

BEYOND 60

ACTIVE LIVING



NOVEMBER 2018

Activities Calendar

nov 23- dec 1

Celebrate the holidays in a winter wonderland of beautifully decorated trees as Greeley's Union Colony Civic Center plays host to the 30th annual Festival of Trees. While strolling through magnificent yuletide displays, you'll be serenaded by the joyous sounds of Christmas choirs and merry musicians. Adults \$3, Children (1 - 12 years and Seniors 60+) are \$2. Visit greeleygov.com/activities/fot/festival-of-trees for more information.

nov 24

2018 Holiday Open House from 10 am - 4 pm at the Greeley History Museum. 30 downtown Greeley businesses are hosting a bingo Holiday Open House. Pick up your bingo card at a participating business, get it stamped by at least 12 of the participants as instructed and you can enter to win \$1,000, \$300, or \$200 in prizes and gift cards.

nov 25

Polar Express at the Kress Cinema and Lounge (817 8th Ave) Purchase tickets at the Kress, \$12 per person to view the Christmas class, The Polar Express. Show times are 1 pm, 4 pm, and 7 pm. Tickets include admission to the Colorado Model Railroad Museum during the Festival of Trains where a smaller scale Polar Express will be featured. Santa is also available on certain dates, visit cmm.org for holiday hours.

Volunteers NEEDED

Union Colony Elementary School in Evans is a K-5 free, public charter school. We are looking for individuals who would be willing to volunteer for a minimum of 30 minutes a day, once a week. Volunteers may work with students one on one or in small groups. Please contact Jolene at 373-3212 if interested or if you have any questions. Thank you!

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 hbarby@weldgov.com. All content is subject to editing and/or approval by Weld County.

Five Myths, Untruths or "Just Plain Wrongs" About our Thanksgiving Holiday

by Dr. Ken Humphrey

Well, I confess! I lied---year after year---and utterly and completely misled approximately 217 elementary age children about the USA's Thanksgiving holiday! You see, I started my professional career as an elementary teacher, and for five years I taught 4th, 5th, and 6th graders and perpetuated just plain wrong things about our national holiday in November! Read on and you'll find that some of everything you learned as a young kid about the first Thanksgiving celebration is wrong and absolutely untrue.

Look, I did my duty as a teacher; I taught the district's curricula as I was hired to do. But most of the textbooks and other learning materials I utilized contained details that were so abridged, softened or were "just-plain-out-of-context" that today they are rendered false. Here are some of

the most common misconceptions about the origins of one of our favorite holidays:

Myth # 1: The settlers from the Mayflower called themselves pilgrims. Fact: They were separatists and referred to themselves as "Saints."

Myth # 2: When the settlers landed, they first stepped foot on "Plymouth Rock." Fact: The small boat that carried them to and from the Mayflower, known as a shallop, would have been smashed to smithereens had they tried to dock on it. The rock was not even mentioned in any of the settler's early writings.

Myth # 3: The "first Thanksgiving" harvest festival took place in November 1621. Fact: It actually was sometime between late September and the middle of October, after the harvest had been brought in. By all accounts



it lasted three days, included drinking, gambling, athletic games and target shooting, most likely along with initial discussions to begin to secure a military alliance and a side-by-side peaceful existence.

Myth # 4: The settlers and Indians ate turkey, potatoes, cranberries, cranberry sauce, and pumpkin pie. Fact: There is no evidence that any of the forgoing was present at the feast. The Wampanoag Indians provided deer (venison) and, more than likely, cod, bass, clams, oysters, Indian corn, native berries, water and a type of beer made from corn.

Myth # 5: The "Pilgrims" and Indians celebrated by having a similar feast every year from then on. Fact: There's no evidence that the "Pilgrims" celebrated again in 1622. They probably weren't much in the mood---the harvest had been quite disappointing and they were burdened with a new boatload of settlers who had to be somehow fed and housed throughout the winter.

Sources:
mentalfloss.com
bathroomreader.com
howstuffworks.com



Older folks sometimes lament, "What can I do to make a difference? What good am I? Does anyone notice what I do or say?"

Mario was an 82-year-old Italian immigrant who visited the nursing home at 9:00 every morning to have breakfast with his wife of 60 years.

One day he had a doctor's appointment at 8:00 to have a dressing replaced. No problem - if he could get out by 8:30 he could get to the nursing home by 9:00.

It was a busy day, however, and the doctor was already running late. 8:15 came and Mario was nervously looking at his watch. 8:20, 8:25 ... Nurse Anita

Does Caring Matter?

A thoughtful piece by Dick Williamson

noted his agitation and asked about his problem.

He responded, "Mamma Mia, I have a very important appointment at 9:00. I can't be late."

She left the room for a moment, then returned, saying, "The doctor said for me to remove the dressing and, if there's no infection, replace it and send you on your way."

"Graci, you're a good nurse."

"Tell me," she asked, "What is your important appointment about?"

"I have breakfast with my wife every morning at 9. She lives in the nursing home down the street."

"Oh, that's sweet. I imagine she'd be upset if you were late."

The old man paused, and then said thoughtfully, "No, she wouldn't care. She has Alzheimer's.

Hasn't recognized me for about three years."

A puzzled look came over Anita's face. "She doesn't know who you are and you still have breakfast with her every morning?"

Mario tenderly placed his hand on her arm and said, "She may not know who I am, but I know who she is."

Does caring matter?

Another example. Author Leo Buscaglia tells of a four year-old boy whose elderly neighbor had recently lost his wife. Upon seeing the old man on his porch, crying, the boy climbed up onto his lap and just sat there for a while.

Later, when his mother asked what he had said to the old man, the boy said, "I didn't say nothing, Mom. I just helped him cry."

Again, does caring matter?

What to Do with Turkey-Day Leftovers

By Meredith Skoglund

If you are like me, finding what to do with all the leftover turkey is a piece of cake. Leftover turkey makes the best sandwiches, turkey salad, turkey soup, turkey and rice, turkey tetrazzini, and of course turkey pot pie. The other items can be more of a struggle; here are some creative ideas to empty out the fridge:

- **Mashed Potatoes** - Add a couple beaten eggs, a spoonful of flour and a touch of garlic powder to your mashed potatoes and fry them up for amazing potato pancakes.
- **Green Beans** - Green beans could always be added to a turkey (or ground beef if you are over your turkey) Shepherd's Pie. This would also be a great use of your mashed potatoes. You could even top your

Shepherd's Pie with sweet potatoes for a fun twist.

- **Sweet Potatoes** - Scrape off your toasted marshmallows and simmer the sweet potatoes with a touch of curry paste, chicken stock and milk and make a delicious Sweet Potato Soup. Serve it with a side salad and dinner is made.
- **Stuffing/Dressing** - Mix your leftover stuffing with ground beef, Romano cheese, and a couple eggs to make stuffing-meatballs. After cooking, place them in a hoagie roll and top with leftover gravy. Pretty scrumptious.
- **Cranberries** - Instead of your usual spoonful of raisins, why not try a swirl of cranberries in your hot oatmeal or cream of wheat. You could even add a touch to your



cream cheese when you smear it on your bagel. Makes for a nice change from a regular routine.

- **Pumpkin Pie/Apple Pie** - Throw a piece of pie in the blender with a little milk, a scoop of vanilla ice cream and a splash of vanilla. Blend it up and give it a dollop of whipped cream. Delicious!

The fourth round of Thanksgiving leftovers can be nauseating but making them into new and exciting dishes makes getting rid of the leftovers a little easier and a lot tastier.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 11/26

Chicken Fajita, Seasoned Black Beans, Spanish Brown Rice, Pico De Gallo, Sour Cream, Buttered Apples, Milk 1%

tues 11/27

Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll, Butter, Pineapple and Grapes, Milk 1%

wed 11/28

Roast Beef Sandwich on Wheat with Lettuce, Tomato, Mayonnaise, Mustard, Three Bean Salad, Carrots, Melon Salad, Milk 1%

thurs 11/29

Beef Stew, Roasted Red Potatoes, Orange-Banana-Pears, Pumpkin Wheat Roll, Butter, White Chocolate Macadamia Nut Cookie, Milk 1%

fri 11/30

Rosemary Pork Loin, Gravy, Creamy Mushroom Rice Pilaf, Harvard Beets, Rye Roll, Butter, Peach Crisp, Milk 1%

Did you know?

Beetroot juice is one of the richest dietary sources of antioxidants and naturally occurring nitrates. Nitrates (not to be confused with nitrites!) are compounds which improve blood flow throughout the body—including the brain, heart, and muscles.