

B E Y O N D 6 0

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

MARCH 2018

Activities Calendar

mar 14

Age Smart/Live Smart seminar hosted by Adamson's Life After Loss program. The Greeley Police and Greeley Fire departments present information on fall and fire prevention; protection from crime in public places; home target hardening; and fraud, scam and cyber defense. FREE from 6:30 p.m. to 8:30 p.m., 2000 47th Ave., Greeley. Call Cherry at 970-353-1212 to register please.

mar 15

Ashley Manor Assisted Living Open House. Door prizes, food, & drinks available. \$5 raffle tickets to win a big screen TV. Proceeds go to the Alzheimer's Greeley Walk. Event is from 1:00-6:00 pm at 1715 32nd St., Evans.

mar 16

Meals on Wheels St. Patrick's Breakfast Benefit. Sponsored by VFW, 3501 State St., Evans from 7:00-9:30 am. Cost is \$8.00 includes eggs, bacon, sausage, hash browns, pancakes, waffles, green chili, biscuits and gravy, and drinks.

mar 17

Walk with a Doc. A walking program for everyone interested in taking steps to 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.

Winter Farmers' Market. This season features hardy root crops, winter squash, greenhouse-grown produce, locally raised meat, fresh bread, coffee, honey, savory spices, and more. The winter market is held indoors at Zoe's Café, 715 10th St., Greeley from 9:00-12:00 pm.

Fight Fraud - Shred Instead!

The Area Agency on Aging and AARP Foundation is sponsoring a shred event where you can drop off unnecessary personal financial documents and records for shredding on April 18th from 9:00-12:00 pm at Island Grove Park, 501 N 14th Ave. (next to Grandstands) in Greeley. Limit to 3 boxes and please bring a nonperishable food donation for the Weld Food Bank.

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.

Major "Senior" Benefit--- the Increased Opportunities to take a NAP!

by Dr. Ken Humphrey

One of the most memorable recollections I have of my elementary-middle level years is, believe it or not, that of arriving home after school and, after walking quietly in through the front door, seeing my dad comfortably napping on the couch in the living room. It always seemed that he had a smile (or maybe even a smirk) on his face---I don't know, but I do know that he was most effectively relaxing after a hard day's work as a welder (he started work at 6 am) at the Pittsburgh Plate Glass factory repairing broken down machinery.

I now consider my dad really smart and somewhat of an expert in the area of napping, and I'm certain that if he were alive today he'd join me in celebrating the unofficial holiday of "Napping Day"---on the Monday after Daylight Saving

Time, this year on March 12th. He already had learned the many benefits of napping (maybe by necessity), whereas I have really had to wait until I fully retired (I had a job with little or no chance to nap during the day) to realize and appreciate the following:

Studies have shown that one or more short naps during the day can increase productivity and alertness, along with the following more direct benefits: 1) napping is physiologically and psychologically beneficial to help refresh the mind, improve overall attentiveness, boost one's mood; 2) napping improves learning and one's working memory; 3) napping prevents burnout and can even reverse information overload; 4) napping heightens one's senses and creativity; 5) napping gives one's brain a rest and one's body a chance to heal; 6) and surprisingly, napping might even save money by not buying those energy



drinks or that espresso.

I've learned that my dad (and now even me) was in really good company---Churchill, J.F. Kennedy, Ron Reagan, Napoleon, Einstein, Edison and G. W. Bush---all are known to have valued an afternoon nap. And when push comes to shove, you know taking a nap is awesome! Seriously, napping---it's awesome!!!

Resources: www.webmd.com, www.menshealth.com, www.health.harvard.edu, www.usnetfind.com

SENIOR HEALTH & Fitness

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

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. Contributions should be 75 words or less and are subject to edit.

Jean - "I keep my brain and body active. I always make time to exercise and see my friends on the weekend. I have started bird watching, what a great hobby."

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 3/19

Beef Tips, Mashed Red Potatoes, Gravy, California Blend Vegetables, Wheat Roll, Butter, Mixed Fruit, Milk 1%

tues 3/20

Italian Meatloaf, Italian Vegetable Medley, Apple Waldorf Salad, Wheat Roll, Butter, Cherry Crisp, Milk 1%

wed 3/21

Roast Beef, Brown Gravy, Baked Potato, Sour Cream, Butter, Brussels Sprouts with Malt Vinegar, Wheat Roll, Butter, Chocolate Pudding, Milk 1%

thurs 3/22

Stuffed Green Pepper, Scaloped Potatoes, Mixed Fruit, Mint Cucumber/Tomato Salad, Rice Krispie Treat, Milk 1%

fri 3/23

Egg Salad on Wheat, Lettuce/Tomato, Marinated Vegetable Salad, Cantaloupe, Brownie, Milk 1%

Did you know?

Eggs are rich in choline. It promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals.



Photo from www.crispusattacksmuseum.org/events-of-the-boston-massacre/

By Bill Crabbe

Few would dispute that we live in fractious times, times during which our attempted democratic experiment is being sorely tested. Occasionally it is good to remember why we even tried it in the first place.

Back in the mid-1700s not everyone was excited about the idea of a revolution. In fact, most folks were probably more on board with the stability they found under British rule. But there were some serious undercurrents brewing, and some very energized people helping to push them to the forefront. And the British didn't help themselves by trying

THE BOSTON MASSACRE

to crack down on those making noise. They found the game of "whack-a-mole" is hard to play from thousands of miles away. Enter the events that became known in patriotic circles as the

Boston Massacre.

It was born in the reaction to the Townshend Acts, a series of taxation moves that were being imposed on the colonists. It came to a head on March 5, 1770 when a mob of people confronted British soldiers outside the Custom House on King Street. After some insults, spitting, snowball and object throwing, and dares to "fire," there was some brief chaos and the soldiers fired into the crowd. Three people were killed on the scene and two died later.

The political spin began quickly, with the incident labeled "The Boston Massacre" by the American patriotic press,

and "The Incident on King Street" by the British. It became a political football, and a rallying cry by those who wanted America to break free from British rule. Interestingly, John Adams, who later became America's second president, defended the British soldiers involved and acquitted six of the eight charged. The other two were punished by having their hands branded, perhaps with the inscription "return to sender."

The Boston Massacre was famously memorialized in an engraving by Paul Revere, and it helped fuel the rebellion, although it wasn't until 1774 that Boston again directly acted out in the even more famous Tea Party.

Among the many lessons of The Boston Massacre is one that perhaps we should be thinking about today. History teaches that attempting to quell resistance through acts of repression is never terribly successful. All it does is fuel more anger. Just ask the British how that worked out for them.

March is National Nutrition Month

It is important to be aware of healthy choices of fresh food that is as natural as possible. As our bodies age it is essential to be aware of the changes that may affect our nutritional intake such as slowing of our metabolism (breakdown and absorption of food), decreased senses (loss of taste sensation), and possible medication and food interactions

Healthy snacking can help in maintain-

ing good nutrition.

- 1 oz. low fat string cheese or low fat other cheese and 6 whole grain crackers
- 1/3-cup tuna/chicken salad with low fat mayo and 3 whole wheat crackers
- 1/3 cup egg salad on leaf lettuce or 1 slice wheat bread
- Nonfat frozen or regular yogurt, without added sugar
- 1 cup fruit smoothie
- 1 oz. low or nonfat cheese or cottage cheese melted on whole grain tortilla, pita or bagel
- 1 cup low fat milk with 1 scoop flavored protein powder

Mix ingredients in a bowl. Add the following:

- 1 firm, ripe avocado chopped
- 1 can rinsed and drained no salt black beans
- 1 can rinsed and drained corn kernels
- 2/3 cup sliced green onions
- 2/3 cup chopped cilantro
- 1 lb. Roma tomatoes, chopped



Cowboy Caviar

- 2 Tbsp red wine vinegar
- 1-2 tsp hot sauce (optional)
- 1 1/2 tsp olive, soy or safflower oil
- 1 clove of garlic, minced
- 1/8 tsp pepper

- 1/2 cup cottage cheese and 1/2 cup fruit
- 2 Tbsp natural peanut butter on an apple, celery or 6 whole grain crackers
- 3/4 cup heart healthy Chex mix with nuts
- 1/2 cup "cow-boy caviar" and 20 low fat tortilla chips
- 1/2 cup pretzels and 1/4 cup nuts mixed
- 1/4 cup walnuts with 1/4 cup dried fruit mixed



Yield: 6 cups
1/4 cup = 40 calories, 5 grams carbohydrate, 1.5 grams fiber, 1 gram fat, 0 grams saturated fat, 1.5 grams protein, 0 mg. cholesterol, and 14 mg sodium

By: Lorrie Wellman, Registered Dietitian for Friendly Fork