

# B E Y O N D 6 0

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



MAY/JUNE 2018

### Activities Calendar

#### June 5

**Disaster Preparedness Training at the Greeley Active Adult Center.** Learn how you can prepare yourself and your family for what to do before, during and after a disaster. Presentation is 60-90 minutes starting at 9 am. Free for members, \$4 for drop in non-members. Call 970-350-9440 if you have questions.

#### June 6

**Senior Car Lovers Unite at the Greeley Active Adult Center at 9 am.** Come to discuss cars and a variety of other topics. New members are always welcome. No fee for members, \$3 for non-members.

#### June 7

**Sleeping well in Colorado.** UHealth pulmonologist, William Pease, MD, will discuss common sleep disorders and strategies to improve the quality of sleep. Call the Aspen Club at 970-313-2796 for a reservation. No charge. 10-11 a.m. Greeley Medical Clinic, 1900 16th St.

#### June 14

**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.

**AARP Safe Driving at the Greeley Active Adult Center.** Completion of this class may qualify you for a discount on your automobile insurance. Class is from 12 - 4:30. \$15 for AARP Members, and \$20 for non-members. Call 970-350-9440 to register.

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.



### WHAT IF CATS AND DOGS HAD OPPOSABLE THUMBS

by Bill Crabbe

OK, it's time to take on the burning question, "What if cats and dogs had opposable thumbs?"

My first thought is that it probably wouldn't end well. After all, primates escaped the lower tiers of evolution largely using the opposable thumb. I have some real concerns that could emanate

from such an evolutionary change. Here are a couple that jump out at me.

We all know what dogs are like. Their loyalty is unmatched. They typically love to be around us, and around us, and around us, in an endless display of adoration. What if we couldn't escape? In other words, what if your dog could just grab you with its four hands and hold you in place while it simply adored you to death. Depending upon the breed, you could drown in the resulting slobber.

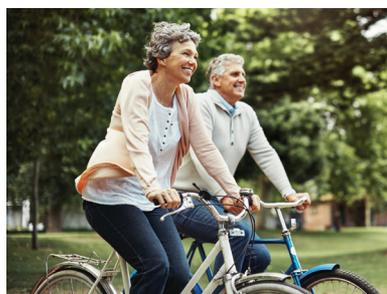
But with cats it's a different worry. Imagine that you decide to ignore your cat. The game is OK when the cat is the initiator, but doesn't fly nearly as well when the cat is the target. I can imagine my cat calmly holding me in place with two sets of claws, while proceeding to methodically slap me silly until I was truly paying attention.

Back to dogs. It has been my experience that dogs poop a lot. I deduce this from the amount of it that gathers in my

yard, requiring eventual relocation to the dumpster -- by the bucket load. But what if the dog could police the situation for me? Somehow I don't think it would end up neatly in a bucket. In fact, I can imagine something more like what occurs around primate houses in the zoo. And dogs love to play. I can see a dog thinking that the entire thing was just a whole lot of fun.

While more circumspect in the area of scatology, the overall issue with cats is much more direct. I'm not sure cats actually care about any of us. A cat with an opposable thumb sounds to me like a potential weapon, more than likely spending at least some time cocked, loaded, and pointed in my direction.

So I think this one of those areas where nature generally got it right. I love my dog and cat, but I think our relationship is based on some measure of evolutionary imbalance. And I'm glad I'm on the right side of it.



### Bias # 2. Older adults are helpless and do little more than sit around, watch television, and sleep.

Although it is a known fact that older people are particularly vulnerable during an "emergency," that doesn't necessarily mean that older people in general are helpless. The truth is that older adults have many interests and on average sleep fewer hours per day than most young adults.

One part of aging that many Americans actually look forward to is retirement. This is particularly true when the older is financially comfortable. The

## Debunking Negative Stereotypes, Myths and Biases About Old People

(A continuing series by an older Debunker!)

by Dr. Ken Humphrey

idea of endless free time may be really appealing. And realistically, plans to golf, exercise more, volunteer at church or at a favorite charity, babysit or play with the grandchildren, travel or redecorate the house all may be essential to a satisfying and happy retirement.

As we get older we should understand that our life experience has value and we should continue to look for ways to make the most of our added years. We should be realistic. We know that our needs are changing, and although we may not like it, we should face it head on. We don't stop and withdraw from society just because we become a certain age. For example, I'm 77 and I'm currently involved in: writing these articles for AAA's Tribune page, playing golf at least once per week, volunteering for two half day shifts at Boomerang,

and occasionally teaching six week workshops on managing chronic health conditions for AAA. I also serve on the city's golf advisory board and the youth commission, and on District 6's citizen oversight committee. attending my grandkids' sporting and school events, do my weekly yard work and housework, drive for Uber, and attend an average of at least one social event per week with my wife and our friends.

Generally, we are living longer and better than ever before. **Aging is about LIVING!** And we are **NOT** helpless; we should be **AGING OUT LOUD!**

Sources: [agingwatch.com](http://agingwatch.com)  
[judithgrahamthewashingtonpost.com](http://judithgrahamthewashingtonpost.com)  
[joannjenkinsaarp.com](http://joannjenkinsaarp.com)  
[generationshealth.com](http://generationshealth.com)  
[seniorplanet.org](http://seniorplanet.org)

## Summertime Fun with Grandma/Grandpa

By LeAnne Bodine

Summer is a great time to get to know your grandchildren. As you know, time spent with your grandchildren can be one of the best investments you will ever make. So let's make these most of those summer months.

Not every grandchild has a birthday in the summer so why not have an "Unbirthday Party" to celebrate all of their birthdays. I did this with four of my grandchildren when they were small and they just loved it! They helped pick out the cake and off to the park we went. We sang the "Unbirthday" song from 'Alice in Wonderland' and each had a small gift to open. The children really enjoyed celebrating their birthdays twice that year.

Another summer we did "Grandpa's Boot Camp". They had cots to sleep on, uniforms to wear made up of khaki shorts and black t-shirts with their names ironed on, and a morning regimen to follow.

We awakened at 7am, recited of the Pledge of Allegiance at the flagpole in the front yard and ran to the park for morning exercises. After that it was an "all you could eat" breakfast followed by the day's activities. The children still talk about that experience.

Whether you do something structured or at random, it really doesn't matter. They just want to spend time with you. Do get them outdoors. How about a treasure hunt?



Maybe explore nature or just study the stars. Camping or fishing can be a time to teach them new skills. On rainy days try baking together, painting designs or faces on rocks, playing board games and reading stories. Share stories from your own life, too.

Hope some of these ideas are helpful as you spend time with your grandchildren over the summer. Make some good memories!

### AGING OUT LOUD

A new season of life to embrace-  
Deep abiding faith in God-  
Forgiveness of others, self, and circumstances I have tripped over-  
The arrival of a new morning filled with promise-  
Reflective joys over past memories-  
Embracing all I am, no matter the infirmities-  
Friends I delight in, cry with, respect and mostly love-  
Gratitude for family, health care professionals, volunteers who all give so much support, enriching my life.

Thank you!  
By Chris

### 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.

Visually Impaired version Mondays 6/4/18-7/24/18 from 9:00-11:00 am: Centennial Area Health Education Center, Greeley

#### Be Well with Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Thursdays 6/7/18-7/12/18 from 1:30 - 4:00 pm: Eaton Area Community Center

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

mon 6/11

Lemon Dijon Chicken, Gravy, Creamy Rice Pilaf, Green Beans, Wheat Roll, Butter, Orange-Apricots-Banana, Milk 1%

June 12

Salmon, Lemon Wedge, Tartar Sauce, Roasted Potato, Brussel Sprouts, Malt Vinegar, Wheat Roll, Butter, Cantaloupe, Carnival Cookie, Milk 1%

June 13

Sloppy Joe on Wheat Bun, Macaroni Salad, Carrot and Celery Sticks with Ranch Dip, Banana, Milk 1%

June 14

Swedish Meatballs over Penne Pasta, Coleslaw with Pineapple and Raisins, Wheat Roll, Butter, Watermelon, Milk 1%

June 15

Meatloaf, Gravy, Mashed Potatoes, Gravy, Zulu Cabbage, Wheat Roll, Butter, Fresh Strawberries, Peanut-Cranberry Krispy Rice Treat, Milk 1%

#### Did you know...

An average-sized cantaloupe contains just 100 calories. Who knew something so sweet could be good for you?