

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

MARCH 2019

Activities Calendar

March Support Groups:

Alzheimer's Caregivers Support Groups
Caregivers: 2nd & 4th Tuesday at 9:30 am: Westview Church of Christ, 4151 W 20th St., Greeley

Younger Caregivers: 2nd Wednesday at 6:00 pm: Family Fun Plex, 1501 65th Ave., Greeley

Caregivers: 3rd Tuesday at 10:00 am: Free Evangelical Church, 1325 3rd St., Eaton

Adult Children: 3rd Tuesday at 6:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Women's Caregivers: 3rd Thursday at 10:30 am: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Parkinson's Support Group
Greeley 4th Thursday 10:00 am: FMS Bank, 2425 35th Ave., Greeley

Community Grief Center
Understanding Grief class: Learn about the grief process and receive support through a series of seminars. First Tuesday of each month at 6:30 pm 2105 Clubhouse Dr., Greeley. No charge (970) 506-4114 for more information.

Men's Bereavement Group
2nd Thursday at 10:00 am: sponsored by TRU Hospice of Northern Colorado 2726 W 11th St. Rd., Greeley. No fee (970) 352-8487 for more information.

march 2

Vet Connect. This event connects veterans to resources. FREE for all veterans and their family members. Connect with other veterans, families and qualified resources. 10 am - 4 pm at Embassy Suites, 4705 Clydesdale Pkwy, Loveland.

march 5

Experience Yoga. 2-3 pm at The Bridge at Greeley 4750 25th Street. Learn about the many health benefits of yoga! Demonstrations included. Presented by Jennifer Maddox of Tree of Life Yoga Studio. Call (970) 339-0022 to RSVP by March 4.

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.



Whose idea was it anyway to introduce Daylight Saving Time (DST) to our society? Believe it or not, Benjamin Franklin. He first conceived the idea while he was an American delegate in Paris in 1784. New Zealand entomologist George Hudson proposed the modern DST in 1895. But the US didn't adopt the idea until 1918, after which it went through various modifications. Now we move an hour of daylight from the morning to the evening starting on the second Sunday in

Is Daylight Savings Time Good or Bad? By: LeAnne Bodine

March, and put that hour back on the first Sunday of November. (An internet search for "daylight saving time" will provide some interesting details of its evolution.)

Is this idea of springing ahead one hour in the spring and falling back one hour in the fall helpful or just a nuisance? Ask around and you will get mixed reactions from people. Supposedly it was to help conserve energy and to create a safer environment. But studies conducted over the years have not been able to substantiate those claims.

So here we are. Unless you live in the states of Arizona or Hawaii,

citizens of the United States as well as 70 other countries around the world face this time change every year. It is hard to adjust to and throws off our internal clocks. But on the bright side, we have longer evenings allowing us to get outside more which is good for everyone, especially the children.

Plan for the change now. Daylight Saving Time or "Summer Time" as it was once called, is just around the corner. Sunday, March 10th will be here before you know it. So set your clocks ahead the Saturday night before so you will be ready to enjoy that extra hour each day for the next nine months.

Parent Phrases We Thought We Would Never Say

By Nancy Culbreath

Do you use sayings from your parents that you swore you would never say? One of my favorites was, "Because I told you so." My Dad said, "Stop crying or I will give you something to cry about." (Always worked.) If I made faces I might hear, "Your face is going to freeze that way." I didn't want that to happen.

Did you ever hear, "Just wait until your Father gets home"? Another common one is, "There are starving people in Africa who would love

to eat your dinner." What about, "Close the door - were you raised in a barn?"

One person told me when she misbehaved her mother would give her the silent treatment and then burst into tears. Her father would look at her with resignation and disgust and say, "You made your mother cry," making her feel great guilt. How about on those long road trips (with no DVD player!) did your parents ever say, "Don't you make me pull this car over or you will be sorry"?

BECAUSE I SAID SO!

The references I looked at made a point that I know all of us when we were growing up probably said to our parents, "When I have kids of my own I am going to be different." Uh-Huh... How has that worked out? Some days I hear myself say something like my parents would say and then I realize I have become them.

In my case my parents were good, and I hope I have been like them. Wishing you happy memories.



Photo from greeleymuseums.com/history-restitched/

By Kathy Swafford

In recognition of Women's History Month, let's take a look at a piece of Greeley history and learn about Arvilla Delight Smith, wife of Nathan Meeker, founder of the Union Colony which later became Greeley.

Arvilla was born in 1815 in Connecticut. She was 29 when she married Meeker, who was two years younger. Meeker added three years to his age on the marriage certificate, and joined the church to allay Arvilla's concerns with such matters. Over the next 12 years she gave birth to two boys and three girls, and the family moved several times in unsuccessful attempts to open stores. Nathan eventually became the agricultural editor for the New York Times.

THE MEEKER WOMEN

In 1870 Nathan was backed by editor Horace Greeley to grow a utopian society in the Colorado Territory. Arvilla and the children joined him in the Union Colony. In 1878 Meeker was appointed the US Indian agent at the White River Ute Reservation. Arvilla managed the store and daughter Josephine, fresh from Denver Business College, kept the books and taught school. Intent on making the Indians farm, and indignant about their horse racing, Nathan plowed up their race track in fall of 1879. The angered Utes killed Meeker and 10 other men at the agency, then fled south into the mountains with Arvilla and Josephine. Moving constantly to stay ahead of pursuing soldiers, the women were kept in separate camps, mocked, threatened by guns held to their heads or knives to their throats, and 'ravaged'. Josephine refused to show fear and talked back to the Indians. Forced to ride bareback, Arvilla, age 64, suffered great pain from her lame hip and recent thigh wound.

After 23 days, Chief Ouray and his sister, Susan, wife of a Ute chief, arranged for the captives' release.

Travel by wagon, mail coaches, and finally train, brought the women to Denver amid cheering crowds. For a few months, Josephine spoke and wrote about their captivity. She then worked two years for the Secretary of Interior in Washington DC, where she died of pneumonia at age 26. The oldest daughter, Rozene, although not a captive, lectured about her family's experience. Living in Greeley till her death at 86, she married, divorced, and cared for her mother from 1879 to 1904. Arvilla died the next year, age 90, at her son Ralph's home. Daughter Mary Ann married Winfield Fullerton and died at age 30 after childbirth, leaving her infant son, Ralph, and 3 year old daughter, Josephine, who died 5 years later.

Tour the Meeker House at 1324 - 9th Ave in the summer and view the Meeker family's headstones in Linn Grove Cemetery.

Sources: Meeker, Josephine, (1879) "The Ute massacre & Captivities", Denver: Tribune Publishing House; <https://greeleymuseums.com/locations/meeker-home/>; www.findagrave.com/memorial/

PUBLIC HEARING ANNOUNCEMENT: The Weld County Area Agency on Aging will be holding a public hearing on March 14, 2019 at 9:30 am at the Department of Human Services, 315 North 11th Ave., Bldg. C, Greeley, Colorado. The purpose of the hearing is to review the proposed Weld County Area Agency on Aging's Four-Year Plan for Fiscal Year 2019-2023. For more information please contact Kelly Morrison at (970) 400-6786.

SENIOR HEALTH & Fitness

Stress Busting Workshop:

Learn new stress management techniques, relaxation, and coping skills. The evidence-based workshop is for family caregivers (only) who provide care to a loved one. Workshop meets once a week for nine weeks. FREE but registration is required by calling 970-400-6130.

Wednesdays 3/20/19 to 5/15/19 from 9:00- 10:30 am: Cornerstone Church (Greeley)

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 4/3/19 to 5/22/19 from 1:15-3:15 pm: Eaton Area Community Center, Eaton

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 3/11

Lemon Baked Cod, Lemon Wedge, Tartar Sauce, Baked Potato, Sour Cream, Butter, Broccoli-Cauliflower-Ranch, Pineapple-Grapes, Raspberry Muffin, Butter, Milk 1%

tues 3/12

Cabbage Casserole, Marinated Vegetables, Kiwi, Morning Glory Muffin, Butter, Milk 1%

wed 3/13

Lemon Chicken Breast, Roasted Parsnips-Turnips-Beets-Carrots, Brown Rice with Cream Gravy, Wheat Roll, Butter, Chocolate Pudding, Milk 1%

thurs 3/14

Chicken Alfredo over Wheat Pasta, Asparagus, Banana and Blueberries, Lemon Pudding, Milk 1%

fri 3/15

French Dip with Au Jus Cup, Oven Brown Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%

Did you know?

The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry's amazing health benefits.