

# BEYOND 60

## ACTIVE LIVING

MARCH 2018

### Activities Calendar

mar 5

**Tai Chi Moving for Better Balance**  
Demo: Improve your balance, increase strength, mobility, and flexibility while reducing your fear of falling. Learn about the Tai Chi program offered by the Area Agency on Aging featuring 8 of the 24 Yang-style Tai Chi forms. This practice is accessible standing or sitting. Riverside Library & Cultural Center, 3700 Golden Street, Evans. From 2-3 pm, no registration required, call Whitney if you have questions 970.400.6117.

mar 8

**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, resources available to name a few. Sponsored by Greeley Indivisible and held at Farr Library, 1939 61st Ave., Greeley from 7:00-8:00 pm.

**Colon cancer: the second leading cause of cancer death in the U.S.** Preventative screenings for this type of cancer aged 65 to 74 years of age are under-used. Dr. Douglas Kemme, UCHHealth oncologist, discusses screening tests, diagnosis and treatment of colon cancer. No charge; please call Aspen Club to register at 970-313-2796; 10-11 a.m. at Greeley Senior Center, 1010 6th St.

**AARP Safe Driving Class from 2-4:30 at the Greeley Senior Center.** Receive a possible discount on your automobile insurance as well as some updating your skills. \$15 for AARP members, \$20 for non-members. Call the Senior Center to sign up 970-350-9440.

mar 12

**Long-Term Care: a seminar that looks at ways to prepare for long-term care.** This FREE seminar is sponsored by NCMC Foundation but reservations required by calling Kyle at 970-810-2441. Held at NCMC Auditorium, 1801 16th St, Greeley from 4:30-6:00 pm.

### Free Tax Help by AARP

Appointments REQUIRED by calling (970) 584-0144. Located at High Plains Library District, 2650 W 29th Ave., in Greeley.

mar 15

**Saint Patrick's Day Lunch at the Greeley Senior Center.** Join them for a traditional Irish lunch of corned beef and cabbage. Great entertainment by Dejavoo. Don't forget to wear green. Lunch is at 11:30 am, \$6 for everyone. Call the Senior Center to sign up 970.650.9440.

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.

## A True American Sport: Basketball

By Dick Williamson

**"March Madness,"** college basketball's exciting tournament of champions, is just around the corner. But for the brilliance of James Naismith, the game's inventor, it would never happen.

Who was Jim Naismith? Born in 1861, he was an orphaned Canadian farm boy who hated studies and dropped out of school. He began his professional career as a farm laborer, but convinced he could do better, went back to school and earned his diploma at age 22. He then enrolled at McGill University in Montreal and earned a BA in Physical Education. He followed that with a diploma from Presbyterian College in Montreal.

He used his Phys. Ed. degree to secure

a position as PE Instructor at the Springfield, Massachusetts YMCA, where he found an unruly group of young men who made life miserable between football and baseball seasons. Naismith was directed by his boss, Dr. Luther Gulick, to come up with an indoor wintertime game to keep the boys occupied. The result was basketball, a game played on a hard floor with two peach baskets, one at each end, ten feet in the air. A score was made when a player tossed the ball into the peach basket. At first the game was rowdy with players



knocking each other around and running down the court to score. Some refinements brought more civility to the game which found quick acceptance and was soon being played all over the country.

Naismith moved to Denver where he received a Medical Degree in 1898 before moving on to the University of Kansas as Athletic Director and coach. His career at Kansas would span 39 years and was instrumental in seeing the game earn international standing. It was introduced as a "demonstration sport" at the Olympics of 1904, and as a full Olympic Sport at the Berlin Olympics in 1936, with Naismith attending. Naismith died in 1939.

Lawrence, Kansas has a road, *Naismith Drive*, which runs in front of Allen Fieldhouse where the basketball court is named *James Naismith Court*. The school also has a dormitory named *Naismith Hall*. Not bad for a high school dropout from rural Canada.



## Better Health? There's an App for That!

to better health? After some research and experimentation, I've found the following apps are great tools for personal health:

**Insight Timer:** This app offers free guided meditations, music tracks, talks and courses. It allows you to sort through and pick meditations based on what benefit you seek, practice styles, spiritual origin, and teacher. My personal favorite use for this app is the wide selection of guided meditations for sleep. On nights that I don't want the verbal guidance in my bedtime meditation routine, I really enjoy the nature sound tracks paired with the sleep feature that stops the track when I set it to. This feature allows the phone to fall asleep not long after I do.

**Pacer Pedometer & Step Tracker:**

Looking for a way to use that step tracker feature in your phone to motivate you to be more active? This free app logs your steps, offers challenges, maps your walking routes and more. It also offers places to track your weight and BMI over time so you can correlate changes with your activity level.

**Peak Brain Training:** Want to keep your brain in tip top shape? This app offers brain games to challenge your memory, attention, problem solving, mental agility, language, coordination, creativity, and emotional control. You can also learn which categories you excel in and compete with friends by comparing your brain map and game performance. The basic features in the app are free with options for paid upgrades to access additional features.

## THE LITTLE BLUE PILL



By Holly Darby

Step back in time to 1998. The FDA approved the now infamous "little blue pill," also known

as Viagra. Since then, few drugs can claim the kind of fame that Viagra has had all over the world.

A drug that was originally created

by British researchers to treat high blood pressure and angina ended up taking the world by storm to help men in the bedroom. This little miracle worker has even been linked to celebrities such as Bob Dole and Michael Douglas. And according to Newsweek, a certain Irish town where a factory produces the drug claims to embrace the "alleged airborne" pollutant as "love fumes." It should be noted that Pfizer completely discredits this claim as they follow strict manufacturing processes.

So why all the hubbub? It's been 20 years, the jokes (mostly) have worn off and, we can only hope, the stigma has also worn off. Well, it means a generic can step in for competition. Again, this little guy can cause quite a stir. In the US, Cialis actually leads the market over Viagra (though they are second). Another interesting tidbit

regarding the generic race is Pfizer has already launched its own version. Not something a brand-name company will often do.

According to pharmaceutical analyst at the University of Michigan's business school, Erik Gordon, "This is the most comprehensive pricing and marketing response I've seen to a generic. It's unprecedented." Well Erik, it's going to get even crazier, because in June 2018 is when more generic versions become available, which some predict could cut the prices by nearly 90%. And I don't even want to think about what is going to happen to the black market!

So, hold on to your hats, it's going to be a wild ride.

Sources: USA Today, CNN, Newsweek

## 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.

**Kathy** states - "The best part about aging is getting to enjoy my grandchildren and being involved in their lives. I get to go to all their sporting events, take them to the UCCC, attend school activities, etc. Being able to enjoy family without being responsible for them is truly a blessing."

## 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 3/12

Cabbage Casserole, Marinated Vegetables, Mixed Fruit with Red Grapes, Morning Glory Muffin, Butter, Milk 1%

tues 3/13

Lemon Dijon Chicken Breast, Roasted Parsnips, Turnips, Beets and Carrots, Brown Rice with Cream Gravy, Wheat Roll, Butter, Chocolate Muffin, Milk 1%

wed 3/14

Chicken Alfredo over Wheat Pasta, Spinach Garbanzo Bean Salad with Italian Dressing, Banana and Blueberries, Lemon Pudding, Milk 1%

thurs 3/15

French Dip with Au Jus Cup, Oven Brown Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%

fri 3/16

Corned Beef, Cabbage, Carrots, Mustard, Rainbow Salad, Potato Colcannon, Rye Bread, Butter, Fruit Salad, Saint Patty's Day Cookie, Milk 1%

## Did you know?

*Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."*