

B E Y O N D 6 0

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



APRIL 2018

Activities Calendar

april 5

Mood foods and cooking for one: Does what you eat affect how you feel or mood? Learn how foods can affect your state of mind (and body); get cooking tips and ideas for healthy cooking for one or two people. No charge; please call Aspen Club to register at 970-313-2796. 10-11 a.m. Greeley Medical Clinic, 1900 16th St., Greeley.

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.

april 7

Spring Fling. A benefit for the Alzheimer's Association. Tickets are \$75/person or \$125/couple and includes steak dinner, drinks, dance to live music, give aways and photo booth. Atlas Theater, 709 16th St., Greeley from 6:00 pm-midnight. Call Christina at 970-691-4766 for tickets.

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.

april 11

Ask An Attorney Clinic hosted by the Weld County Combined Court Information Center. Speak with a local attorney for free. (Family, Divorce, Custody, Child Support, Evictions, and Civil Law Suits to name a few.) Each one-on-one session is 15 minutes. 3:00 - 4:30 pm at 915 10th St. Please call to confirm or for more information 970-475-2410.

april 12

An Eye on Your Health. Dr. Amber Busche will give an overview of how ocular health acts as a window to total body wellness and will explain important signs and symptoms of ocular complications. No charge, please call Aspen Club at 970-313-2796 to register. 10-11 am at the Greeley Medical Clinic, 1900 16th St., Greeley.

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.

Fighting Aging Stereotypes

By Bill Crabbe



The Long in Tooth Brigade is fighting back against this whole aging thing. Now that 70 is the new 50 and 90 is the new 70 we simply aren't going to take it anymore. When we hear some of those old adages about what aging is like, we simply refuse to recognize ourselves in the description. In fact, the next person who tells me that old people are crotchety is going to get decked.

So what are some of these old chestnuts, and what should they really be telling us?

Let's start with that one about how we slow down as we age. Who says? I'm just as active as I was

twenty years ago, especially right after my nap. And I can carry on well into the evening. Shoot, eight, nine o'clock is nothing for me.

Or how we lose our athleticism. Come on. I was on the basketball court just the other day and if I took three or four seconds to set up, I could shoot just as well as I ever could. I just had to stay within ten feet of the basket. Once I even drove to the hoop. About that hoop - I know they raised it a couple of decades ago; I'm just waiting for them to admit it.

And you know that one about how we become cognitively inflexible as we age? Well, let me tell you what is really going on. By the time we've reached our ages we've had a chance to think things through very

thoroughly. And after having considered this stuff from every possible angle, we've simply come up with the right answers. If you don't get it, it's on you.

Finally, we keep being told that we can't remember stuff. I want you to consider this: is, am, are, was, were, be, being, been, has, have, had, do, does, did, shall, will, should, would, may, might, must, can, could. "What are those?" you ask. Why, that's the list of intransitive verbs that I learned in the eighth grade. All that newer stuff? Well, most of it is overrated.

So if you don't mind, we're going to just keep going with this whole aging thing, right up to the point where we can't do it anymore. And we'll let you know when that is.

Enjoy a Good Laugh!

By Eileen Smith

Who doesn't enjoy laughing? I know it is one of my favorite things to do-especially when I laugh so hard I have tears streaming down my cheeks, my belly hurts, and I am gasping for breath! Well, April is a great month to remind ourselves to laugh. Not only does the month begin with April Fools' Day, but it is also National Humor Month. Humor Month was founded by author and comedian Larry Wilde in 1976 to promote public awareness of the therapeutic benefits of humor. I think by this time pretty much everyone knows the benefits of laughing: it boosts immunity, increases creativity, decreases stress, increases endorphins and decreases pain, to name just a few. So if you enjoy a good laugh, there are LOTS of ways you can celebrate in April and any day of the year.

In doing research on this subject, I discovered some very interesting trivia facts. For instance, did you know the first comedy film was an 1895 French movie about a gardener getting sprayed in the face by a hose? Or the first known joke about breaking wind was contained in an ancient Sumerian proverb? (When I Googled Sumerian proverbs, well, let's just say that also provided quite a few giggles.)

Here are a few ideas to celebrate Humor Month:

- Instead of the traditional name that tune, play name that hum.
- Play a fun, harmless prank/practical joke on someone (my family happens to be excellent at this one so I have a fairly good repertoire).

- Have a "laugh-in." Watch one of your favorite funny movies (one of my favorites is The Princess Bride) with your friends.
- Visit a toy store or novelty store. I always enjoy pressing all the play buttons on the animated toys.
- Spread the humor by sending a "Humor-Gram" with a joke or cartoon to a friend.
- "Cultivate the outrageous," like standing backward in an elevator.
- Take family pictures and come up with funny captions. Or have a "caption the photo" contest at your office.

If you need more ideas visit www.humormonth.com for other ways to have fun, posters to print, quizzes and other great stuff. No matter how you celebrate, just remember to find something to make you laugh!



SENIOR Life

AGE OUT LOUD

Jerry notes- "I decided once I retired I would volunteer. The first help wanted ad I read was for the Food Bank. I started working there and have felt valued, needed and respected. I love being able to give back."

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 4/9
Turkey Tetrazzini, California Blend, Pears with Grapes, Wheat Roll, Butter, Orange Gelatin with Mandarin Oranges, Milk 1%

tues 4/10
Spaghetti with Meat Sauce, Peas with Pearl Onions, Tossed Salad, Italian Dressing, Peaches, Wheat Roll, Butter, Milk 1%

wed 4/11
Hot Roast Beef Sandwich Topped with Mashed Red Potatoes and Gravy over Bread, Asparagus, Cherry Crisp, Milk 1%

thurs 4/12
Breakfast Burrito, Pico De Gallo, Sour Cream, Refried Beans, Strawberries and Bananas, Yogurt-Blueberry-Granola, Milk 1%

fri 4/13
Chicken Soft Taco, Pico De Gallo, Shredded Lettuce, Tomato, Cheese, Sour Cream, Mexicorn, Mandarin Oranges, Fruit and Nut Crunch, Milk 1%

Did you know?

To get the amount of calcium in an 8-ounce glass of milk, you'd have to eat one-fourth cup of broccoli, seven oranges or six slices of wheat bread.

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.

AGING OUT LOUD

By Dick Williamson



Sam, in his 70s and retired after a successful career in radio, was asked if he would consider another gig at a local radio station. He said, "No, I'm not doing what I do for peanuts. They can't afford me." In effect he was saying he would rather just stay at home than do what he loved for a smaller paycheck than when he was in his prime.

That was his choice. In the opinion of many experts in the field of aging successfully, not a good one. Retirement does not mean quitting in the business of life. Yes, life is a business but not the "rat race" kind of business that drove us in our earlier years.

rewarding lives. Our "retirement" years are like icing on a good cake, or the finishing touches on a masterpiece. These are important years!

Physicians Mutual Insurance Company recently published a study showing that three out of four Americans plan to do some work beyond retirement because they want to! Some work for a paycheck, some as volunteers. Either way is rewarding.

They list some businesses that offer great next-employment adventures:

Retail
Many retailers need mature employees with customer service skills. Your expertise and experience can be invaluable here.

Food Service
Fast food isn't always high-pressure. Look for a part-time job at a coffee shop, bookstore cafe, grocery store kiosk, etc.

Bookkeeping
Every business has bookkeeping needs, but

Rather it is the business of living complete, full, and

not all need a full-time bookkeeper. If you are skilled in this area, there are many part-time opportunities available.

Customer Service
Think lobby or security check-in, or manning an information desk at a museum or library. Answering corporate phones and handling difficult calls often requires a mature skill-set.

Driver
If you qualify, this could be a fun job. Car dealerships hire part-time drivers to move cars to different areas, sometimes across the country. There are also bus, limo and shuttle services needing part-time drivers.

Volunteer
The opportunities are endless. Call the Volunteer Resource Bureau for information: 970 353-4300.

Be creative and you will find your "retirement" job to be one that adds quality and fulfillment to your life.

Then share it with us. Send your "Aging Out Loud" retirement story to Age Out Loud editor, Dick Williamson at radiememry@gmail.com. Contributions should be 75 words or less and are subject to edit.

SENIOR HEALTH & Fitness

Tomando Control Colorado Diabetes: Sea proactivo y aprenda las herramientas para manejar usted mismo su diabetes. Aprenda a aplicar los conocimientos, como una nutrición adecuada, el desarrollo de un programa de ejercicios. Este Taller se reúne una vez a la semana durante 6 semanas, a partir del Lunes 16 de Abril de 6:00 pm-8:30pm. Monfort Family Clinic, Evans. GRATIS si tiene 60 años de edad o más, para mas información llame a 970-400-6111 (El espacio es limitado)

Stress Busters Workshop: Learn new stress management techniques, relaxation, and coping skills. The evidence-based workshop is for family caregivers (only). Workshop meets once a week for nine weeks. FREE but registration is required by calling 970-400-6130.

Wednesdays 4/25/18 to 6/20/18 from 9:30-11:00 am: Farr Library

Strong People Class: Maintain and improve strength, flexibility, and balance. Hand weights and legs weights are provided. Learn proper technique and intensity specific for you. FREE for people 60 and older, but registration is required by calling 970-400-6117.

Tuesdays & Thursdays 4/10/18 to 6/28/18 from 3:00-4:00 pm: Greeley Senior Center

Healthier Living Workshop: Learn tools to become a better self manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Wednesdays 5/2/18 to 6/6/18 from 1:30 - 4:00 pm: North Colorado Medical Center, Greeley