

BEYOND 60

ACTIVE LIVING



NOVEMBER 2018

Activities Calendar

November Support Groups:

Alzheimer's Caregivers Support Groups

Caregivers: 2nd & 4th Tuesday at 9:30 am: Westview Church of Christ, 4151 W 20th St., Greeley

Younger Caregivers: 2nd Wednesday at 6:00 pm: Family Fun Plex, 1501 65th Ave., Greeley

Caregivers: 3rd Tuesday at 10:00 am: Free Evangelical Church, 1325 3rd St., Eaton

Adult Children: 3rd Tuesday at 6:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Women's Caregivers: 3rd Thursday at 11:00 am: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Parkinson's Support Group Greeley 3rd Thursday 10:00 am: FMS Bank, 2425 35th Ave., Greeley

Community Grief Center Understanding Grief class: this month is Preparing for the Holidays. First Tuesday of each month at 6:30 pm 2105 Clubhouse Dr., Greeley. No charge (970) 506-4114 for more information.

Men's Bereavement Group 2nd Thursday at 10:00 am: sponsored by TRU Hospice of Northern Colorado 2726 W 11th St. Rd., Greeley. No fee (970) 352-8487 for more information.

nov 7

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.

nov 9

Veterans Celebration. The Bridge at Greeley (4750 25th St) would like to thank all the Veterans for serving and protecting our country. Join them for a celebration honoring our residents and others who served. Call 970.339.0022 to RSVP.

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.

First Radio Broadcast

By Dick Williamson

We often take for granted that news, music and sports conveyer called radio. It, along with its children and grandchildren (TV and the Internet) have become so embedded in our culture that we cannot imagine life without them. Yet, if we go back only 98 years (a very short time in the history of civilization) we find exactly that. Can you imagine having a national election, like we will have next week, and not finding out for several days who are the winners and losers? That is exactly how it was until November 2, 1920. But let's go back 22 more years.

In 1888 Heinrich Hertz wasn't sure what he had when he detected and produced

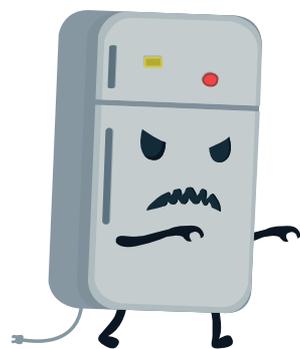
high frequency electronic "waves." Others, like Tesla and Marconi, expanded the knowledge base until 1894 when Marconi developed a transmitter that would ring a bell at 30 feet with no wires! In 1899 he established a radio link (dots and dashes) between France and England. The following year American scientist R. A. Fessenden added voice to the transmission, and in 1906 he added music. The principle was established and for the next ten years amateur radio enthusiasts continued to improve the amazing idea of wireless communication.

The Great War (today we call it WWI) came along and the government, unsure of the ramifications of radio in the war effort, shut down all radio transmissions. In August of 1920 Detroit's unlicensed

station, 8MK, went on the air. In October of 1920 Westinghouse in Pittsburgh, Pennsylvania was granted the first commercial license by the government. Their first broadcast was on November 2, 1920.

That was election day. Warren Harding (Republican) defeated James Cox (Democrat) and the state by state election returns, relayed to KDKA by telegraph and telephone, were broadcast to the few folks who had amateur radio receivers. It was the start of something big and a new culture-changing industry was born that day!

If you are interested in hearing a snippet from that first broadcast, I will be playing it at 6:05 PM next Sunday evening (Nov. 4) on Pirate Radio, 104.7 FM



by Bill Crabbe

There's this couple who creates holidays on the internet. For some reason they came up with Haunted Refrigerator Day and now there it is, every year, the day before Halloween. Being kind of suggestible I try not to wonder what it is actually about. But the other night my defenses must have been down.

I was lying in bed when there was this weird sound from the kitchen. It was something between a rustling and a grunt, sort of like what you might get

Haunted Refrigerator Day

from a marauding small pig wearing water wings. For nocturnal noises like this I tend to take my lead from the dog. She was snoring loudly in the corner. But then, she's old and probably more than a little deaf, kind of like me.

The rustling continued. We have some really big bugs here, so it was possible that it was nothing more than a 3-inch moth trapped in the window, or a similarly sized cicada squaring off against one of the 2-inch beetles. But there was that grunting sound. Or was that the dog? Along with the hearing loss comes a decreased ability to localize sound. I was starting to lose confidence that it was in the kitchen at all. Maybe it was in the laundry room and the sound was just ricocheting off the wall. The laundry room is where the scorpions often show up. The idea of one loud

enough to be heard from the bedroom was unsettling.

For some reason all of this made me think of Uncle Fred. He was very protective of his house and during our visits he never seemed to want to let us go into the back rooms. Nor were we ever allowed to open his refrigerator. And I've always wondered what happened to Aunt Minny.

Anyway, the rustling continued, now taking on a malevolent tone in my imagination. So I got up, went into the kitchen and scared the crap out of my wife whose insomnia had driven her to get an apple and some chamomile tea. Being a sensitive spouse, I firmly ascribed the grunting I had been hearing to the dog.

Knowing the refrigerator haunting was the Great Spousal Spirit, and now both fully awake, we decided to channel surf. The perfect movie was on - Halloween 46 - Michael Meyers Fights Hemorrhoids. My wife, the dog and I all snored through it. And in the morning my wife delicately commented on how much I grunt in my sleep.

When Diabetes Comes to Dinner

By: Whitney Janzen-Pankratz



With the holiday season just around the corner, it's time to start planning meals together with friends and family. If you have a family member with diabetes, it may feel tricky to choose what to prepare. Thankfully, the American Diabetes Association offers some great answers to some of our most common questions:

1. **Do people with diabetes need to eat special foods?**
A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone - low in saturated fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains,

healthy fats, and fruit.

2. **If you have diabetes, do you have to only eat small amounts of starchy foods, such as bread, potatoes and pasta?**

Starchy foods can be part of a healthy meal plan, but portion size is key. Breads, cereals, pasta, rice (whole grain options are better), and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks.

3. **How much carbohydrate can a person with diabetes eat?**

The amount of carbohydrate you need will vary based on many factors. You and your health care team can figure out the right amount for you. Once you know how much carb to eat, choose your food and portion sizes to match.

4. **Can people with diabetes eat sweets or chocolate?**

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

As you plan those holiday meals in the months to come, make sure you include lean proteins and non-starchy vegetables for all your guests. Serve food family or buffet style to allow guests to choose the portion size that is best for them as they self-manage their diabetes. You may also want to consider offering an active pastime after the meal like a stroll around the neighborhood. For more information about our self-management workshop, Be Well with Diabetes, contact Whitney with the Weld Aging Well Program at (970) 400-6117.

SENIOR HEALTH & Fitness

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 11/13/18 to 12/18/18: Community Grief Center, Greeley: 10:00 - 11:30 am

Aging OUT LOUD

Louise told us she lives by the motto best said by Wayne Dyer, "If you change the way you look at things, the things you look at change."

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 11/5

Austrian Style Pork and Cabbage, Tarragon Mashed Potatoes, Carrot-Apple-Celery Salad, Pumpkin Roll, Butter, Milk 1%

tues 11/6

Beef and Bean Burrito, Tomato, Lettuce, Cheddar Cheese, Aztec Black Beans, Pineapple and Grapes, Butter-scotch Pudding, Milk 1%

wed 11/7

Ginger Pot Roast, Roasted Turnips and Parsnips, Peaches and Apricots, Raisin Bran Muffin, Butter, Milk 1%

thurs 11/8

Hamburger on Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Creamy Coleslaw, Whole Kiwi, Crunchy Fruit Nut Cup, Milk 1%

fri 11/9

Baked Ziti, Italian Vegetables, Spinach-Strawberry-Poppy Seed Salad, Grapes, Milk 1%

Did you know?

In addition to tarragon being delicious, it is also rich in iodine, mineral salts and vitamins A and C. In a tea form, it is believed to have calming properties and is even used as a hyperactivity treatment. Many herbalists will use the herb as a digestive aid to break down meat fats and proteins.