

# B E Y O N D 6 0

## A C T I V E L I V I N G



SENIOR HEALTH & Fitness

### A Matter of Balance Workshop:

Learn ways to reduce the fear of falling and break the fear of falling cycle. A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Wednesdays 3/7/18 to 4/25/18 from 1:30-3:30 pm: Eaton Area Community Center, Eaton

### 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 3/13/18 to 4/17/18: Johnstown Senior Center, Johnstown: 1:00 - 3:30 pm

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

#### mon 3/5

BBQ Beef on a Wheat Bun, Creamy Potato Salad, Green Beans, Corn and Red Pepper Mix, Peaches and Raspberries, Milk 1%

#### tues 3/6

Roast Turkey, Mashed Red Potatoes, Gravy, Three Bean Salad, Mixed Melon, Wheat Roll, Butter, Milk 1%

#### wed 3/7

Chicken Parmesan and Marinara, Parslied Penne, Italian Vegetables, Pineapple, Breadstick, Butter, Milk 1%

#### thurs 3/8

Soft Beef and Bean Taco, Pico De Gallo, Sour Cream, Mexican, Tropical Fruit Salad, Cornbread Muffin, Butter, Honey, Milk 1%

#### fri 3/9

Lemon Baked Cod, Lemon Wedge, Tartar Sauce, Baked Potato, Sour Cream, Butter, Broccoli-Cauliflower Salad with Ranch Dressing, Grapes, Raspberry Muffin, Butter, Milk 1%

### Did you know?

Make the swap...use low-fat plain yogurt instead of sour cream. It has a fraction of the fat sour cream does, but provides the same texture and taste.

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.

## History of the Oscars

By Nancy Culbreath

Happy 90th Birthday! Can you believe it? The Oscars were first broadcast on the radio in 1930 and televised for the first time in 1953. It is now seen live in more than 200 countries around the world. It is the oldest worldwide entertainment awards ceremony. The ceremony last year had a total of 3,045 Oscars being awarded from the first year through the 89th.

The gold Oscar statuette given for winners of the Academy Awards of Merit, as it is called, was first given in 1929. It is awarded for excellence in cinematic achievements. Winners are chosen by secret ballot by members of the Academy of Motion Picture Arts

and Sciences, all of whom must be invited to join by the Board of Governors. There are many award categories but the most publicized ones are Motion Picture and Actor/Actress. Envelopes with the winners are kept sealed and carefully guarded, especially after the mistake last year when the wrong one was inadvertently announced. Hope you have seen and enjoyed at least some of this year's nominees.

The origin of the name "Oscar" is disputed. One is that it came from a biography of Bette Davis who was a president of the Academy and named it after her first husband. Another is that it was named by the Academy's executive secretary in 1931 who called it that after a relative. Also, a columnist

was present then and mentioned the name "Oscar" in his byline. We will never be sure.

Since 2010 the company in charge of engraving the winners' statuettes has made 197 engraved nameplate possibilities ahead of time so the winners can be added immediately after the ceremony. The nameplates for non-winning nominees are recycled afterwards.

I hope this helps you appreciate all that goes into a major television event with both happy and disappointed participants as well as beautiful and expensive attire and hoopla.

straight back from the bridge of the nose, underneath the brain.

From the olfactory bulb, the odor goes to the amygdala and hippocampus in the brain to be associated with an event, an emotion, or a reward. Odor memories may have strong emotional ties with good or bad experiences. A smell may trigger a memory from long ago, a pathway that elders may lose.

The sense of smell does decline with age, starting slowly around age 60 and gradually becoming more noticeable. By the 80s, nearly a third of the population has a decreased ability to smell.

Besides age there are other causes of smell loss. Nasal congestion from a cold, allergy, or sinus infection can prevent aromas from chewed food reaching sensory cells in the nose, making food taste bland. Smell adds the nuances to the basic taste categories of sweet, salty, sour, and bitter. Elderly people may compensate for bland food with higher salt or sugar intake, thus

aggravating high blood pressure or diabetes.

Other treatable causes that can impair smell are nasal polyps, exposure to toxic chemicals, certain medications, dental issues, vitamin deficiencies, and cigarette smoking.

If loss of smell is truly age-related, people can learn to compensate:

- Use spices and herbs to enhance flavor, and mix textures and color.
- Keep smoke and carbon monoxide detectors in working order.
- Use a visual gas-detection device by gas stoves or furnaces.
- Refrigerate food properly.
- Follow "when in doubt, throw it out" to avoid eating spoiled food.

Lastly, be sure to see your doctor if you have a sudden or significant loss of smell or taste.

Sources: [www.ag.ndsu.edu](http://www.ag.ndsu.edu); [www.ncbi.nlm.nih.gov/newsnetwork.mayoclinic.org](http://www.ncbi.nlm.nih.gov/newsnetwork.mayoclinic.org); [www.agingcare.com](http://www.agingcare.com);

## The Nose Knows.....



By Kathy Swafford

We often take our sense of smell for granted. Yet without smell, food seems tasteless and our mouths don't water from the aroma of a roast in the oven, making us eager to eat. Smell may save our lives by alerting us to danger from a gas leak, smoke and fire, or spoiled food.

Smell occurs when olfactory sensory cells in the roof of the nose detect odor molecules in the air we breathe or food we chew. The cells connect through bone to the olfactory bulb, located

## INTERESTING FACTS ABOUT POLAR BEARS

1. Scientists estimate that there are around 25,000 polar bears.
2. Male polar bears can weigh up to 1,500 pounds, while the females only weigh half that.
3. When standing on its hind legs, an adult male may reach more than 10 feet.
4. Female polar bears do not start having cubs until they are about 4 or 5 years old.
5. Polar bear cubs weigh a little more than a pound when born.
6. Polar bears keep from slipping on the ice with the help of small bumps on their feet called papillae.
7. Polar bears swim using their large front paws to propel themselves through the water and their back legs to steer.
8. Polar bear fur is oily and water repellant, allowing them to shake dry after swimming.
9. Polar bears mainly hunt seals. Polar bears have a strong sense of smell and can usually smell a seal a mile away.
10. Humans are polar bears' only predator.
11. Polar bears have black skin, and their fur is not white, it is transparent.
12. Polar bears are the largest carnivore that lives on land.
13. Their fur reflects light. The hollow fur also traps the sun heat to help keep the polar bear warm.
14. Polar bear cubs learn to 'freeze' and remain still while their mother hunts. If they move, the mother disciplines them by whacking them on the head.
15. Some female polar bears deviate from the one room den; they build multiple dens with rooms and even a ventilation system in the

roof.

16. Polar Bears can swim up to 100 miles at about 6 miles per hour; on land they can reach up to 25 miles per hour.

17. Female polar bears would rather build their dens in 'old snow' from previous years rather than the freshly fallen snow.

18. Despite numerous doomsday tales for the species, scientist don't believe that hybridization nor global warming will wipe out polar bears anytime soon.

Sources: [Endangeredpolarbear.com](http://Endangeredpolarbear.com), [Sciencekids.com](http://Sciencekids.com), [Ibetimes.com](http://Ibetimes.com)



### AGE OUT LOUD

Researchers tell us that "happiness" means different things as we age. In youth we explored new challenges to set a course for life. As seniors we cherish those activities that make us "comfortable," or at ease with life. People find that sense in different ways and we'd like to hear your story. Some folks, like retired attorney Ron Medley, Grandma Moses, or Robin right here in Greeley, find joy in painting. Let's hear your story.

Send your story to Age Out Loud editor, Dick Williamson at [radiomemry@gmail.com](mailto:radiomemry@gmail.com). Contributions should be 75 words or less and are subject to edit.

Patty says, after working in the healthcare field for nearly 40 years, I retired. I wanted to learn something new so I attended a writing your life class at the senior center. Eventually my family members will be able to read my story.

FEBRUARY - MARCH 2018

### Activities Calendar

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Life After Loss program presents Living History Tours-The History of Greeley. Adamson Life Celebration Home is sponsoring this free presentation by Peggy Ford-Waldo which will include interesting unknowns about our city's development, education, religion and other tidbits from 6:30-8:00 pm at Adamson's, 2000 47th Ave., Greeley. Call Richard at 970-534-9555 to register.

### March 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: Greeley Center for Independence, 2nd Floor, 2780 28th 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

#### Parkinson's Support Group

Greeley 3rd Thursday 10:00 am: Hope Pool & Therapy Center, 2780 28th 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 4650 W 20th St., 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.

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The Opioid Crisis in Weld County and the US free informational event. Keynote speakers Dr. Mark Wallace (North Colorado Health Alliance) and Dr. Deb Bennett-Woods (Professor Emerita, Regis University) will discuss how the crisis started, what the numbers look like, and resources available. Sponsored by Greeley Indivisible and held at Farr Library, 1939 61st Ave., Greeley from 7:00-8:00 pm.

### Retirement Party!

After 48 years, the beloved Mary Margaret Cox is retiring from Meals on Wheels. All are cordially invited to attend on Saturday, March 3 from 2:00-4:00 pm at Trinity Episcopal Church, 3800 20th St., Greeley.