

BEYOND 60

ACTIVE LIVING

OCTOBER 2018

Activities Calendar

oct 8

Down East Boys. Come listen to the quartet group that has the number song in southern gospel. This free event begins at 7:00 pm at the First Church of the Nazarene, 2515 W 16th St., Greeley. For more information, please call 970-302-6137.

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.

50+ You're Hired Workshop Series begins. Meet once a week for 6 weeks. Different weekly topics. Learn new job search strategies and meet employers. Week Three: Networking and Interviewing. Register at www.connectingcolorado.com or 970-400-6791.

oct 15

Medicare 101. Are you turning 65 or new to Medicare? This informative class offers an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, and more. Greeley Medical Clinic, 1900 16th St., Greeley from 2:30-4 pm. Call UCHealth Aspen Club at 970-313-2796 for a reservation; no charge.

oct 17

Health Insurance Literacy Class, taught by the Colorado Gerontological Society at the Greeley Active Adult Center. If you have questions about health insurance, Medicare, advanced directives, doctor visits, immunizations, financial assistance; this is the class for you. Class starts at 1 pm free for GAAC Members, \$4 for non-members. Call 970.950.9440 to register.

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.



The Great Chicago Fire began on this day in 1871. It went on to kill 250 people, leave 100,000 people homeless and destroy thousands of buildings. All told, the fire was responsible for an estimated \$200 million in damages (more than \$3 billion in today's money), approximately one-third of the city's entire worth. At the time, slightly more than 300,000 people lived in Chicago, which was quickly becoming a transportation

This Day in History by History.com

Fire Rips Through Chicago

hub for goods and people traveling between the East Coast and the burgeoning frontier.

The fire began near the home of Patrick and Catherine O'Leary at 137 De Koven Street in southwest Chicago at about 9 p.m. Legend holds that the fire started when the family's cow knocked over a lantern, but it is unknown whether this is actually true. What is known is that within 90 minutes the fire was completely out of control and rapidly moving toward the city center.

Blinding hot ash and dust swirled as the blaze grew—at its peak, it was as much as a mile wide. The winds were

so strong and unpredictable that firefighters found it virtually impossible to establish safe positions from which to battle the blaze. Lake Michigan proved to be the only thing that could halt the fire as it raced four miles west. The fire continued to burn wildly throughout the following day, finally coming under control on October 10, when rain gave a needed boost to firefighting efforts.

Of the 18,000 buildings that were destroyed by the fire, the most notable was the city's courthouse, which had cost over \$1 million to build. The Field and Leiter department store was also lost, with an estimated \$2 million of merchandise inside.



How agriculture-savvy are you, really? It's Test Time!

Cheerfully prepared by Sandy Magnuson

Agriculture was among the foundations on which Weld County was established. Agriculture and related industries continue to be prominent in our county -- economically and culturally. Weld Countians probably know that we live in Colorado's top agriculture county, which is also one of our nation's top ten agriculture counties.

But wait! Try this test to assess your knowledge.

- What percentage of Weld County's 2.5 million acres is devoted to farming and livestock?
 - 38%
 - 57%
 - 75%
 - 82%
- Weld County leads Colorado in production of each of the following except:
 - Beef cattle
 - Grain
 - Sugar Beets
 - Dairy Products
 - Hay
 - Corn
- Weld County ranks _____ in the entire nation in sheep and lamb production:
 - #1
 - #2
 - #3
 - #4
 - #5
- If you can list 10 kinds of agricultural livestock raised in Weld County (e.g., beef cattle, dairy cattle, and pigs) you might:
 - spend more time visiting agricultural communities
 - have overestimated
 - be correct
 - need to verify your sources and facts
- Young people and adults who are interested in raising goats would find support through:
 - Colorado Cattlemen's Association
 - Weld County Meat Goat Breeders
 - National Livestock Producers Association
 - B and C
- Approximately how many farms and ranches are in Weld County?
 - 575
 - 1500
 - 3000
 - 4000
- _____ has been and continues to be the lifeline for agriculture in Weld County.
- A commercial enterprise at a working farm, ranch, or agricultural plant conducted for the enjoyment of visitors that generates supplemental income for the owner -- now prominent in Weld County -- is called _____.
- _____ is a fabric made from a farm product.
- _____, invented in the late 1800s, revolutionized farming.

Sources and Resources: k99.com/weld-county-is-number-one-in-the-nation-for-raising-sheep; www.propofcs.com/quiz-school/story.php?title=pp-agriculturefarmingranching-trivia-questions; history.weldgov.com/county_150/agriculture_sfp.ucdavis.edu/agritourism/factsheets/what; www.weldgov.com/departments/planning_and_zoning/weld_county_right_to_farm; www.weldcountymeatgoats.com/about-us.html; www.nass.usda.gov/Statistics_by_State/Colorado/Publications/Agriculture_Profile/index.php; study.com/learn/agriculture-questions-and-answers.html; www.nass.usda.gov/co; www.nlpa.org

ANSWERS: 1 - C; 2 - C; 3 - A; 4 - C; 5 - D; 6 - C; 7 - A; 8 - Water; 9 - Agritourism; 10 - Cotton; 11 - Tractors

Weld Food Bank's Senior Nutrition Outreach

by Nancy Culbreath

Are you or do you know anyone who is a senior 60 years or older and in need of help to stretch their food dollars and add nutritious food to their diet? The Weld Food Bank offers a Commodity Supplemental Food Program (CSFP) for older adults to help them eat healthy and increase energy levels, improve digestion and prevent chronic disease. It is available in a monthly food package. The boxes include fresh eggs, canned fruits,

canned vegetables, low fat dairy, whole grains and a variety of proteins. Participants also have access to the extra room which has a variety of fresh produce, dairy and proteins.

To find out if you qualify you must meet with a certification staff member at the Greeley office and bring ID and proof of address and income. They are available Monday through Friday. The



Weld Food Bank

Weld Food Bank Greeley location is at 1108 H Street. To see if you qualify and for more information call 970-356-2199. Home delivery is available if needed.

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 or Holly Darby at hdarby@weldgov.com. Contributions should be 75 words or less and are subject to edit.

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

Strong People Class:

Maintain and improve strength, flexibility, and balance. Hand weights and leg weights are provided. Learn proper technique and intensity specific for you. FREE for people 60 and older, but registration is required by calling 970-400-6117.

Tuesdays & Thursdays 10/9/18 to 12/13/18 from 3:00-4:00 pm: Greeley Active Adult Center

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 10/15

Crunchy Oven Baked Chicken, Gravy, Walnut Rice Mix, Parslied Carrots, Pineapple-Strawberries, Raisin Bran Muffin, Butter, Milk 1%

tues 10/16

Salmon/Dill Sauce, Lemon, Roasted Potatoes, Green Beans/Tomatoes, Fruit Mix-Red Grapes, Chocolate Zucchini Muffin, Butter, Milk 1%

wed 10/17

Seafood Pasta Salad, Wheat Crackers, Spinach Salad with Mandarin Oranges and Poppy Seed Dressing, Grapes, Fruity Nut Bar, Milk 1%

thurs 10/18

Salisbury Steak, Mashed Potatoes, Broccoli & Cauliflower, Wheat Pumpkin Roll, Butter, Oranges Slices, Milk 1%

fri 10/19

Chicken with Apples, Creamy Mushroom Rice Pilaf, Asparagus Amandine, Whole Wheat Roll, Butter, Orange-Apple-Banana Mix, Milk 1%

Did you know?

A gram of poppy seeds is approximately 3,300 seeds, and an ounce of the seeds is approximately 93,500 seeds.