

B E Y O N D 6 0

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

Weld County Area Agency on Aging
Assistance • Advocacy • Answers on Aging

JANUARY 2019

Activities Calendar

jan 9

Disaster Preparedness Training. Take a look at how you can prepare yourself and family for what to do before, during and after a disaster. **Weld County Retirees Senior Volunteer Program (RSVP)** will offer a 60-90 minute training on disaster preparedness. Call (970)350-9440 to register. 9:00-10:30 am.

jan 10

Lunch and Learn Time Management at The Bridge of Greeley (4750 25th St.) from 12:30 -1:30 pm. Be more productive in the new year with better time management techniques. Presented by Mary Atchison of Yellow Wagon Leadership. RSVP by calling 970-339-0022

Understanding Alzheimer's and Dementia - The Basics. First Church of the Nazarene, 2515 W 16th St., Greeley from 6:30-8:00 pm. Free but RSVP by calling 800-272-3900.

AARP Safe Driving. Completion of this class may qualify Colorado residents 55+ to receive a discount on their automobile insurance. Fees payable at class, \$15 AARP members, \$20 non-AARP members. 12-4:30pm. Call (970)350-9440 to make reservations.

jan 16

Healthy Living for Your Brain and Body: Tips from the Latest Research presented by the Alzheimer's Association, at Cornerstone Community Church, 1321 9th Ave., Greeley from 6-8pm. Free but RSVP by calling 800-272-3900.

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.

January

By Bill Crabbe

History is a lot more fun when reading what actually happened, something I've grown to appreciate as I've gotten older. And the older the history, the greater the chance that the conventional beliefs have wandered a bit astray. I'll give you an example.

We all know that the Library of Alexandria burned in 48 BC when Julius Caesar was besieged in Alexandria by Cleopatra's brother and set the harbor ablaze. Right? We saw the movie. Except that it seems like it didn't. As historian Luciano Canfora explains in his work *The Vanished Library* the library was scattered around a bit, was quite a distance from the port, and

probably never really burned at all. In fact, it continued to operate in a declining fashion for about another 600 years. When the Turks under Caliph Omar successfully invaded Rome in about 640 AD they eventually took a lot of

the texts out and burned them, possibly using them to fuel the fires in the baths. A little less dramatic an account, but a whole lot more interesting. That's how history is, it seems. It's written by winners and film makers. So, when I dug into the history of the month January I wasn't all that surprised to find that our conventional wisdom about it appears to have wandered a bit off course.

Just about everywhere on the web you will see the confident assertion that January derives from the Latin word *Januarius*, which itself relates to the god Janus. This makes a kind of sense, visually at least. Janus has two faces, so it makes for a neat

image to imagine one face looking backwards into the last year, while another face is looking forward into the new one. Nice symmetry, only disturbed by the fact that it is probably quite wrong.

In the early Roman calendars March was the first of the 10 months, and winter was just kind of a hole in the schedule. Most think that it was King Numa Pompilius who added January and February in 713 BC, but it could have been Decemvirs in 450 BC. In any case, it appears it was named after the queen of the gods, Juno, not the male god Janus, just another example of historical low-grade misogyny at work. Later, for diplomatic reasons January 1 became the beginning of the new year, of course in conjunction with a war. Isn't everything?

There you have it, the rest of the story, as they say. Next, I think I'm going to look into Hannibal and the Alps a bit more closely. I struggle with the image of all those elephants on those narrow trails.

As A New Year Dawns, Grandpa Shares 5 Memories that make being a Grandparent Special

(Compiled) by Dick Williamson

1. My grandson, Billie, called the other day to wish me Happy Birthday. He asked how old I was, and I said, 80. He was quiet for a moment, and then he asked, "Did you start at 1?"
2. I wasn't sure if four year old Jimmie had learned his colors yet, so I decided to test him. I would point out something and ask what color it was. He would tell me and was always correct. It was fun for me, so I continued. At last, he headed for the door, saying, "Grandpa, I think you should try to figure out some of these colors for yourself!"
3. Seven year old Sarah came home from school one day and

said, "Grandpa, guess what? We learned how to make babies today."

More than a little surprised, I tried to keep my cool. "That's interesting," I said. "How do you make babies?"

"It's simple," she replied. "You just change 'y' to 'i' and add 'es'."

4. On Grandparents Day, I visited my grandkids school to observe. Mrs. Brown said to the class, "Give me a sentence about being a hero."

One student piped up, "The fireman came down the ladder pregnant."

Mrs. Brown, being very modern, asked him, "Do you know what pregnant means?"



"Sure," said the young boy confidently. "It means carrying a child."

5. One day I had my three grandkids in the car when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. I asked if anyone knew why fire trucks often had Dalmatians dogs. Jimmie said they use them to keep crowds back while Billie thought they were for good luck. Sarah brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants!"

National Trivia Information

by Nancy Culbreath

Does your mind buzz with a wide variety of little known facts about a variety of topics? If so, you are not alone. In fact, there are many people who are right there with you. Did you know that January 4th was National Trivia Day? The trivia craze has been around for decades, and people have parties to participate in games to see who has the most knowledge. There are also local businesses that hosts trivia nights.

One of the first established systems for trivia debuted on the 1940's radio program "Take It Or Leave It". As it started to become more popular, Trivial Pursuit emerged in Montreal,

Quebec, Canada in 1979. Created by Chris Haney and Scott Abbott, it became one of the world's most famous board games. Since then our love for obscure facts has become more popular, and a variety of trivia formats have found success around the world. Although not everyone finds trivia interesting, it is the silly facts and unique rules of the game that make it enjoyable for almost everyone.

Enjoy getting together with friends and spending a fun evening playing trivia games. You could also go to a local trivia spot and make new friends who share your interest. You don't have to be prepared and it's easy to participate. Trivia is a



comfortable balance of memory, knowledge, and a low-pressure atmosphere. Possible topics range from Animal Art to Geography, or Harry Potter and Movies. Expectations and risks are low, which make it easy to participate and enjoyable for nearly everyone. Your experiences and memories play a unique role in what you can contribute. Just relax after a stressful day and enjoy!!

SENIOR HEALTH & Fitness

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 1/15/19 to 2/19/19 from 9:00 - 11:30 am: Greeley Medical Clinic

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 1/23/19 to 3/13/19 from 10:00-Noon: Milliken Senior Center OR

Mondays 2/4/19 to 3/25/19 from 9:00-11:00 am: North Colorado Medical Center, Greeley

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 1/14
Asparagus Soup, Wheat Crackers, Dill Chicken Salad with Grapes and Nuts, Three Bean Salad, Apple and Orange Wedges, Rocky Road Pudding, Milk 1%

tues 1/15
Chicken Cordon Bleu, Au Gratin Potatoes, Glazed Baby Carrots, Pumpkin Roll, Butter, Nut Cup, Milk 1%

wed 1/16
Swedish Meatballs, Mashed Potatoes with Gravy, Peas and Onions, Wheat Roll, Butter, Peach Crisp, Milk 1%

thurs 1/17
Chicken & Noodle Casserole, Asparagus, Rainbow Fruit Salad, Dill Roll, Butter, Milk 1%

fri 1/18
Cabbage Casserole, Red Roasted Potatoes, Glazed Carrots, Grapes-Melons-Banana, Wheat Roll, Butter, Milk 1%

Do you know?
Asparagus is one of the best vegetable sources for riboflavin (Vitamin B2) which studies have shown can help reduce the frequency of migraine headaches and how long they last in people who suffered from them.