

# BEYOND 60

## ACTIVE LIVING

NOV-DEC 2018

### Activities Calendar

#### dec 9

**Lights of Hope.** Join the Community Grief Center for their 2nd annual benefit to support their mission to children, teens and adults to ignite hope and healing. Purchase a luminary to memorialize one person loved, missed and remembered by contacting the Center at 970-506-4114. Event will be from 4:00-6:00 pm at 2105 Clubhouse Dr., in Greeley.

#### dec 11

**Just for Laughs at The Bridge at Greeley.** Come laugh away your holiday stress with Eileen! Get some exercise and learn practical ideas for keeping laughter and joy in your daily life. Call 970-339-0022 for more information.

#### dec 12

**WCSPERA Luncheon.** Open to any retired person who received PERA pension benefits. Entertainment includes Keenage Singers. Enjoy smoked beef brisket or quinoa stuffed peppers. Cost is \$15 at Trinity Episcopal Church, 3800 20th St., Greeley at 11:45am. Call Eve at 970-506-9838 before Dec 4th to RSVP.

#### dec 15

**Walk with a Doc.** A walking program for everyone interested in taking steps for a healthier lifestyle. While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians. Free. 8:00 am at the Greeley Mall.

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](mailto:hdarby@weldgov.com). All content is subject to editing and/or approval by Weld County.

## Hanukkah

### Reflections on a Festival of Lights and Sharing Traditions

by Elena Rosenfeld

Hanukkah was my favorite holiday as a child. I grew up with the stories of Judah Maccabee who led the fight against the Greeks for the right to follow the teachings of the Torah. The story concludes by telling how a small amount of oil miraculously kept the Temple's eternal light lit for eight days and eight nights while more oil was being found. Hanukkah celebrates this miracle.

We celebrated by lighting the Menorah, adding a candle for each night, and singing prayers praising God for the commandments and wonders done for our people.

Back then I never wondered about the English translation of what was sung in Hebrew. I just appreciated the flow of words and the melodic intonations. For me, Hanukkah was about the candles, the blue and silver decorations that adorned our house, and the excitement of getting a gift for eight nights in a row.

The gift aspect of the holiday led to many comparative analyses between my friends and me. As my family had an uncanny knack of finding homes in

areas with few Jewish families, most of my friends celebrated Christmas. This led to divergent assessments of the holiday gifting norms. While I was enthralled by the idea of receiving a windfall of gifts on one morning, they were impressed by getting

gifts multiple nights in a row. We agreed, however, about the beauty and fun of the lights. While I enjoyed helping friends weave strands of lights in their Christmas trees, they loved being part of lighting the Hanukkah candles. The shared traditions of food, drink, and chocolate were also highly appreciated.

I reflect back on this childhood and realize that it has helped me as an adult. Hanukkah, at the most basic level, is a holiday celebrating the right to one's religion. So, with that, I wish everyone a happy celebration

of this winter season - be it Hanukkah, Christmas, Festivus, Kwanzaa, Yule, or one of the many winter holidays that I do not yet know.



## SPANISH INFLUENZA

By Kathy Swafford

First noted in a recruit from Haskell County, Kansas, the flu spread rapidly through military camps in the US, killing almost 30,000 trainees before they even got to France. It then traveled with troops overseas, moved rapidly through all war participants, and eventually spread worldwide, sparing only two isolated islands.

So why was it called the Spanish Flu? Countries in the war kept flu losses secret to protect morale and to avoid letting their enemies know. Spain, however, was neutral, publicized their flu losses, and consequently got the blame and the name!

Unlike most flu viruses that attack the very young or very old, this strain attacked healthy people ages 20-40, causing their robust immune systems to overreact, flooding lungs with fluid. Victims turned blue from lack of oxygen and died quickly in one day, or developed pneumonia

and died 4-5 days later, as antibiotics did not exist.

The cause was unknown, Viruses could not be seen until the 1930s when the electron microscope was developed. Doctors tried to stop the spread with quarantine and prohibiting public gatherings. The Red Cross made thousands of gauze masks (totally ineffective against viruses) for people to wear in public.

Research scientists in the 1950s obtained the virus from lungs of a Spanish flu victim buried below the permafrost in Alaska. They determined the 1918 flu was an avian strain carried by birds that had jumped to humans.

Luckily we now have widely-available flu shots (of dead viruses) to protect us. Still time to get your flu shot!

Sources: [www.cdc.gov/1918-flu-pandemic](http://www.cdc.gov/1918-flu-pandemic); <https://encyclopedia.1914-1918-online.net>;

that fully. After all, in "Lucy in the Sky with Diamonds," even the Beatles made reference to "the girl with the kaleidoscope eyes."

Kaleidoscopes are now well entrenched in all forms of art, and there are a wide variety of types. We think most often of the cell type, where the materials producing the image are enclosed in something, and we peer into it, or watch it being projected to an external screen. Some utilize fluids so that the pattern-forming parts flow languidly from one shape to another. And there are even teleidoscopes, where the person looks through something that turns the world into a kaleidoscopic image. It makes me think of what the visual life of a grasshopper might be like.

Perhaps it's a sign of the times, but there seems to be something peace-inducing about watching nature resist our efforts to induce chaos and insist on recreating form. Maybe we should be taking notes.

## Kaleidoscopes

by Bill Crabbe

I don't remember the first time I saw a kaleidoscope, but they have always fascinated me. But then, my friends and I also liked to stand at the end of a mirrored door so that we could create bizarre reflected images of our bodies. And that's all a kaleidoscope really is; that is, a way to create multiple reflected images inside something so that they form new and weirdly symmetrical patterns. It's like being able to feel like an artist without having any talent.

Those who study such stuff suggest that people have been playing around with multiple reflected images since antiquity, although efforts to describe it more scientifically didn't show up until the middle 1500s. But it wasn't until 1816 that a

man named David Brewster actually thought to put reflective mirrors in a tube and create the kaleidoscopes with which we are familiar. Sir David was a serious scientist, but he wasn't above enjoying the pleasure that kaleidoscopes provide, coining the name from the Greek words for "beautiful form watcher." He patented the kaleidoscope in 1817, but proved himself to be a better scientist than businessman, as the patent had some legal holes in it. Others exploited those holes as kaleidoscopes invaded recreational society and Sir David never made any money on his creation.

Kaleidoscopes regained popularity during the 1970s. Those of us who lived during that period understand

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

#### mon 12/10

Prime Rib, Baked Potato/Sour Cream/Butter, Green Beans with Red Pepper, Cranberry Dream Salad, Wheat Roll, Butter, Horseradish Sauce, English Trifle, Milk 1%

#### tues 12/11

Beef Sirloin Tips, Mashed Potatoes, Corn on the Cob, Butter, Wheat Roll, Butter, Apple Waldorf Salad, Milk 1%

#### wed 12/12

Meat Lasagna, Vegetable Blend, Greek Salad, Wheat Roll, Butter, Lemon Coconut Cookie Bar, Milk 1%

#### thurs 12/13

Prime Rib, Baked Potato/Sour Cream/Butter, Green Beans with Red Pepper, Cranberry Dream Salad, Wheat Roll, Butter, Horseradish Sauce, English Trifle, Milk 1%

#### fri 12/14

Fried Chicken, Mashed Potatoes, Gravy, Creamy Coleslaw, Pineapple-Red Seedless Grapes, Pumpkin Roll, Butter, Milk 1%

### Did you know?

Raw green bean contains high content of lectins which can be harmful for human health. High temperature (during cooking) destroys lectins