

# B E Y O N D 6 0

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

JUNE 2018

### Activities Calendar

#### June 20

**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.

**Landscape Lecture - The Native Plants: Bees, Butterflies, & Beauty.** Classes and workshops are free; but, RSVPs are required by calling 970-350-9210. 6:00 pm at the Greeley Recreation Center, 651 10th Ave., Greeley.

#### June 21

**50+ You're Hired workshop.** Receive encouragement, learn new strategies for job searching and meet employers. Space is limited for this FREE 6 week series. Register at [www.connectingcolorado.com](http://www.connectingcolorado.com) or call 970-400-6791. Employment Services, 315 N 11th Ave., Building B, Greeley from 9:00-10:30 am.

#### June 23

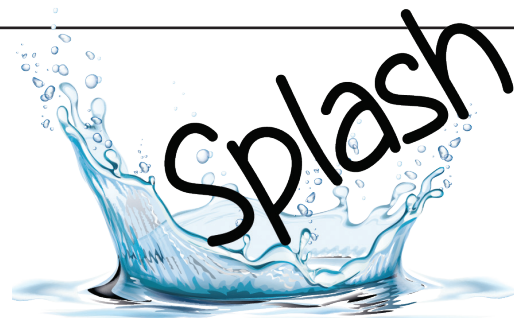
**Greeley Garden Tour, 8 am - 2 pm.** The self-guided tour stops at some of the best gardens in the area. Tour volunteers and property owners are at each stop to guide visitors through each incredible garden. Tickets are \$15, which supports the Poudre Learning Center. Call 970-330-1664 for information.

#### June 28

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**Why We Fall.** Join the Bridge at Greeley for an informative seminar offering tips for preventing and recovering from trips and falls. Presented by Chad McIntyre, PT Community Director of Northern Colorado from 1-3 pm at 4750 25th St., please RSVP by 6/25 by calling 970-339-0022.

**Understanding Anticipatory Grief with Serious Illness.** The Alzheimer's Association and the Community Grief Center are partnering with Pathways for this free event that begins at 5:30 pm and held at 2105 Clubhouse Drive, Greeley, CO 80634. Registration required at [www.pathways-care.org/news-events](http://www.pathways-care.org/news-events).



By Whitney Janzen-Pankratz

With the weather heating up, many people reminisce about lazy afternoons lounging by swimming pools soaking up the sun. This year as you grab that swimsuit and towel, take a moment to consider using that pool time for your workouts and not only relaxation.

In recent years, water workouts have moved beyond traditional lap

### MENTORSHIP: Share Your Valuable Experience!

By Kathy Swafford

Think back in your life. Who inspired you or believed in you? Who gave you confidence that you could do it? Was it a teacher, a parent or grandparent, a coach, a friend?

Mentorship is a relationship in which a more experienced or knowledgeable person helps guide a person with less experience. Age difference is often present in mentoring, usually old to young. However, the most important criteria is the difference in experience or knowledge, no matter the age.

Best of all is 'reciprocal' mentoring, in which each person has expertise in different areas. For example, a person savvy in technology can help another person with smart phone or social media tasks. In return, that person may share business experiences, like interviewing skills. This 'win-win' situation validates both persons.

Mentoring varies from informal, short-term partnerships to formal

bring the dance floor to the pool, or you can try out Aqua Kick-Boxing at the Hope Therapy Pool. SilverSneakers members may want to check out SilverSneakers Splash, and WATERinMOTION.

What makes these classes even better is that the benefits of working out in water instead of dry land go beyond the enjoyment of being wet on a hot day. When you work out in the

programs lasting a year or more, and can involve all ages, from children to older adults. To decide which type you would like, consider:

- time commitment
- age you would like to work with
- working with one person or a group
- type of activities (teach a specific skill, pursue an interest, help with academics, or just be a caring friend)

Surprisingly, research shows the most important key to successful mentoring is deciding on the logistics up front. Together, agree on the frequency of meetings and schedule two or three in advance. Determine the general length of your partnership and exchange contact information.

Further discussions can involve translating desires and ambitions into goals. As a mentor, it is most construc-

### INTO SUMMER

water you don't have to worry about falling because the water supports your body in every position. Many participants also find that water workouts minimize fatigue because the water supports so much of your body weight. Additionally, you may find yourself more flexible in the water with a wider range of motion because of the absence of gravity acting on your joints. For those with arthritis, water workouts have been found to be an effective method to reduce pain by offering a perfect place to move without putting stress on joints.

So, what are you waiting for? Check with the pool nearest you today for a class schedule!



tive to share your experience(s), rather than just give advice to him or her. This allows the mentee to think things through and apply what is comfortable and most pertinent to them.

As you reflect on what roles mentors have played in your life, think about how you can "pay it forward" by mentoring someone else. What expertise and skills do you have that could benefit another person?

What interests or activities do you enjoy? Numerous online sites will help you find the perfect opportunity!

Sources: [leadership-effect.com/articles/mentors](http://leadership-effect.com/articles/mentors); [mentoring.org](http://mentoring.org); [volunteermatch.org](http://volunteermatch.org);



### Baked Parmesan Tomatoes

Here is a great recipe to use up some of those garden tomatoes. Not only is it delicious, it is also healthy.

A sprinkle of parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish, or try sandwiching them between slices of your favorite whole-wheat country bread.

**INGREDIENTS:** (4 servings)

- 4 tomatoes, halved horizontally
- 1/2 cup freshly grated parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- 4 teaspoons extra virgin olive oil

**PREPARATION:**

1. Preheat oven to 450°F.
2. Place tomatoes cut-side up on baking sheet. Top with parmesan, oregano, salt and pepper. Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.

**NUTRITION INFORMATION:** 86 Calories, 6 g fat, 2 g fiber, 6 g carbohydrates, 3 g protein, 19 mcg folate, 4 mg cholesterol, 3 g sugars, 1.076 IU vitamin A, 17 mg vitamin C, 58 mg calcium, 387 sodium, 304 potassium

Source: [eatingwell.com](http://eatingwell.com)

#### How Do You Age Out Loud?

Many older Americans focus their lives in areas they may have put aside or postponed during their careers. They continue to be excited about their contributions to our social fabric. They work longer, try new things and engage in their community by taking charge and striving for wellness and independence. We want to hear from you about the ways you have added to the breadth and width of your life in your later years. It's important because your experience may inspire others to do the same or something similar. Share your stories by contacting Age Out Loud editor, Dick Williamson at [radiomemry@gmail.com](mailto:radiomemry@gmail.com) or Holly Darby at [hdarby@weldgov.com](mailto:hdarby@weldgov.com). Contributions should be 75 words or less and are subject to edit.

Donna says, "Here are the things I do to try and age gracefully and keep from going out kicking and screaming: 1. Stay in contact with people (family members are the best but friends are just as important) 2. Try to keep my bones and body core strong with exercise and proper diet. 3. Try to remain positive in all situations. 4. Listen to music of all genres, with Southern gospel as my go-to station. 5. Have a little talk with Jesus every day."

### 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.

Tuesdays, 7/10/18 to 8/28/18 from 9:00-11:00 am: North Colorado Medical Center, Greeley

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

##### mon 6/25

White Chicken Chili, Wheat Crackers, Biscuit, Butter, Carrot-Cranraisin Salad, Watermelon, Milk 1%

##### tues 6/26

Ham and Potato Soup, Egg Salad Pita Pocket, Lettuce, Tomato, Waldorf Salad, Cantaloupe, Fruit and Nut Cup, Milk 1%

##### wed 6/27

Chilled Seafood-Pasta Salad, Wheat Crackers, Spinach Salad with Mandarin Orange and Poppy Seed Dressing, Grapes, Fruity Nut Bar, Milk 1%

##### thurs 6/28

Shepherd's Pie, Spinach Salad with Crasins, Italian Dressing, Wheat Roll, Butter, Melon Mix, Milk 1%

##### fri 6/29

Meat Sauce over Spaghetti, Summer Vegetable Medley, Tomato/Cucumber Salad, Breadstick, Chocolate Brownie, Milk 1%

#### Did you know...

A 1/4 cup of original Craisins contains 130 calories, no fat, and 3 grams of fiber.

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](mailto:hdarby@weldgov.com). All content is subject to editing and/or approval by Weld County.