

BEYOND 60

ACTIVE LIVING



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

FEBRUARY 2019

Activities Calendar

feb 5

Diabetes Webinar "I know what I'm supposed to do, so why can't I do it?". Learn to better manage diabetes. Presented by Dr. William Polonsky of the Behavioral Diabetes Institute. From 12:30-1:30 pm at the Bridge Assisted Living, 4750 25th St., Greeley. Call 970-339-0022 to RSVP.

feb 7

Heart Felt Art Experience. Join Sheryl Rydgren and Colette Pitcher as they teach you how to creatively honor your loved one to help make the adjustment to living life without our loved ones. Showcase Art Center, 1335 8th Ave., Greeley from 2:00-4:00 pm. \$20 includes supplies and food, call Cherry at 970-353-1212 to RSVP.

feb 14

Love Languages at The Bridge of Greeley. Knowing your love language and the love languages of those closest to you can bring perspective and understanding to relationships. Presented by Lori Follett, RN, executive director of The Bridge of Greeley. 2 pm - 3 pm at the Bridge, 4750 25th St, Greeley. Call 970.339-0022 to RSVP.

feb 18

Medicare 101. This is an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance. Call UCHHealth Aspen Club at 970-313-2796 for a reservation. No charge. 2:30-4 pm. GMC, Lower Level Conference Room.

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.

"Scout Me In"



By Dr. Ken Humphrey

Last year the Boy Scouts of America changed the name, and hence the essential focus, of their signature / flagship program after 108 years as the BSA. "Scout Me In" reads the headline banner of their new web-site.

Scouts BSA, its official name starting in February 2019, will now (also) be open to young

women 11-17 years old. "We wanted to land on something that evokes the past but also conveys the inclusive nature of the program going forward," stated Chief Scout Executive Mike Surbaugh. "We're trying to find the right way to say we're here for both young men and young women," he said further. Dropping the "boy" in Scouts will allow boys or girls to simply identify themselves as "scouts" without referring to gender.

Scouts BSA / "Scout Me In" will remain under the umbrella of the Boy Scouts of America, and Cub Scouts will remain the same for its program for children 7 to 10. Cub Scout dens, however, will remain single-gender, allowing for all-girls and all-boys groups. By

welcoming young women 11-17 into its ranks, Scout Me In provides an opportunity for them to attain the coveted rank of "Eagle Scout" through gender-separate, but equal, troops.

In addition, the BSA noted that more than 3000 girls nationwide are already participating in Cub Scouts ahead of the full launch in February 2019. BSA's mission is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law: On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

Resources: www.scouting.org, www.wikipedia.org, www.usa-today.com

Why Budgeting Is So Important

by: LeAnne Bodine

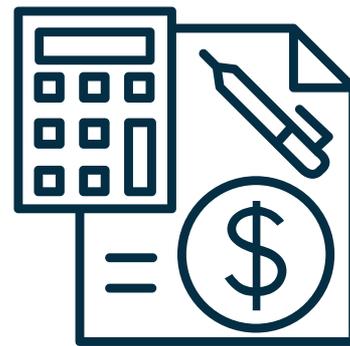
You can either learn to control your money or let your money control you. It's your choice. Take it from someone who has budgeted for many years. Knowing how much money is coming in and what you're spending it on gives you freedom to make wise choices when you spend your hard earned dollars. Also in the process, since you're planning ahead, you're able to save more money than you would otherwise.

As the old adage goes, "If you fail to plan you plan to fail." When it comes to finances or handling your money you do not want to set yourself up for failure. Being strapped with financial burden is hard on you as well as your relationships with others, especially those

living in the home. Learning to live within your means should be a family goal.

Financial worries keep you from enjoying the good things in life. When you are financially secure you're able to change your focus from how to make ends meet to how to enjoy your life and the lives of your loved ones. In addition, when your needs are met then you are able to reach out to help others. As a result you can live a fuller life. Is that not what we all want?

When beginning to set up a budget plan, start simple. There are numerous templates/work-sheets available online to set up a budget, or you can create your own. As you use a budget, monthly adjustments, or maybe even more often, will need to be made to make your budget plan



work for you.

Budgeting helps put you in control. It helps you set financial goals, giving you a more long-term perspective rather than living in the here and now. You can plan for future purchases while being prepared for the unexpected expenses that pop up when you least expect. You learn to control your debt and get a good look at what kind of debt load you can take on for future purchases, if necessary. The peace of mind budgeting can bring is priceless. Give it a try!



This is a day to be kind to yourself

his caregiving journey. Enjoy a catered lunch. Following the meal participants will have time to enjoy themselves with massages, Reiki, pet therapists, essential oils, yoga and more. Area caregiving resources will also be available. There is no fee for this event. Please RSVP by February 8, 2019 to (970) 350-9440. No onsite respite will be provided but please call (970) 400-6130 for more information regarding respite services.

The National Family Caregiver Alliance estimates that about 34.2 million caregivers have provided unpaid informal care to adults age 50 years or older in the last 12 months. About half of these caregivers are caring for

someone who has Alzheimer's disease or other dementia. AARP reported that in 2013 unpaid caregiving totaled \$470 billion, which exceeded the value of paid home care and total Medicaid spending in the same year, and nearly matched the value of the sales of the world's largest company, Wal-Mart (\$477 billion.) Caregivers spend on average 24.4 hours per week providing care, but as many as 1 in 4 caregivers spend 40+ hours each week caring for a loved one. Often, caregiving is an unnoticed role. This is a day for you to be celebrated! Don't let yourself go unnoticed.

National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.

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.

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

Healthier Living Diabetes:

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.

Fridays, 3/1/19 to 4/5/19 from 9:00 - 11:30 am: Evans Community Complex, Evans

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 2/11

Sloppy Joe on Bun, Baked Beans, Marinated Vegetable Salad, Cranberry Gelatin Salad, Milk 1%

tues 2/12

Fish Sandwich on Flat Bread, Tomato and Lettuce Leaf, Tartar Sauce, Asian Coleslaw, Peaches-Pears-Cherries, Nut Cup, Milk 1%

wed 2/13

Herb Baked Chicken Breast with Gravy, Red Mashed Potatoes with Tarragon, Cheesy Cauliflower and Peas, Wheat Roll, Butter, Bananas-Apples-Oranges, Milk 1%

thurs 2/14

Salisbury Steak, Green Beans with Red Peppers, Baked Potato, Sour Cream, Butter, Wheat Roll, Butter, Strawberry Applesauce, Sugar Cookie, Milk 1%

thurs 2/15

Au Gratin Potatoes with Ham, Asparagus, Chocolate Zucchini Muffin, Butter, Strawberries and Yogurt, Milk 1%

Did you know?

Asparagus contains absolutely no fat or cholesterol.