

BEYOND 60

ACTIVE LIVING

NOV-DEC 2018

Activities Calendar

nov 29

Coping with the Holidays.

If the holidays feel overwhelming, this presentation will offer ideas to navigate the holidays and explore ways to cope through this sometimes-difficult time of year. Presented by Pathways for Grief and Loss counselors at UCHHealth Aspen Club, 1900 16th St., Greeley from 1:00-2:30 pm. Call to RSVP 970-313-2796.

December

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: Learn about the grief process and receive support through a series of seminars. 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: by TRU Hospice of Northern Colorado 2726 W 11th St. Rd., Greeley. No fee (970) 352-8487 for more information.

dec 4

Celebration of Memories.

This service gives you a chance to talk about your loved one to remember and honor them. Music, a candle lighting ceremony and refreshments. 6:30 pm at Adamson Life Celebration Home, 2000 47th Ave., Greeley. No charge, but please RSVP 970-353-1212.

Giving Tuesday

By Bill Crabbe



Like many people, as I have aged, the bloom has gone off that rose, particularly as I have watched

When I was kid, Christmas seemed like a magical time. There was all the color, the music, the lights and it seemed like the one-time people tried to be nice to each other en masse.

the Christmas decorations roll out what seems to be like the day after the 4th of July. Some people seem to have accepted the inevitable and just don't put them away at all. Accompanying this heightened commercialization has been the ever-increasing special sale days, most notably Black Friday and Cyber Monday. I kept waiting for the next shoe to fall, perhaps in the form of Credit Card Tuesday or (perhaps more appropriately) Bankrupt Wednesday. But a set of folks had a more mature reaction to the ever-increasing commercialism. In 2012 the people of New York's 92nd St. Y in conjunction with the United Nations Foundation created Giving Tuesday.

The goal of Giving Tuesday is to focus the attention of folks away from some of that increasing commercialization in the direction of donations to those in need. And that effort has been quite successful. While there is some ambiguity about the data, in the first year after its inception at least 10 million dollars found its way through the donation labyrinth. By 2017 that had grown to about 275 million. So, no matter how you count it, that is a lot of money, hopefully, going to support folks so they can experience some of that holiday magic.

For it to be that successful it needed to gather publicity. As it started to gain steam, Giving Tuesday was promoted by businesses and organizations as diverse as Skype, Microsoft, Sony, Huffington Post, and Mashable, among others. Over the years these and many others have partnered with Giving Tuesday to help it pursue its mission. By 2017 Facebook and the Bill and Melinda Gates Foundation had announced a plan for 2 million dollars of matching donations.

work with older adults and their families. They provide confidential support, encouragement, and tools to help seniors cope with the emotional stresses related to aging. These services are available county wide. For more information, please call 970-347-2420. If you are in a crisis, don't wait to talk to someone. Call 844-493-TALK (8255) or go to the Crisis Center at 928 12th Street in Greeley.

Another resource is The Community Greif Center. It is not a counseling center, but a companioning center. They offer various grief support services and groups for people of all ages. The Center believes grief is a normal reaction to death, the duration and intensity of grief are unique to each person, and everyone has a natural capacity to heal. For more information regarding the Community Grief Center, please call 970-506-4114.

This year as you navigate through the holiday displays that have already started to pop up, it might be nice to know there are alternatives to consider. It might even help you rediscover some of that elusive magic.

Volunteers NEEDED

Meals on Wheels Needs You! Meals on Wheels of Greeley & Weld County prepares hot and nutritious food 5 days a week to isolated, homebound individuals. They are in need volunteer drivers to help deliver lunch. Please contact Jill at Meals on Wheels at 970-353-9738 to make someone's day, including yours!

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 12/3

Chicken Cordon Bleu, Roasted Red Potatoes, Lemon Broccoli, Apple-Orange-Banana Salad, Wheat Roll, Butter, Sugar Cookie, Milk 1%

tues 12/4

Stacked Chicken Enchiladas, Pepi Corn, Spanish Rice, Pico De Gallo, Fresh Pear, Milk 1%

wed 12/5

Krautburger, German Potato Salad, Marinated Vegetable Salad, Mixed Fruit Salad with Grapes, Banana Craisin Muffin, Butter, Milk 1%

thurs 12/6

Spaghetti with Meat Sauce, Vegetable Medley: Squash-Broccoli-Carrots, Mint Cucumber-Tomato Salad, Wheat Roll, Butter, Milk 1%

fri 12/7

Baked Ham and Sweet Potatoes, Peas and Carrots, Apple-Cranberry Crisp, Milk 1%

Did you know?

Decaffeinated coffee is not caffeine-free. Most decaf coffee has some caffeine. A decaf espresso, for example, can have as much as 16 mg. In a decaf latte, which contains two shots of espresso, that adds up to about the same amount of caffeine found in a can of Coke

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.



Support During the Holidays

The holidays...a time for family, togetherness, and peace, love, and harmony, right? Well, maybe for some, but not for everyone. For some, the holidays can bring about difficult emotions, stress, anxiety and depression. It can be a trigger for remembering loved ones we've lost or even the challenges of complicated and strained relationships. The need for support may be the greatest during the holidays. Research shows that by talking to someone and seeking support, rather than avoiding those tough feelings, is a positive and helpful way to get through the challenging times (even when they occur outside of the holidays). Below are two wonderful resources in our

community.

North Range Behavioral Health offers special services for older adults called Peer Counseling. Seniors often have little understanding of depression, thinking that it is a normal part of aging. As we age, we face significant changes that put us at risk for depression: retirement, death or illnesses of loved ones, health/physical problems, isolation, and even medication can make one feel depressed and anxious. These feelings impact energy, sleep, relationships, and interest in work and hobbies. These and many other challenges are common – and hard to handle alone. The peer counselors are 55 years or older and are trained to

Falls: Debunking the

By: Whitney Janzen-Pankratz

Did you know that falls are not a normal part of aging? In fact, most falls can be prevented, and you have the power to reduce your risk of falling. Choosing to exercise, managing your medications, having your vision check, and making your living environment safer are all steps that you can take today to prevent a fall. There are many myths about falls that we need to challenge. Here are a few:

Myth 1: If I limit my activity, I won't fall.

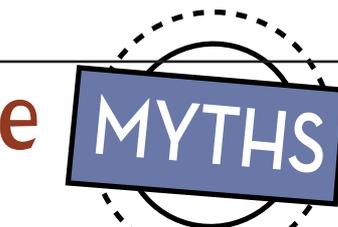
Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 2: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 3: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.



Myth 4: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

To learn more about free fall prevention programs in the area contact Whitney at (970) 400-6117 or go to www.ncoa.org/FallsPrevention.

Source: www.ncoa.org/wp-content/uploads/Myths-of-Older-Adult-Falls_2017.pdf