

# BEYOND 60

## ACTIVE LIVING

APRIL 2018

### Activities Calendar

#### april 17

**The Basics: Memory Loss, Dementia and Alzheimer's.** Hosted by the Alzheimer's Association and held at the Greeley Senior Center, 1010 6th St., Greeley from 10:00-11:30 am. Free but registration required by calling 800-272-3900.

#### april 19

**Medicare Counseling at the Greeley Senior Center.** Do you have insurance questions and cannot seem to find the answers? Steve will help direct you to someone who can. Call 970-350-9440 to schedule your 45 minute appointment.

#### april 21

**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.

**10th Annual Women's Walk at UNC.** Bring the entire family and spend the morning celebrating UNC Athletics. Registration opens at 8 a.m. inside Butler-Hancock and campus walk begins at 9 a.m. Breakfast provided to all participants during registration, opportunities to meet UNC athletes, games, tailgating, and more.

#### april 26

**Meals on Wheels Beer & Wine Tasting fundraiser.** Located at Weld County Garage, 2699 47th Ave., Greeley from 5:00-8:30pm. Enjoy food, music and a silent auction. Tickets are \$20, must be 21 and older. Call Meals on Wheels for more information 970-353-9738.

**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.

## BASEBALL'S BEGINNINGS

By Dick Williamson

Like most folks, I enjoy the action of a good football or basketball game, but there is nothing quite like the blend of skill, athleticism, strategy, bluffing, deception, patience, and more strategy in that great American game we call baseball! In these few paragraphs I'd like to introduce to you the beginnings of America's game, little known to most baseball fans today.

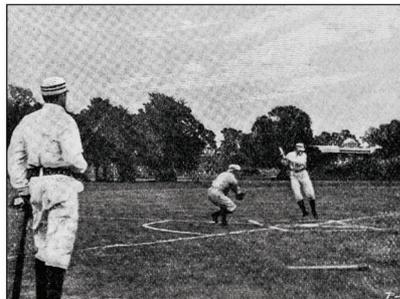
How did the game begin? Not with Abner Doubleday. He never claimed such. More likely, baseball's roots are found in European settlers' games, "cricket" and "rounders."

Around 1840, the *New York Knickerbocker Base Ball Club* established a set of "rules," many of which are still used today. The first game played under these rules was on June 19, 1846 in Hoboken, New Jersey. The Knickerbockers lost to the New York Base Ball Club, 23-1.

America's first "professional" baseball team, the Cincinnati Red Stockings, was formed in 1869. They went bankrupt in 1871 and moved to Boston, still called the Red Stockings. They, along with teams from Chicago, Philadelphia, New York, Washington, Troy (New York), Fort Wayne (Indiana), Cleveland and Rockford (Illinois) formed the National Association of Professional Ball Players.

In 1876 the NAPBP was failing financially and the Chicago White Stockings owner, William A. Hulbert, bolted and formed the National League, along with teams from Boston, Cincinnati, St. Louis, Hartford, New York, Philadelphia and Louisville.

The popularity of the National League spawned new competition. Two new leagues, the *American Association* and the *Players League* were formed but were never able to match the salaries paid to top players by the NL teams and soon folded.



In 1900, Byron "Ban" Johnson, former American Association head, created the American League, picking up unemployed ballplayers and raiding National League rosters. The upstart American League was drawing fans, attracting quality players and causing real headaches for National League owners. Finally, the NL owners were forced to admit the new league had substance and, in 1903, a National Agreement was formed, creating a Baseball Commission which would govern both leagues.

In 1903 the first "World Series" was played, with the AL champion Boston Americans beating the NL champion Pittsburgh Pirates.



## DOLPHIN DAY

By Bill Crabbe

an excerpt.

Me: "Yo, Flip. How's the fishing?"

Flip: (click-chirp-chirp) "It's all good. Just had some great calamari. Of course, I had to face down the widow later. That wasn't so cool."

Me: "So tell me, Flip, I know you guys breathe air, being mammals and all, how do you ever sleep? I don't see pods of dolphins rocking along on the surface propping each other upright."

Flip: (click-click-chirp-chirp) "You know it took us quite a while to figure that one out. Turns out we turn off half our brains at a time. Kind of like human politicians. That lets us sleep without drowning."

Me: "You've also got that weird thing in your brain, right? We call it a melon, and

you use it to bounce sound wave off things so you navigate."

Flip: (click-chirp) "Melon, huh? We call it our inbred echolocation device, at least our scientists do. It works in conjunction with our teeth, which is part of the way we interpret the returning signals. Kind of like a sonic toothbrush"

Me: "You have scientists?"

Flip: (chirp-chirp-click) "Sure. My dad's a scientist."

Me: "What's he study?"

Flip: (chirp-chirp-chirp) "Humans. That's why you see many of us out there jumping around your boats. We're gathering data. Then we have a few that go undercover at places like Seaworld. They get lots of good data. Boy, do they have some crazy stories."

Me: "So what do dolphins think of humans, generally speaking?"

Flip: (chirp-click-click) "Why do you think we're always laughing?"

And off he swam.

## Single Tasking.... The New Multi-Tasking

By Meredith Skoglund



a newsletter. Multi-tasking is like juggling, hoping you don't drop a ball because then all the other balls will also come crashing.

Multi-tasking isn't what it is cracked up to be; it may increase productivity but it sure doesn't increase quality. Attention is divided by the number of tasks you take on and none of the tasks are given 100% and we are not present and in the moment. It is more important to take on one thing at a time and be effective than to take on multiple things and be mediocre.

What even is single-tasking and how do we only take on one task? How do we only work on one task when our to-do list is growing faster than we can cross items off it? To single task you take on one duty at a time. You focus all your energy and time on completing that task. Keep your

distractions away or at least at minimum. Silencing your phone would be a great start. Have designated times to check emails and be on social media.

Making a to-do list is the one of the best ways to begin this new habit. Write down all the tasks that need to be completed. After the list has been written, prioritize and tackle the tasks as they are numbered. Be sure to take breaks and give your brain time to relax and refocus.

If you must multi-task, do so in moderation. Take time to enjoy your meal, spend time with your grandkids, or read your favorite novel. By being present you are giving full attention to the task at hand. Multi-tasking is such a habit for all of us that it will take some practice to not attempt seven things at one time. Take small steps to change those habits; in the long run you will be less stressed and achieve more.

Source: Lifehacker.com  
Truestressmanagement.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. Contributions should be 75 words or less and are subject to edit.

**Rick says,** "I have decided that as long as I can, mentally and physically, I will continue to do things that are fun and productive to my family, society, and/or my health. I have the opportunity to volunteer at church and civic organizations, and return to playing senior-level sports (softball, basketball, olympics). The Bible in Ecclesiastes says that it is important to do things we enjoy along our way in life."

## 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

### 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

## NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

### mon 4/16

Lentil and Black Bean Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Carrot Cran-Raisin Salad, Melon Mix, Milk 1%

### tues 4/17

BBQ Pork on Wheat Bun, Baked Sweet Potato, Green Pepper Slaw, Pineapple with Blueberries, Milk 1%

### wed 4/18

Beef Stew, Green Apple Coleslaw, Buttermilk Biscuit, Butter, Watermelon, Banana Bar, Milk 1%

### thurs 4/19

Salisbury Steak with Gravy, Baked Potato, Sour Cream, Butter, California Blend, Wheat Roll, Butter, Strawberries-Bananas, Milk 1%

### fri 4/20

Meat Lasagna, Spinach and Garbanzo Salad with Poppy Seed Dressing, Mandarin Oranges, Apples and Bananas, Fruity Nut Granola Bar, Milk 1%

## Did you know?

A cran-raisin is just a dried cranberry? It is not the result of scientific laboratory doings between a raisin and cranberry.