

# BEYOND 60

## ACTIVE LIVING



APRIL 2019

### Activities Calendar

#### april 6

**Spring Cookie Decorating with Marilyn White.** 10 am - 12 pm at Lincoln Park Emporium (822 8th St). Decorate for different cookie shapes - butterfly, bunny, lamb and flower. Cookie dough and butter cream frosting recipes will be provided. \$15, call 970-351-6222 to sign up.

#### april 8

**Advanced Estate Planning at the Greeley Active Adult Center (1010 6th St).** Learn who can benefit from advanced estate planning strategies, techniques to minimize estate taxes, including different trust arrangements and more. 10 am, call to reserve your seat 970-350-9440.

#### april 10

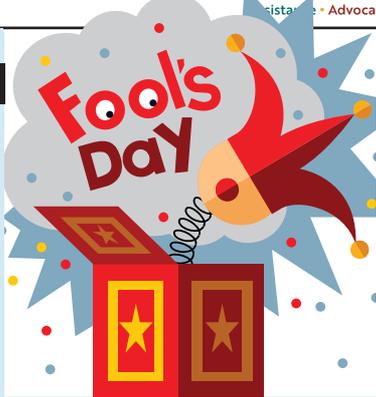
**Estate Planning Basics at the Greeley Active Adult Center (1010 6th St).** Learn why you need to estate plan, wills, trusts and life insurance and much more. 6 pm, call to reserve your seat 970-350-9440.

#### april 11

**Metal Tray Makeover with Sally Otto of "Treasured Table Top".** 6 - 8 pm at Lincoln Park Emporium (822 8th ST). For more information or to sign up, call 970-351-6222.

#### april 12

**ABC: Eater Fun and Family at the Bridge at Greeley.** Join us for Alzheimer's fundraising. Bunny bingo for Easter and Cheese-Grilled Cheese sandwiches for National Grilled Cheese Day. 11:30 - 1:30 pm. 4750 25th St. Call for more information 970-339-0022.



BY MEREDITH SKOGLUND

April Fool's Day is tomorrow (April 1). Do you have your prank ready to play on friends and family? April Fools jokes are great for all ages

and they can be as complex or easy as you want them to be. Here are some good ideas just in case you are looking for something fun and easy to do. Almost all the pranks can be completed with simple household items or a quick trip to the nearest dollar store. Always remember, your pranks and tricks should be fun for both people, nothing hurtful.

- Insect Lamps - Get some plastic insects and tape them on the inside of a lampshade. When they turn on the light they will get an icky surprise.
- Unexpected Shower - Tape or put a rubber band around the kitchen water hose. When they turn on the water, they will get a

wet surprise.

- I'll be watching you - Stick googly eyes on the food in your refrigerator.
- Brown Es Brownies - Cut out a bunch of letter e's out of brown construction paper and place them in a brownie pan. Cover the pan with foil and offer your Brown Es after dinner.
- Spider Escape - Grab a paper cup and put a caution note on it reading "Warning...huge, aggressive spider under cup. Do Not Lift!" Tear a little hole in the cup as if the spider escaped.
- Salt or Pepper - Switch the lids of your salt and pepper shakers
- Left-handed Screwdriver - Ask

your friend to retrieve your left-handed screw driver out of the tool box.

- Short Sheeted Bed - Take top sheet and tuck in at top of bed and fold the bottom part of the sheet so it is by the pillows. When they try to crawl in the bed they can only get half way in.

April Fool's is a great day to let loose and not take life so seriously. But be sure to keep in mind there is almost always a pay back. If both people aren't laughing (eventually) then the prank probably went too far. Have fun this year as I'm sure your friends and family will try and top you next year!

## Dr. Florence Sabin, Medical Researcher

By Kathy Swafford

Statuary Hall in the U.S. Capitol in Washington, DC has two statues to represent each state. In 1959, Dr. Florence Rena Sabin was chosen to represent her native state, Colorado, for her public health work.

In 1938, Dr. Florence Sabin returned to Denver after two illustrious careers. She was the first woman to be hired and later made full professor of medicine at her alma mater, Johns Hopkins Medical School in Baltimore, working there for 30 years. She was also the first woman researcher at the Rockefeller Institute for Medical Research in New York, being there for 13 years. Her ground-breaking research on blood and lymph systems and how cells fight disease, especially tuberculosis, made her the nation's foremost

woman scientist. Her focus eventually evolved from treating disease to preventing it.

In 1944, Colorado's Governor was setting up his post-war planning committees. Thinking Dr. Sabin was a 'nice retired lady doctor' who would not object to his political appointees to the Health Department, he asked her to investigate Colorado's extremely high death rate.

All over the state she found raw sewage dumped in rivers, leading to polluted water, as well as infected animals and unclean food, all perfect breeding grounds for typhoid, diphtheria, polio, and tuberculosis. She helped lawmakers write the Sabin Health Bills, four of which passed in 1947, thanks to her statewide campaign urging votes for candidates who supported the health bills. Now

the re-organized Health Department required qualified persons and was removed from politics.

The dairy industry defeated the Cow Health bill, however, fearing it would cost too much to treat cows infected with brucellosis, even though their milk was making people sick. Finally Dr. Sabin convinced the dairymen that healthy cows would give even more milk, and the Cow Health bills, mandating pasteurized milk and healthy animals, passed.

Dr. Florence Sabin received 15 honorary degrees, many awards and prizes, and has buildings named after her. She was Colorado's only statue in the U.S. Capitol until astronaut Jack Swigert was added in 1997.

\*\*Note: Unrelated to Dr. Albert Sabin or the polio vaccine  
 Sources: Bluemel, Elinor. Colorado



Woman of the Century. Boulder: University of Colorado Press, 1959. Kronstadt, Janet. Florence Sabin, Medical Researcher. New York: Chelsea House Publishers, 1990.

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

**mon 4/8**  
 Turkey Tetrazzini, Roasted Green Beans with Almonds\*, Pears with Grapes, Wheat Roll, Butter, Orange Gelatin with Mandarin Oranges, Milk 1%

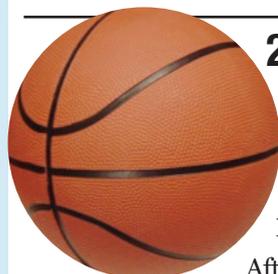
**tues 4/9**  
 Spaghetti with Meat Sauce, Peas with Pearl Onions, Tossed Salad with Tomatoes-Carrots-Celery-Craisins, Raspberry Vinaigrette, Peaches-Pears-Cherries, Breadstick, Butter, Milk 1%

**wed 4/10**  
 Hot Roast Beef Sandwich Topped with Mashed Red Potatoes and Gravy over Bread, Asparagus Aman-dine, Cherry Crisp, Milk 1%

**thurs 4/11**  
 Breakfast Burrito, Pico De Gallo, Sour Cream, Refried Beans, Strawberries and Bananas, Yogurt-Blueberry-Granola, Milk 1%

**fri 4/12**  
 Tuna Casserole, Wilted Spinach with Malt Vinegar, Harvard Beets, Peach Crisp, Milk 1%

**Did you know?**  
 Gelatin can contribute to the development of cartilage, which strengthens joints and bones and extends their longevity.



## 2019 NCAA DIVISION I MEN'S BASKETBALL TOURNAMENT — THE FINAL FOUR

by Dr. Ken Humphrey

After about a month of breath-taking individual and team performances, buzzer-beaters, and heart-stopping finishes, 68 of the best college men's basketball teams will have almost finished slugging it out---and four teams will have reached the "Final Four." "March Madness" comes to a climactic close on April 6th and April 8th, 2019 at the US Bank Stadium in the city of Minneapolis, Minnesota.

The National Collegiate Athletic

Association's (NCAA's) Final Four has been played each spring since 1939. It's most certainly an electrifying event rooted in tradition, fierce competition, and incredible performances. Initially it was the "designated semifinals of the best four college basketball teams in Division I." It wasn't, however, until 1985 when the tournament began inviting the top 64 teams, expanding the tournament and making the Final Four even more coveted.

The March Madness tournament, besides being the most anticipated and prestigious event in men's college basketball, is rich with traditions---from "Cinderella" teams competing

to a "flurry of madness" overtaking many fans when it comes to filling out their tournament bracket sheets.

The 81st annual edition of the tournament began on March 19th and will conclude with the championship game on April 8th. One of the most iconic of traditions takes place at the end of the championship game when the winning team cuts down the nets. Each player cuts a single strand until it is hanging by only one, which the head coach then cuts. The "Final Four" are those that remain of the 353 Division I teams that competed in men's basketball during the 2018-2019 season.

Resources:  
[www.ncaa.com](http://www.ncaa.com), [www.finalfour.com](http://www.finalfour.com), [www.amazon.com/sports](http://www.amazon.com/sports), [www.espn.com](http://www.espn.com)

### 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 5/6/19 to 6/24/19 from 9:00-11:00 am: North Colorado Medical Center, Greeley  
 OR Tuesdays 5/7/19 to 6/25/19 from 1:00-3:00 pm: Windsor Recreation Center, Windsor

#### Healthier Living Workshop:

Learn tools to become a better self manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Thursdays 5/2/2019 to 6/6/2019 from 9:00 - 11:30 am: North Colorado Medical Center, Greeley

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.