaccine is recommended for healthy adults age 50 and older. It is administered in two doses, two to six months apart.

Even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease. There is no specific length of time you must wait after

having shingles before receiving the shingles vaccine, but generally you should make sure the shingles rash has disappeared before being vaccinated. The decision on when to be vaccinated should be made with your healthcare provider.

If you received the Zostavax vaccine, which protects from shingles for about five years, you may want to consider getting the Shingrix vaccination. As with all medical decisions, be sure to check with your healthcare provider about what is best for you. The shingles vaccine is available in doctors' offices and pharmacies.

Source: www.cdc.gov

## Residents' Rights Month



October is Residents' Rights Month! As people age and move into the next phase of life, many things change. However, one important thing does not: When moving into long-term care facilities, people retain their human and civil rights, also known as Residents' Rights.

Residents' Rights are guaranteed by federal law. The law requires nursing homes to "promote and protect the

rights of each resident," and to care for its residents in a manner that promotes and enhances their quality of life, ensuring dignity, choice and self-determination.

Here are just a few of the guaranteed Residents' Rights:

- The right to be fully informed
- The right to participate in one's own care

- The right to privacy and confidentiality
- The right to dignity, respect and freedom
- The right to visits
- The right to make independent choices
- The right to complain
- Residents have rights during transfers and discharges.

Weld County's Long-Term Care Ombudsman can help you understand your Residents' Rights. The Ombudsman Program protects and advocates for the human and civil rights (Residents' Rights) of people residing in long-term care facilities. Contact them today to learn more! Raegan Maldonado (970) 400-6128 [rmaldonado@weldgov.com](mailto:rmaldonado@weldgov.com), and Teresa Hill (970) 400-6129 [hillxtr@weldgov.com](mailto:hillxtr@weldgov.com).

#### How Do You Age Out Loud?

Many older Americans focus their lives in areas they may have put aside or postponed during their careers. They continue to be excited about their contributions to our social fabric. They work longer, try new things and engage in their community by taking charge and striving for wellness and independence.

We want to hear from you about the ways you have added to the breadth and width of your life in your later years. It's important because your experience may inspire others to do the same or something similar. Share your stories by contacting Age Out Loud editor, Dick Williamson at [radiomemry@gmail.com](mailto:radiomemry@gmail.com) or Holly Darby at [hdarby@weldgov.com](mailto:hdarby@weldgov.com). Contributions should be 75 words or less and are subject to edit.